

St. Catherine School
540 3rd Ave. NE
Valley City, North Dakota 58072

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School Wellness Policy

Revised/Date
02/16/17

The link between good nutrition and physical activity with learning is well documented. Good nutrition and physical activity which results in improved health optimizes student performance and ensures that no child is left behind. Healthy eating and physical activity habits are essential for students to achieve their full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity helps to reduce the risks of many chronic diseases in both children and adults.

Schools have a responsibility to help students and staff, establish and maintain lifelong, healthy eating and physical activity patterns. A School Wellness Policy has been shown to positively influence students' eating and physical activity habits.

Nutrition Education

1. Standards-Based Sequential Nutrition Education

- a. A nutrition curriculum that focuses on students' eating behaviors shall be based on current science, research and national and state standards and benchmarks.
- b. Nutrition education shall be incorporated into the curriculum of grades K-6.

2. Connecting with Existing Curriculums

- a. All kindergarten – grade 6 instructional staff members shall be encouraged to integrate nutrition themes into lessons in other subjects, when appropriate, to reinforce and support health messages.

3. Education Links with School

- a. The nutrition education curriculum links with the school meals programs, other school foods, and nutrition-related community services that occur outside the classroom or that link classroom nutrition education to the larger school community (e.g. the Fresh Fruit and Vegetable Program, school gardens, cafeteria-based nutrition education, after-school programs, partners with CHI Mercy Health for Grade 5 ON THE MOVE and participates in K-grade 6 Exercise ON THE MOVE.)

4. Professional Development for Teachers

- a. Staff members responsible for nutrition education shall be adequately prepared and shall regularly participate in professional development activities to effectively deliver the nutrition education program as planned including: basic nutrition, development of skills in behavior change, and instructional techniques and strategies designed to promote healthy eating behaviors.

- b. Staff members providing nutrition education shall not advocate dieting programs or any specific eating regimen to students, other staff members or parents unless it aligns with Dietary Guidelines for Americans.

5. Staff Awareness

- a. The school shall build awareness among teachers, food service staff, coaches and other school staff members about the importance of nutrition, physical activity and body-size acceptance to encourage academic success and lifelong wellness. (e.g. via emails, posters, in-services, etc.)

6. Staff Members as Role Models

- a. School staff members shall be encouraged to model healthy eating and physical activity behaviors.
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Standards for USDA Child Nutrition Programs and School Meals

1. Nutrition Guidelines

- a. School meals shall offer varied and nutritious food choices that are consistent with USDA nutrient standards and the current Dietary Guidelines for Americans (which focus on increasing fruits, vegetables and whole grain enriched products). See Appendix A. School meals shall:
 - 1. meet, at a minimum, nutrition requirements established by local, state and federal laws and regulations;
 - 2. offer a minimum of 6 fruits/veggies, a variety of colors and types of fruits and vegetables, emphasizing fresh and locally grown produce when available and economical at lunch;
 - 3. serve only low-fat (1%) and fat-free milk (as recommended by the Dietary Guidelines for Americans) and nutritionally equivalent nondairy alternatives as defined by the USDA when appropriate;
 - 4. ensure that at all grains offered must be whole grain rich (must contain at least 51% whole grains);
 - 5. share information about the meals with students, families and school staff members (e.g. local radio station, school website, emails, etc.); and
 - 6. use serving sizes that meet minimum requirements yet also do not exceed age appropriate sizes.
- b. Smarter Lunchroom Movement (SLM) will be used by staff to nudge students to select healthier choices in the lunchroom (e.g. staff to encourage students to select fruits and vegetables, etc).

2. Breakfast Promotion

- a. Breakfast will enhance the students' ability to learn and parents are encouraged to provide a healthy breakfast for their children or have them participate in the School Breakfast Program.
- b. Breakfast at St. Catherine School is served from 7:45am – 8:30am daily. Those arriving before 8:00am should do so only if they are going to take part in the breakfast program. If the student needs to arrive at the school before that time, the student shall make

arrangement with the principal. In order to avoid competing with the breakfast program, it is requested that parents do not send breakfast to be eaten at the school.

3. Special Dietary Needs

- a. Any parent requesting a special diet must have the “Medical Statement to Request School Meal Modification” from the Department of Public Instruction completed and on file. See Appendix B. If the school has questions or concerns about special dietary needs they can call the Department of Public Instruction at 1-888-338-3663.

4. Meals Brought Into School

- a. Food purchased from local restaurants/delis is not permitted in the school cafeteria.
- b. School should encourage meals brought from home to feature healthy foods.
- c. No soda pop or energy drinks are allowed in the school cafeteria.

5. Access to Drinking Water

- a. Students and school staff members will have access to free, safe, fresh drinking water throughout the school day.

6. Recess and Lunch

- a. It is recommended that recess is scheduled before lunch in elementary schools.

Nutrition Standards for Competitive and Other Foods and Beverages

1. **Nutrition Standards for Food and Beverages Sold or Offered Free Outside the National School Lunch Program or National School Breakfast Program. The USDA Smart Snacks in School Guidelines must be followed.** (This includes cafeteria sales, vending machine sales, school stores and any other food items sold to anyone on campus.) See Appendix C.
2. **Nutrition Standards Outside of the School Day for Foods Sold or Offered Free on School Premises Sponsored by or Not Sponsored by School (e.g. PTO Sales/Concessions, Spaghetti Suppers, etc.).** See Appendix D.
 - a. Food Standard
 1. Fruits and/or vegetables should be offered at any location where food is served free or sold. (This does not include juice which is a beverage.)
 2. It is recommended that lower fat/lower sodium/whole grain (51%) food options will be chosen to be served/sold. (Examples include low fat/low sodium hotdogs, low fat yogurt, 100 calorie snack packs, baked chips, low fat ranch dressing, whole grain buns).
 3. Baked items are encouraged to be a 2 ½” square bar, 2 oz. muffins, or a 2 ½ - 3” cookie.
 - b. Beverage Standard
 1. 100% juice and low fat milk (skim or 1%) will be sold/served at all locations where juice and milk are sold/served.
 2. Water must be easily accessible in pitchers, fountains or bottles (unflavored, non-carbonated) where beverages are sold/served.

3. Every effort will be made to purchase the smallest size of beverage possible. Exceptions will be made for 16 oz. milk products, for 12 oz. 100% juice and any size of water.
- c. A copy of these standards will be shared with any parish groups who offer food at the parish.

3. Fundraising for School and School Sponsored Groups (Boosters, Foundation, PTO, etc.) on or off Campus

- a. The school shall make available to students, parents, teachers and school groups a list of ideas for acceptable fundraising activities. See Appendix E.
- b. The school shall encourage fundraising activities that promote physical activity and encourage healthy eating.

4. Classroom Snacks Provided by School

- a. Classroom snacks served by the school should feature healthy choices that meet the requirements of the school's nutrition standards.
- b. School personnel shall not withhold student access to snacks as punishment.

5. Celebrations and Parties

- a. Nonfood celebrations shall be promoted, however, on a student's birthday, the student may bring a treat of his/her choice.
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Physical Education and Physical Activity

1. Standards-Based, Sequential Physical Education

- a. To be identified in the 2017-2018 school year.

2. Daily Physical Education Kindergarten to Grade 6

- a. The school will provide the following physical education minutes:
 - Grades K-6: 100 minutes PE per week
- b. Students shall spend at least 75 percent of physical education class time participating in moderate to vigorous physical activity.
- c. The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.
- d. Physical education will be taught by a highly qualified licensed instructor.

3. Daily Recess

- a. All elementary school students will have at least 15 minutes a day of supervised recess, preferably before lunch and outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- b. Districts shall ensure that students with special physical and cognitive needs have equal physical activity opportunities, with appropriate assistance and services.

4. Physical Activity and Punishment

- a. During the school day teachers and other school personnel shall not use physical activity or exercise (e.g., running laps and pushups) as punishment. Withholding recess or other opportunities for physical activity as a measure to enforce the completion of academic work shall not be encouraged and should only be done at the discretion of the principal.
- b. Appropriate alternate strategies shall be developed as consequences for negative or undesirable behaviors, (e.g. time out).

5. Safe Routes to School

- a. St. Catherine School will encourage students to bike and walk to school where appropriate.

6. Use of School Facilities Outside of School Hours

- a. School spaces and facilities shall be available to community agencies and organizations offering physical activity and nutrition programs.
- b. School policies concerning safety shall apply at all times.

7. Incorporating Physical Activity into the Classroom

- a. Classroom health education shall 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.
 - b. Opportunities for physical activity shall be incorporated into other subject lessons and can be used as reinforcement, reward and celebration for achievement, positive behavior and completion of assignments. Classroom teachers shall provide short physical activity breaks throughout the day such as Jammin' Minutes and Move to Learn.
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Wellness Promotion and Marketing

1. Consistent Health Messages

- a. Students shall receive positive, motivating messages both verbal and nonverbal, about healthy eating and physical activity throughout the school environment. All school personnel shall help reinforce these positive messages.
- b. School staff will serve as role models. Therefore St. Catherine School will offer staff wellness programs as well as general wellness resources, (e.g. ON THE MOVE).

2. Engaging Families

- a. Nutrition education will be provided to parents in the form of handouts, the school website, articles and information provided in school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach parents, including the areas of healthy celebrations, rewards, and fundraising.

3. Engaging Students

- a. Key health messages shall be promoted by coordinating classroom and cafeteria, and through planned promotions such as ON THE MOVE, health fairs, nutrition and physical activity initiatives, programs, contests, and the Giant Fruit Salad.

4. Partnering with Community Organizations

- a. St. Catherine School shall partner with community organizations (e.g., local businesses, faith-based organizations, libraries, local health departments, local colleges and their students, and local health care providers) to provide consistent health messages and support school-based activities that promote healthy eating and physical activity.

5. Food Marketing in Schools

- a. St. Catherine School should encourage marketing that is consistent with the nutrition curriculum and will include promotion of the Breakfast and Lunch Programs via emails, newsletters or school website. St. Catherine School should encourage food and beverage marketing that promotes foods and beverages that meet the U.S. Department of Agriculture (USDA) nutrient standards for meals and the school's nutrition standards.
- b. Education materials shall be free of brands and illustrations of unhealthy foods.

6. Nutrition & Physical Activity Promotion

- a. The school shall participate in programs that promote and reinforce student health, such as Student ON THE MOVE, Team Nutrition, Fuel Up to Play 60 and Healthier US School Challenge.

7. Media

- a. St. Catherine School shall work with a variety of media, such as local newspapers, radio and television stations, to spread the word to the community about healthy eating and physical activity behaviors, and a healthy school environment.
 - b. St. Catherine School shall publish the School Wellness Policy on the school website.
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Implementation, Evaluation and Communication

1. Monitoring

- a. The principal shall ensure compliance with established nutrition and physical activity policies.
- b. The school cook shall ensure compliance with nutrition policies within school food service areas and shall report on this matter to the principal.
- c. An annual report, prepared by the principal will be made available to the parents via the school website to inform them of school wide compliance with the policy.
- d. A School Wellness Team will be established (the principal, a teacher, the school cook and at least one parent). The team will meet to review and promote the School Wellness Policy and improve the school's nutrition and physical activity environment. The team will be chaired by a parent or teacher.

2. Policy Review

- a. A triennial assessment of the School Wellness Policy and the Foodservice Department will be completed by the Department of Public Instruction and results made available to the public.