

Adopted: 8/5/2015

Revised: 2/2019

#303 Wellness

PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects student health, well-being, and ability to learn by supporting healthy eating and physical activity.

GENERAL STATEMENT OF POLICY

- A. St. Michael Catholic School recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect student health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. St. Michael Catholic School encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students in grades K-8 will have opportunities to be physically active in order to grow, learn, and thrive.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings and adequate time for students to eat.

GUIDELINES

- A. Foods and Beverages
(Note: The Act requires that schools have nutrition guidelines, selected by St. Michael Catholic School, for all foods available on the school campus during the school day with the objective of promoting student health and reducing student obesity.)
 - 1. All foods and beverages made available at school will be consistent with the current USDA Dietary Guidelines for Americans.
 - 2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal state, and local laws and guidelines.
 - 3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.

Adopted: 8/5/2015

Revised: 2/2019

4. St. Michael Catholic School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
[Note: The Act requires that St. Michael Catholic School's wellness policy provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act (42 U.S.C. 1771 et seq.) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a), as those regulations apply to schools.]
5. St. Michael Catholic School will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. St. Michael Catholic School will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
7. St. Michael Catholic School will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
8. St. Michael Catholic School allows marketing and advertising of only foods and beverages that meet the Smart Snacks in School nutrition standards.

B. School Food Service Program/Personnel

1. St. Michael Catholic School will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. St. Michael Catholic School shall designate an appropriate person to be responsible for St. Michael Catholic School's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available to ensure food and beverage choices with consistent with current USDA Dietary Guideline for Americans.
3. As part of St. Michael Catholic School's responsibility to operate a food service program, the school will provide continuing professional development for all food service personnel in schools.

C. Other Foods and Beverages Available on the School Campus

1. In support of the health and wellness of all, and taking into consideration that classrooms have daily snack time, we will celebrate birthdays without edible treats or beverages.
2. The St. Michael Catholic School kitchen uses only nut-free ingredients for hot lunches.

Adopted: 8/5/2015

Revised: 2/2019

3. While it is not possible to guarantee a “nut-free” school, designating areas in the classroom and in the cafeteria “nut-safe” is reasonable and appropriate.

D. Nutrition Education and Promotion

[Note: The Act requires that wellness policies include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that St. Michael Catholic School determines is appropriate.]

1. St. Michael Catholic School will encourage and support healthy eating by students and engage in nutrition promotion that is:
 - a. Offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. Part of science/health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and
 - c. Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contest, promotions, taste testing, and field trips.
2. St. Michael Catholic School will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte [snack] lines, vending machines, fundraising events, concessions stands, and student stores.
3. St Michael Catholic School will not withhold food or beverages as punishment.

E. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as screen time;
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

F. Communications with Parents

1. St. Michael Catholic School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children’s health and well-being.

Adopted: 8/5/2015

Revised: 2/2019

2. St. Michael Catholic School will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. St. Michael Catholic School encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. St. Michael Catholic School will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

IMPLEMENTATION AND MONITORING

[Note: The Act requires that the wellness policy establish a plan for measuring implementation of the policy, including designation of at least one or more persons within St. Michael Catholic School as appropriate, charged with operational responsibility for ensuring that the school meets the requirements of the wellness policy.]

- A. After approval by the SAC, the wellness policy will be implemented throughout St. Michael Catholic School.
- B. School food service staff will ensure compliance within the school kitchen and will report to the head cook or the building principal, as appropriate.
- C. St. Michael Catholic School's head cook and/or principal will provide an annual report of St. Michael Catholic School's compliance with the policy to the SAC.

Legal References:

42 U.S.C. § 1751 et seq. (Richard B. Russell National School Lunch Act)
42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966) P.L. 108-265 (2004) § 204
(Local Wellness Policy)
7 U.S.C. § 5341 (Establishment of Dietary Guidelines)
7 C.F.R. § 210.10 (School Lunch Program Regulations)
7 C.F.R. § 220.8 (School Breakfast Program Regulations)

Local Resources:

Minnesota Department of Education, www.education.state.mn.us
Minnesota Department of Health, www.health.state.mn.us County Health
Departments
Action for Healthy Kids Minnesota, www.actionforhealthkids.org