

St. Andrew Parish School Wellness Policy

The primary goal of nutrition education is to influence students' eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To accomplish this goal St. Andrew Parish School has developed this policy to encourage and educate students on the benefits of maintaining healthy choices throughout life.

The principal shall implement and ensure compliance with the policy by leading the review, the update, and the evaluation of the policy.

The district will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and updating of the policy.

- a. Principal
- b. Classroom teacher
- c. Physical education teacher
- d. SFA (School Food Authority) representative
- e. School (designated) nurse
- f. School parent

All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/sites/default/files/dietaryspecs.pdf).

St. Andrew Parish School encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.

St. Andrew Parish School will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.

Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.

NUTRITION EDUCATION GOALS

- Students in all grades, K through 8th, will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- The message of making healthy choices will be consistent throughout the school, classrooms, lunch room, and other appropriate areas.
- The curriculum for health education will include both nutrition and physical education.
- Health education and making healthy decisions will be infused appropriately throughout the other curricular areas.
- The school will seek out additional ways to present the message of healthy choices during other events sponsored by the school.
- Staff who provide nutrition education will be offered appropriate training opportunities.

- The school will seek ways to involve the parents, students, and the community in nutrition education activities.

PHYSICAL ACTIVITY GOALS

- Students will be given opportunities for physical activity during the school day through physical education classes, recess periods, and the integration of physical activity into the academic curriculum.
- Students will be given opportunities for physical activity through before and/or after school activities such as an athletic program.
- The school will work with the community to help provide safety for students walking, riding bikes, or using other physical activities to get to school.
- The school will encourage parents and guardians to support their child's participation in physical activities and will work to offer physical activities in family events.
- The school will provide training for the staff to promote physical activity in enjoyable, lifelong activities.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

- The school will maintain the lunch area to insure that it is a clean, safe, and enjoyable meal environment.
- The school will arrange a lunch schedule that provides adequate time for serving meals, for students to eat, and for clean-up following the meal.
- Drinking fountains will be available in the school buildings, and students will be given opportunity to have water throughout the day.
- Students will be encouraged to participate in the meal program. The staff will monitor lunches brought from home and encourage families to provide nutritious meals.
- The identity of students who receive free or reduced lunches will be protected.
- Lunch periods will be scheduled near the middle of the school day with adequate time for students to eat before needing to leave the lunch area.
- Food will not be used as a reward or punishment in the school. Children who have been removed from the classroom for disciplinary reasons will be provided with lunch.
- Teachers will be encouraged to provide all students with physical activities at recess and other times when physical education or a similar activity is scheduled.
- Foodservice staff and teachers will receive proper training in nutrition and physical education.
- The school will make efforts to provide students and families with the opportunity to participate in physical activities in after-school programs.
- The staff will strive to be role models in practicing healthy eating habits.
- The school will provide information and outreach materials to families about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC).

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE AT SCHOOL

- Food and beverages in the food service program will represent good choices for a balanced and nutritional diet. No energy drinks containing caffeine at an elevated level.
- The school does not allow student vending machines, snack bars, and school stores. During school sponsored activities, healthy alternatives will be offered in the concession stand, so that parents and students can make healthy choices.
- Healthy choices and nutritional food value will be a consideration in selecting school-sponsored fundraising activities. Physical activity alternatives will be considered when planning the yearly fundraising events.
- When school parties and classroom activities include food, efforts will be made to limit the number of high calorie, low-nutrition snacks. Instead, the children will be provided with nutritional alternatives.

IMPLEMENTATION AND EVALUATION

- The wellness policy will be implemented at St. Andrew Parish School by the school staff. Teachers will be responsible for operating the policy and reporting any problems to the principal.
- The principal will be responsible for overseeing the implementation of the wellness policy.
- Through observation and reports from the teachers, the principal will report any difficulties with the implementation of the Wellness Policy to the Board of Education.
- St. Andrew Parish School will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.
- The district will actively inform families and the public about the content of and any updates to the policy through the school website and Board of Education meetings.

**HEALTHY SNACK IDEAS
ST. ANDREW PARISH SCHOOL**

<p>Fruits</p> <p>Fruit Cups (<i>in 100% juice</i>) 100% fruit juices Bananas Grapes (<i>really good frozen ☺</i>) Apples Oranges Strawberries Kiwi Raspberries Blueberries</p>	<p>Veggies</p> <p>Baby carrots Celery Broccoli Pea Pods Cauliflower Salad greens 100% vegetable juices</p>
<p>Grains</p> <p>Whole grain crackers Granola bars Cereals (<i>no more than 35% added sugar</i>) Air-popped popcorn</p>	<p>Proteins</p> <p>Dry-roasted peanuts Mixed nuts Beef sticks Peanut butter Soy nuts Trail mix (No Candy)</p>
<p>"Sometimes Snacks" <i>not bad, but not always...</i></p> <p>Pretzels Animal crackers Graham crackers Cheese-flavored crackers</p>	<p>Dairy</p> <p>Yogurt Go-gurt String cheese Sliced cheese Milk</p>
<p>"Treat my sweet tooth!" <i>if you really have to...</i></p> <p>Modify sweets recipes with low-fat ingredient alternatives (example: applesauce to replace vegetable oil in muffin recipe) Low-fat ice cream or frozen yogurt</p>	<p>WATER WATER WATER!!!</p> <p>NO ENGERY DRINKS CONTAINING CAFFEINE AT AN ELEVATED LEVEL!</p>

PLEASE--NO BIG BOXES OF SNACKS IN THE LOCKERS.

Everything should be "single serving" size.

Hot Lunch and Milk Programs/Snack Breaks

St. Andrew participates in the **National School Lunch Program** which makes hot lunches available to students, along with milk for our students who bring cold lunches, and daily milk breaks for grades K-2. The food and other supplies for the hot lunch program are provided by the **Delavan-Darien School District**.

Hot Lunch Program

Hot lunch menus are sent home electronically once a month with the weekly school newsletter, and are also available at <http://ddschoools.nutrislice.com/menu/st-andrews-school/lunch/>. The daily lunch price is listed along with the monthly and reduced cost. All menus are subject to change without notice.

Families who have a Kindergarten through 8th grade student, have the opportunity to pay for their children's hot lunch by the day, week or month, by sending cash or a check to the school office. **Lunch fees MUST be paid by the 10th of the month in which the child will be participating in the Hot Lunch Program.** Lunch fees received after the 10th of the month will be subject to a \$5 late fee.

If a family qualifies for free hot lunches, either through direct certification or through an application, each student in the household is eligible for free hot lunches for the rest of the school year, and for 30 operating days into the next school year. Milk for our students who bring cold lunches does not fall under the Free and Reduced Program – students must always pay for the milk to go with their cold lunches.

The following **Unpaid Meal Charge Policy** applies to the collection of **PAST DUE** hot lunch account balances:

1. Families are encouraged to apply for the Free and Reduced Price Meal Benefit. The current-year **Household Application for Free and Reduced Price School Meals** is always available in the school office – you can pick one up, or call to have one sent to you. Any family that has an unpaid balance for a period of three months will receive a written notification to encourage them to apply for free or reduced price meal benefits. *(See the Civil Rights Statement at the end of this section.)*
2. Families will be notified of the school's Unpaid Meal Charge Policy in writing before the school year begins and with each new transfer student.
3. Families who carry a past due balance into the next month will receive an email stating how much is overdue including the \$5 late fee and will be asked to pay immediately. If there is no response after three months, a bill will be sent via United States Postal Service. If there is no response to the mail, telephone calls will be made to attempt to collect the funds. All delinquent accounts at the beginning of May of the current school year will be subject to collections for payment.
4. If a student brings money to purchase a reduced price or paid meal at the time of the meal service, the student must be provided a meal. St. Andrew may not use the student's money to repay previously unpaid charges if the student intended to use the money to purchase that day's meal.

5. St. Andrew may continue to attempt repayment plans and to continue pursuing collection efforts when students change schools within the district or move to a new school outside the district. When local officials determine further collection efforts for delinquent debt are useless or too costly, the debt must be reclassified as "bad debt."

The price for a hot lunch is subject to change each year, and will be communicated in the packet of information available to families at the all-school registration in August, and also in the first few school newsletters.

Milk Breaks

Families of Kindergarten - Grade 2 students are given the opportunity to purchase milk for the daily milk break. Families can pay for the milk break for the entire year, or per semester.

The price for milk is subject to change each year, and will be communicated in the packet of information available to families at the all-school registration in August, and also in the first few school newsletters.

Snack Breaks

The school also offers the opportunity for students in Kindergarten - 8th grades to bring a "Nutritional Snack" item to eat at break time. Speak to your student's teacher, the principal or the school office to see what are considered to be appropriate items for this snack break, or see the school's **Wellness Policy** at <http://orlcs.org/orlcs/wellness-policy/>.

Summer Food Service Program

The Delavan-Darien School District offers a Summer Food Service Program, which provides free breakfast and lunch to children in the district during the summer months. Visit <https://www.ddschools.org/>, and search for "Summer Food Service Program," to see a schedule of summer meal-serving locations and times.

Civil Rights Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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