

St. Mary School Wellness Policy

Healthy Lifestyles

It is the belief of St. Mary School to strive to make a significant contribution to the spiritual well-being, physical capacity, and learning ability of each student and afford them the opportunity to fully participate in the education process.

St. Mary School promotes a healthy school by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. By facilitating learning through the support and promotion of good nutrition and physical activity, our school contributes to the basic health status of children. Improved health optimizes student performance potential.

Health eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. To ensure the health and well-being of all students, it is the policy of St. Mary School to:

1. Ensure that all children have access to adequate and healthy food choices on scheduled school days at reasonable prices.
2. Ensure the food sales/bake sales/parties for students are held during hours that will not conflict with the lunch program. St. Mary School operates under the National School Lunch Program regulations.
3. Support and promote proper dietary habits contributing to students' health status and academic performance. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals. Encourage all staff to focus on the Dietary Guidelines for Americans.
4. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
5. Coordinate school food service with the healthy lifestyles policy to reinforce messages about healthy eating and to ensure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits.
6. Provide school staff involved in nutrition education and in supporting a healthy school environment with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change.

Nutrition Standards: St. Mary School strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting we have adopted the following standards governing the sale of food, beverages, and candy on school grounds.

Food Sales: Any food item for sale prior to the start of the school day and throughout the day will have no more than 30% of its total calories derived from fat. Any food item for sale will have no more than 10% of its total calories from saturated fat. Encourage consumption of nutrient dense foods (i.e.: whole grains, fresh fruits, and vegetables).

Learning Incentives in Classrooms: The use of foods of minimal nutritional value as learning incentives should be kept to a minimum. (see section: *Foods of Minimal Nutritional Value as Defined by the USDA*)

Student Nutrition Education: St. Mary School has a comprehensive curriculum approach to nutrition in PreK through 8th grade. Staff is encouraged to integrate nutrition themes into lessons when appropriate. The health benefits of good nutrition should be emphasized. The nutritional themes include, but are not limited to:

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| • Knowledge of My Plate | • Healthy Snacks | • Multicultural Influences |
| • Healthy Heart Choices | • Healthy Breakfast | • Serving Sizes |
| • Sources & Variety of Foods | • Healthy Diet | • Proper Sanitation |
| • Guide to a Healthy Diet | • Major Nutrients | • Identify & Limit Junk Food |
| • Diet & Disease | • Food labels | |
| • Understanding Calories | | |

St. Mary's nutrition policy reinforces nutrition education to help students practice these themes.

Parent Nutrition Education:

Nutrition information is shared with families via newsletters and/or the digital lockers.

Parents/Families wishing to send special snacks for events (e.g. birthdays, 'star week', etc.) should discuss with their child's teacher regarding allergies or other considerations prior to sending treats.

Optional healthy snack lists are available from several websites, including:

<http://www.fns.usda.gov/healthierschoolday/school-day-just-got-healthier-parents>

http://cspinet.org/nutritionpolicy/healthy_school_snacks.html

<http://school-bites.com/healthy-classroom-parties/>

Health Curriculum: The health curriculum will educate students to develop the knowledge, attitudes, skills, and behavior for lifelong healthy eating habits and physical activity. St. Mary School has approved PreK-8 nutrition curriculum as part of the comprehensive health curriculum. The nutrition curriculum supports the philosophy that the quality of life is dependent upon the student's interaction with their environment which includes their physical, mental, and social well-being. Included in the health curriculum as a performance goal, is that students will learn good food habits to help build and maintain good health. This performance goal is promoted throughout the Diocese of Madison PreK-8 Health Curriculum. Some of the topics covered as part of the health curriculum include: health promotion and disease prevention, health behaviors, goal setting, decision making, health information and services, culture media and technology, communication and advocacy.

Physical Education Curriculum: The mission of the Physical Education Curriculum is to incorporate a variety of physical experiences which focus on improving fitness and developing skills that will help achieve a happy and healthy life. It will also develop the student's social, cognitive, and physical skills which will enable them to better appreciate God's gift of life and movement.

Physical Fitness Opportunities:

- Before & After School Physical Activities
- Physical Education Classes Twice Weekly
- Two 15 minute and one 30 minute recess daily
- Sports: volleyball for girls, basketball for both boys & girls grades 4-8
- Jump Rope/Hoops for Heart
- Presidential Fitness Award
- Play 60

Food Service Nutritional Guidelines (Grades PreK – 8)

The following nutritional guidelines apply to all students in grades PreK-8:

- **Water Consumption:** Encourage increased consumption of water throughout the day. Staff members should be particularly sensitive to students need for water during periods of hot weather. Even during periods of moderate temperature, staff members should remind students of the value of consuming water. Water sales should be an option through school concession services. Water is available at lunch time through school water fountains.
- **Fat Content:** Foods from reimbursable meals, over the course of five days, derive no more than 30% of their total calories from saturated fats. These recommendations are consistent with federal mandates.
- **Content from Added Sugars:** No individual item served by food service as part of a traditional meal, as an 'ala carte' item or as a snack item may contain more than one third of its weight from added sugar. An exception may be made periodically for a traditional meal treat.
- **Milk Products:** Milk will be promoted during lunch time. Milk will be available to all students bringing sack lunches for a small fee. Milk is also available at snack time for a fee. Both unflavored and flavored milk will be available during milk break and school lunch. Low fat and skim milks are featured in single serving sizes.
- **Juice-Based Drinks:** Pure 100% juice is available as an additional beverage during snack time as an option on the snack cart.
- Children who bring sack lunches from home are asked to bring juice or water, or buy a carton of milk for a quarter.
- **Soda Pop:** No soda pop will be allowed during the school day, including students bringing soda pop in lunches or snacks. Exceptions may be made on special occasions by classroom teachers.
- **Caffeine & Additives:** Products containing caffeine will not be available during lunch time. Food Service is sensitive to the presence of dyes, sulfites, MSG, and other additives to food by

limiting their use whenever possibly or finding alternative products that have fewer additives. Food Service follows federal guidelines regarding sodium content in all food served.

- **Lunchroom Climate:** A lunchroom environment that provides students with a relaxed, enjoyable climate is available. It is encouraged that the lunchroom be a place where students have an adequate space to eat and pleasant surroundings, adequate time for meals (the American Food Service Association recommends at least 20 minutes for lunch from the time children are seated); and convenient access to hand washing facilities before meals.
- **Candy:** Vending sales of candy will not be permitted on school grounds. Non-vending sales of candy will be permitted at the conclusion of the school day. Exceptions may be made by classroom teachers for special occasions.

Foods of Minimal Nutritional Value as Defined by the USDA

- **Soda Water:** Any carbonated beverage (even water). No products shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and protein.
- **Water Ices:** Any frozen, sweetened water, such as sicles, flavored ices with the exception of products that contain fruit or fruit juice.
- **Chewing Gum:** Any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- **Candies:** Any processed foods made predominately from sweetness or artificial sweeteners with a variety of minor ingredients.
- **Hard Candies:** Any products made predominately from sugar and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops.

Guidelines for Food and Beverages Offered to Students at School Functions

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| • Fresh Fruit & 100% Fruit Juices | • Baked Corn Chips & Fat-Free Potato Chips with Salsa or Low-Fat Dip (Ranch, French Onion, Bean, etc.) |
| • Fresh Fruit Juice Pops | • Low-Fat Muffins, Granola Bars, or Cookies |
| • Dried Fruits | • Jell-O & Low-Fat Pudding Cups |
| • Trail Mix | • Pure Ice Cold Water |
| • Party Mix | |
| • Low Sodium Crackers | |

Fundraising Activities & Concessions: To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold. The following recommendations are made to promote healthy choices for children related to fundraising activities supported by the school. Organizations operating concessions at school functions should include at least some healthy food choices in their offerings.

All fundraisings projects are encouraged to follow nutrition standards. All fundraising projects for sale and consumption within and prior to the instructional day will be expected to make every effort to

follow the nutrition standards when determining the items being sold. Items being sold that do not meet the standards may be acceptable for student consumption within moderation (i.e.: limit quantity sold to an individual student). Items being sold that do not meet the standards may be acceptable when offered on an intermittent basis.

St. Mary Wellness Committee reviewed and accepted this policy December 2014

- Food Service Coordinator – Linda Raimer
- Staff Member – Jill Raines
- Administrative – Jamie Hahn
- Parent Representatives – Norma Limmex, Connie Schlimovitz, Christine Procknow, Katie Egan, Ellen Stevenson, Donna Jost