

SACRED HEART CATHOLIC SCHOOL WELLNESS POLICY

Belief Statement

Sacred Heart Catholic School is committed to providing a learning environment that supports and promotes wellness, good nutrition, an active lifestyle, and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

Intent

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WOC Reauthorization Act of 2004, including goals for nutrition education, physical activity and other school based activities designed to promote student wellness; nutrition guidelines for all foods available during the school day; a plan for measuring implementation including designating one or more persons charged with operation responsibility; and involving parents, students, school food service providers, the school board, school administrations, and the public in developing this policy.

Rationale

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduce risk of the development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According the US Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, color cancer and diabetes.

Sacred Heart Catholic School will comply with the goals for Student Wellness established by Wayne County and the Archdiocese of Detroit, Office of Catholic Schools. Sacred Heart Catholic School utilizes and post signs by the Michigan Department of Health.

GOALS FOR STUDENT WELLNESS

Goals for Nutrition Education

Students in preschool through grade 8 shall receive sequential and interdisciplinary nutrition education. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors. Special emphasis should be placed on nutrition education in preschool through the primary grades as eating habits are established at a young age.

The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, field trips, school gardens or other like activities.

Sacred Heart Catholic School shall work with parents to assist in providing a healthy diet and daily physical activity for their children, which may include information to help them incorporate healthy eating and physical activity.

Goals for Physical Activity

Students in preschool through grade 8 shall participate in regularly scheduled formal and informal physical activity programs. Students in grades K-8 receive physical education classes for fifty minutes once a week. Special emphasis should be placed on promoting an active lifestyle in preschool through the primary grades as health habits are established at a young age. Reasonable accommodations shall be made for students with disabilities and/or other limitations.

Elementary schools shall provide a daily, supervised recess period to all students.

Students shall be provided opportunities for physical activities through a range of school programs such as intramurals, interscholastic athletics, physical activity clubs or other like activities.

Goals for other School-Based Activities Designed to Promote Student Wellness

Consistent School Activities and Environment – Healthy Eating

It is recommended that upon request food providers share information about the nutritional content of school meals and/or individually sold foods with students, family and school staff.

School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat.

All food service personnel shall have adequate pre-service training including food service handling and abide by local health code policies.

Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options (see Attachment A).

The school shall make efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (My Pyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products.

All foods and beverages provided by the school shall comply with federal, state, and local food safety and sanitation regulations.

Staff promotes hand washing or hand sanitizing before lunch and snacks; hand washing after restroom use. Signs are posted in the bathrooms promoting and demonstrating proper hand washing techniques.

Sacred Heart Catholic School also accommodates the needs of children with food or drug allergies by providing separate dining tables that are constantly monitored for exposure to known allergies. Signs are posted outside classrooms disallowing foods that are unsafe for students with allergies.

Access to any area involved in storage, preparation and service of food on the school campus shall be limited to authorized personnel.

Consistent School Activities and Environment – Physical Activity

Sacred Heart Catholic School is encouraged to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical activity facilities and equipment on school grounds shall be safe.

Sacred Heart Catholic School is encouraged to work with the community to create a safe and supportive environment for students walking or biking to school.

Sacred Heart Catholic School has a flu response plan that is located in the Guidance Counselor's office.

Food and Physical Activity as a Reward or Punishment

School personnel shall not withhold food or beverages from students as punishment.

Nutrition Guidelines for All Foods and Beverages Available on School Campuses During the School Day

Food providers shall offer a variety of age-appropriate, appealing food and beverage choices and employ food preparation, purchasing and meal planning practices consistent with current Dietary Guidelines for American (e.g. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).

All foods and beverages sold individually (apart from the reimbursable school meal) shall be well-regulated and consistent with the nutritional goals of this policy. This includes:

- a la carte offerings in the food service program
- food and beverages sold as part of school-sponsored fundraising activities should encourage and include healthy choices

Every effort shall be made to provide nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, wherever and whenever food is sold or otherwise offered at school.

Guidelines for School Meals

Sacred Heart Catholic School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

Sacred Heart Catholic School has no soda, energy drinks or snack vending machines on the premises.

Measuring Implementation & Community Involvement

The principal shall be responsible for implementation of the Wellness Policy.

The Wellness Committee based upon feedback may revise the wellness policy as appropriate and review the Wellness Plan annually.

Attachment A

*Healthful Food and Beverage Options for School Functions**

At any school function (parties, celebrations, meetings, etc.), healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below:

- raw vegetable sticks/slices with low-fat dressing or yogurt dip
- fresh fruit wedges-cantaloupe, honey dew, watermelon, pineapple, oranges, etc.
- fruit salad
- cereal and low-fat milk
- 100% fruit or vegetable juice
- frozen fruit pops with fruit juice or fruit as the first ingredient
- single serving applesauce or canned fruit in juice
- fruit smoothies made with fat-free or low-fat milk
- dried fruits – raisins, cranberries, apples, apricots, etc.
- single serving applesauce or canned fruit in juice
- peanut butter with apple wedges or celery sticks
- fruit smoothies made with fat-free or low-fat milk
- trail mix (dried fruits and nuts)
- dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- lean meats and reduced fat cheese sandwiches
- party mix (variety of cereals, nuts, pretzels, etc.)
- baked chips with salsa or low-fat dip
- low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- mini bagels with whipped light or fat-free cream cheese
- pasta salad
- bread sticks with marinara
- fat-free or low-fat flavored yogurt & fruit parfaits
- fat-free or low-fat pudding cups
- fat-free or low-fat milk and milk products (string cheese, single serving cottage cheese, cheese cubes)
- flavored soy milk fortified with calcium
- pure, ice cold water

**This list is not all-inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices.*