

## **SAINT MICHAEL SCHOOL WELLNESS POLICY**

### **PURPOSE**

Saint Michael School recognizes the importance of fostering an environment that educates our students on the importance of respecting the gift of health by promoting student wellness, nutrition education, emotional well-being, and physical activity. It is our goal to impart upon our students the value of eating well and exercising regularly. By doing so, students will be able to maintain a lifestyle that is reflective of their healthy food choices and physical activity levels, thus enabling them to maintain a healthy balance throughout their life.

### **AUTHORITY**

The School Council adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

To ensure the health and well-being of all students, the school shall provide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established nutrition guidelines and are consistent with a healthy lifestyle.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for grades K-8 are designed to educate students about proper nutrition and lifelong physical activity, in accordance with state curriculum regulations and academic standards.

### **DELEGATION OF RESPONSIBILITY**

The Saint Michael School principal shall be responsible for the implementation and oversight of this policy to ensure the school, its programs, and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.

The Saint Michael School principal shall annually report to the school council regarding compliance with the wellness policy.

Saint Michael School staff members responsible for programs related to school wellness shall report to the principal regarding the status of the programs.

The report may include:

- Assessment of school environment regarding school wellness issues.
- Evaluation of food services program.
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from staff, students, parents/guardians, community members and the Wellness Committee.

The principal or designee and the established Wellness Committee comprised of the principal, pastor, lead cafeteria worker, school council president, home school association president, parent representative, school nurse, and faculty representative shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to all stakeholders in an accessible and easily understood manner and include:

- The extent to which Saint Michael School is in compliance with law and policies related to school wellness.
- The extent to which this policy compares to model wellness policies.
- A description of the progress made by the school in attaining the goals of this policy.

At least once every three (3) years, Saint Michael School shall review and modify this policy as needed, based on the results of the most recent triennial assessment and/or as school and families' needs and priorities change. In addition, as wellness goals are met, new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

Saint Michael School shall annually inform and update the public, including parents/guardians, students, and staff about the contents, updates, and implementation of this policy via the school website and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation, and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.

#### **RECORDKEEPING**

Saint Michael School shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

- The written School Wellness policy.
- Documentation demonstrating that Saint Michael School has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.
- Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the school to inform the stakeholders of their ability to participate in the review.
- Documentation demonstrating the most recent assessment on the implementation of the Wellness policy and notification of the assessment results to the public.

#### **WELLNESS COMMITTEE**

Saint Michael School shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: school council member, principal, food service manager, parent/guardian, teacher, member of the community, school health professional, and appropriately aged student.

The Wellness Committee shall serve as an advisory committee for student health issues and shall be responsible for developing, implementing and periodically reviewing and updating the School Wellness Policy. This information will then be disseminated to the school. Individuals who conduct student

medical and dental examinations shall submit to the school nurse annual reports and later reports on the remedial work accomplished during the year, as required by law.

### **NUTRITION EDUCATION**

Nutrition education will be provided within the comprehensive education program in accordance with curriculum regulations and the academic standards for Health, Safety, Physical Education, and Sciences. Nutrition education shall be integrated into other subjects such as math, science, language arts and social sciences to complement but not replace academic standards based on nutrition education.

Nutrition education should teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age appropriate.

The school staff shall be responsible for providing nutrition education, be properly trained, prepared, and shall participate in appropriate professional development.

### **NUTRITION PROMOTION**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Saint Michael School will promote healthy food and beverage choices for all students throughout the school. This will occur through at least:

- Cooperating with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.
- Implementing research-based, behavioral economics techniques in the cafeteria to promote healthy food choices and to decrease waste.
- Displaying consistent nutrition messages throughout the school, classrooms, and cafeteria.
- Encouraging faculty and staff to set a positive example to students by not consuming food and beverages that do not align with the school wellness policy.
- Offering resources about health and nutrition to parents/guardians.

### **PHYSICAL ACTIVITY**

Saint Michael School shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. In addition to planned physical education, age-appropriate physical activity opportunities will be provided to meet the needs of all students. These may include recess during specified lunch periods, clubs, and interscholastic activities. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained. Physical activity breaks shall be provided for students during classroom hours. Formal physical education classes shall not be used or withheld as a form of punishment.

## **PHYSICAL EDUCATION**

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All school students must participate in physical education. The goal of K-8 physical education instruction is to provide students with opportunities to acquire knowledge and skills to allow participation in a wide variety of lifetime health enhancing physical activities. Active participation in Physical Education classes will increase the level of the students' overall fitness and well-being. Documented medical conditions and disabilities shall be accommodated during class. Safe and adequate equipment, facilities and resources shall be provided for physical education courses. Formal physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.

## **OTHER SCHOOL BASED ACTIVITIES**

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

Nutrition professionals who meet hiring criteria established by the school and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for school nutrition staff, as required by federal regulations.

The school shall provide adequate space for eating and serving school meals in a clean and safe meal environment.

Meal periods shall be scheduled at appropriate hours, as required by federal regulations, and as defined by the school.

Students shall have access to hand washing or sanitizing before meals and snacks.

Access to the food service operation shall be limited to authorized staff.

The nutritional content of school meals shall be available to students and parents/guardians.

To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness.

The school shall provide appropriate training to all staff on the components of the School Wellness Policy.

The goals of the School Wellness policy shall be considered in planning all school-based activities.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through school programs, communications and outreach efforts.

The school shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

The school shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with applicable laws and regulations.

### **NUTRITION GUIDELINES FOR ALL FOODS/BEVERAGES AT SCHOOL**

All foods and beverages available in school during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

Foods and beverages provided through the National School Lunch Program shall comply with established federal nutrition standards.

#### ***Competitive and Ala Carte Foods***

Competitive and Ala Carte SMART snacks for sale shall meet or exceed the established federal nutrition standards. They are defined as foods and beverages offered or sold to students during the school day, which are not part of the reimbursable school lunch. School day means the period from midnight before school begins until thirty minutes after the end of the official school day. St. Michael School upcharges approximately 50% of each charge of all Ala Carte items.

#### ***Fundraiser Exemptions***

Fundraising activities held during the school day involving the sale of competitive and ala carte foods shall be limited to foods that meet school nutrition standards unless an exemption is approved in accordance with applicable school policy and administrative regulations.

The school may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings. Exempt fundraisers are fundraisers in which competitive and ala carte foods are available for sale to students that do not meet the school nutrition standards. The school shall establish administrative regulations to implement fundraising activities in schools, including procedures for requesting a fundraiser exemption.

#### ***Non-Sold Competitive Foods***

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the school. If the offered competitive foods do not meet or exceed the school nutrition standards, the following standards shall apply:

**Rewards and Incentives:** Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).

**Classroom Parties and Celebrations:** Classroom parties shall offer a minimal number of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following: Fresh fruits/vegetables; and water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk. When possible, food/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.

The school shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the school website, student handbook, newsletters, posted notices and/or other efficient communication methods.

### ***Marketing/Contracting***

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed established federal nutrition standards.

Exclusive competitive food and/or beverage contracts shall be approved by the school council, in accordance with the provisions of law.

### **MANAGEMENT OF FOOD ALLERGIES IN SCHOOLS**

The school shall establish policy to address food allergy management in order to:

- Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
- Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
- Protect the rights of students by providing them, through necessary accommodation when required, the opportunity to participate fully in all school programs and activities.

References: School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513 National School Lunch Program – 42 U.S.C. Sec. 1751 et seq. Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296 National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220 Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808