

All Saints Catholic School

Local Wellness Policy



Issued by the President: Kenneth W. Soistman

2015-2016 School Year

The development and adoption of this policy is mandated by the Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004. As required, this policy is established in accordance with United States Department of Agriculture (USDA) regulations and guidance, and existing Virginia regulations and guidance, as they apply to school nutrition programs. The guidelines are equally as restrictive as the state and federal school nutrition laws and will be modified in the event that new legislation is enacted.

All Saints Catholic School recognizes that childhood overweight and obesity rates have nearly tripled in the past thirty years and continue to rise. Poor eating habits and increased sedentary activities have contributed to this trend. There are numerous emotional and health consequences of being overweight. Since the greatest portion of a child's day is spent in the school environment, schools are in a strong position to impact children's nutritional and physical activity habits and reduce the proliferation of childhood obesity. Nutrition and physical activities are essential for students to achieve their full academic and physical potential.

The goals and purposes of this policy are to:

1. Provide a framework for All Saints to make positive changes that will increase and develop a framework for wellness.
2. Offer recommendations and provide guidelines that will strengthen school nutrition and physical activity programs.
3. Address the issues that underlie the soaring rates of overweight children and adolescents in our school.
4. Provide our students with healthier food and beverage options and increase opportunities for physical activities.

Mission Statement:

All Saints believes healthy eating and physical activities, in a holistic school environment, are essential for students to achieve full academic, social, physical, psychological, and emotional well being.

Nutrition Statement:

Academic performance and quality of life are enhanced by the choice and availability of healthy foods and nutrition education in our school district.

Nutrition Guidelines

School Meals

Meals served through the National School Lunch Program will:

- Be appealing and attractive to 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, and
- Serve low-fat (1%) and fat free milk.

Free and Reduced-priced Meals

Schools 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.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. Staff development programs should include appropriate certification and/or training programs for cafeteria workers.

Sharing of Foods and Beverages

All Saints discourages students from sharing their foods and beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's dietary health.

Nutrition Education Goals

All Saints Catholic School will:

- Provide helpful hints related to diet and health activities to students, parents, and staff.
- Enhance the health curriculum with cross-curriculum integration of nutrition education.
- Display information in the school building and cafeteria that relates to nutrition.
- Coordinate with the community partners to assist with creating a healthy school environment.
- Provide an ongoing staff development related to wellness education.

Physical Activity and Educational Goals

All Saints Catholic School will:

- Provide a standard based Physical Education Curricula, which focuses on knowledge, skills, and attitudes toward physical activity needed to maintain an active lifestyle.
- Provide safe facilities, space, and equipment for physical activities during and after school hours.
- Enforce measures to prevent injuries and illness related to specific physical activities, environmental conditions and individual health related limitations.
- Provide time within the school day for minimum daily physical activity as follows:
 1. Forty-five minutes once a week with Physical Education (PE) instructor
 2. Twenty minutes of recess with classroom teacher
- Discourage the denial of physical activity and/or recess as a form of discipline or for classroom make-up time.
- Measure and monitor student's physical activity knowledge, motor skills, and behavior related to physical activity.
- Provide physical activity promotions for all employees.

Other School-Based Activities

- School cafeteria has sufficient space for students to sit and consume meals.
- School cafeteria area is a clean, safe, and pleasant environment.
- Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
- Meal times are scheduled near the middle of the day.
- Students are given adequate time to enjoy eating healthy meals.
- On-going professional training and development is provided for all school personnel.
- Support for the health of all students is demonstrated by supporting school health clinics and health screenings.
- For the safety and security of the food and facility, access to the food service operations are limited to the food service staff and authorized personnel.

Implementation Plan

We realize that the implementation of the Wellness Policy will be an incremental process. Staff, students, and parents must be notified of the upcoming plans, through our Handbook and Wednesday Folder.

Monitoring Plan

By early September, the president and cafeteria manager will meet and evaluate the program. This will establish the Wellness Committee. The purpose of this Committee is to monitor our school's progress in meeting the established wellness goals. The attached evaluation tool will be used for this monitoring process. The tool uses a scale from 0 (not happening; no change has been initiated) to 3 (already happening) to specify the progression of the desired outcomes.

Baseline data will be gathered in September of each school year. The information will be reassessed in January and again in May of each school year.

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For each item, please use the following numbers to indicate what is happening at your school

0 = not happening, and change has not been initiated

1 = not happening, but change has been initiated (i.e., discussions, meetings, planning committee established)

2 = action plan for change is in progress

3 = this is already happening at our school

Leadership to address healthy eating and physical activity in school:

_____ A Wellness Committee exists to set, review, and update policies related to healthy eating and physical activity.

_____ Teachers and staff receive ongoing staff development related to wellness education.

_____ Teachers, school food service, and administrators participate in wellness programs.

Meeting the Healthy Eating Challenge:

_____ Meals are appealing and attractive to the children.

_____ Meals are served in clean and pleasant surroundings.

_____ Milk options include low-fat (1%) and fat-free milk.

_____ Nutrition information is available to students and their parents.

Food Service Staff:

_____ Our food service staff are appropriately certified.

_____ Our food service staff receive annual professional development training.

_____ Our food service staff is friendly and courteous to children.

Free and Reduced-Price Meals:

_____ Our school makes every effort to prevent the overt identification of students in this program.

_____ Our school makes every effort to eliminate any social stigma attached to participation in this program.

Snacks:

- _____ Snacks served during after-school care or enrichment programs make a positive contribution to children's dietary health.
- _____ Teachers, after-school program personnel, and parents have received a list of healthful snack items.

Meeting the Nutrition Education Challenge:

- _____ Our school enhances the health curriculum with cross-curriculum integration of nutrition education.
- _____ Classroom lessons are coordinated with others (e.g., P.E., school food service, art, etc.)

Meeting the Physical Activity Challenge:

- _____ Our physical education curriculum focuses on knowledge, skills, and attitudes toward physical activity that promote a healthy lifestyle.
- _____ Our school provides safe facilities, space, and equipment for physical activities *during* school hours.
- _____ Our school provides safe facilities, space, and equipment for physical activities *after* school hours.
- _____ Rules and guidelines designed to prevent injury are enforced.
- _____ Rules and guidelines designed to prevent illness are enforced.
- _____ Adequate time is provided each day for physical activity.
- _____ Teachers do not deny children physical activity and/or recess as a form of discipline.
- _____ Teachers do not use recess time for classroom make-up time.
- _____ Students' physical activity knowledge, motor skills, and behavior related to physical activity are monitored.