

St. Joseph School
105 N. Willie
Salisbury, Missouri 65281
(660) 388-5518

School Wellness Policy on Physical Activity And Nutrition

Preamble

We believe that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

We believe that good health fosters student attendance and education;

We believe that community participation is essential to the development and implementation of successful school wellness policies;

Therefore, St. Joseph School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of St. Joseph School that:

The school will engage students, parents, teachers, food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing schoolwide nutrition and physical activity policies.

All students in K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

To the maximum extent practicable, St. Joseph School will participate in available federal school meal programs (including the School National School Lunch Program).

The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages

between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Council

St. Joseph School will be an active member of the Chariton County Health Center. The school will create, strengthen, or work to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. CCHC will serve as a resource to the school site for implementing those policies.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National Lunch Program will:

be appealing and attractive to the children;

be served in clean and pleasant settings;

meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;

offer a variety of fruits and vegetables;

serve only low-fat (1%)milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and

ensure that half of the served grains are whole grain or as dictated by the USDA.

Free and Reduced-priced Meals. St. Joseph 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-priced school meals.

Meal Times and Scheduling

Meals served through the National Lunch Program will:

provide students with 20 minutes after sitting down for lunch;

schedule meal periods at appropriate times, e.g. Lunch is scheduled between 11:00 AM and 12:00 PM;

not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless student may eat during such activities;

provide access to hand washing or sanitizing before they eat meals or snacks; and

take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g. Orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school's responsibility to operate a food service program, we will encourage continuing professional development for all nutrition professionals in school. Staff development programs will include appropriate certification and/or training programs for the child school nutrition manager and cafeteria workers, according to their levels of responsibility. (School nutrition staff development programs are available through the USDA, School Nutrition Association. and National Food Service Management Institute.)

Sharing of Food and Beverages. School will discourage students from sharing their foods or beverages with another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, fundraisers, school stores, etc.)

If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Beverages

Allowed : water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% real fruit juice or that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent non-dairy beverages (to be defined by USDA);

Not Allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

In the event a food item is sold it:

will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;

will have no more than 35% of its *weight* from added sugars;

will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

A choice of another fruit and/or non-fried vegetable will be offered. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, fried or canned fruits (canned in fruit juice or light syrup); and cooked, fried, or canned vegetables (that meet the above fat and sodium guidelines).

Portion Sizes :

Limited portion sizes of foods and beverages:

One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;

One ounce for cookies;

Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;

Four fluid ounces for frozen desserts, including, but not limited to, low-fat and fat-free ice cream;

eight ounces for non-frozen yogurt;

twelve fluid ounces for beverages, excluding water; and

the portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fund-raising Activities. To support children's health and school nutrition-education efforts, St. Joseph School will encourage any school fund-raising activities that involve food to emphasize foods that meet appropriate nutrition and portion size standards. St. Joseph School will encourage fund-raising activities that promote physical activity.

Snacks. Snacks served during the school day will make a positive contribution to children's diet and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. St. Joseph School will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations.

Rewards. St. Joseph School will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations . St. Joseph School will limit celebrations that involve food during school. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages.

School sponsored events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will be encouraged to meet the nutrition standards for meals or for foods and beverages sold individually.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion . St. Joseph School aims to teach, encourage, and support healthy eating by students. St. Joseph School should provide nutrition education and engage in nutrition promotion that:

is offered at each grade level as part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills , necessary to promote and protect their health;

is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

links with school meal programs, other school foods, and nutrition related community services;

teaches media literacy with an emphasis on food marketing; and

includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;

opportunities for physical activity will be incorporated into subject lessons; and

classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. St. Joseph School will support parents' efforts to provide a healthy diet and physical activity for their children. If a student brings a lunch, parents should not pack beverages and foods that do not meet the nutritional standards for individual foods and beverages.

The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parent's efforts to provide their children with opportunities to be physically active outside of school. Such efforts will include sharing information about physical activity and physical education through website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in School. School based marketing will be consistent with nutrition education and health promotion. As such St. Joseph School will limit food and beverage marketing to the promotion of foods and beverages that meet the nutritional standards for meals or foods and beverages. School-based marketing of brands promoting

predominately low-nutrition foods and beverages is prohibited. (Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.) The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Staff wellness. St Joseph School highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

IV. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-8. All students in K-8, including students with special health-care needs, will receive physical education (or its equivalent of 60 minutes per week) for the entire school year. Student involvement in other activities involving physical activities (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. All K-4 school students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which teachers should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

St. Joseph School discourages extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, teachers should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. St. Joseph School offers extracurricular basketball for boys and girls in Grades 5-8, track for boys and girls in Grades 7-8, softball for girls in Grades 7-8 and track for boys and girls in Grades 7-8. After-school child care and enrichment programs will provide and encourage - verbally and through the provision of space, equipment, and activities - daily periods of moderate to vigorous physical activity for all participants. Students are allowed to walk laps around the gym before school.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School - The school will assess and, if necessary to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the school will work together with local public works, public safety, and/or police department in those efforts.

V. Monitoring and Policy Review

Monitoring. The principal or designee will insure compliance with established school wide nutrition and physical activity wellness policies. The principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school superintendent or designee.

School food service staff at St. Joseph School will ensure compliance with nutrition policies within school food service areas and will report on this matter to the principal. In addition, the school will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The principal or designee will develop a summary report every three years on district wide compliance with the district's established nutrition and physical activity wellness policies, based on input from the school. That report will be provided to the school board and also distributed to the Chariton County Health Center, the Home and School and the Diocese designee if required.

Policy Review. To help with the initial development of the school's wellness policy, St. Joseph School will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those assessments will be compiled at the school level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance; assess progress, and determine areas in need of improvement. As part of that review, the school will review the current nutrition and physical activities policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The school will revise wellness policies and develop work plans to facilitate their implementation.