

St. Elizabeth Ann Seton School Wellness Plan

I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects students' health, well being, and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

St. Elizabeth Ann Seton School is committed to providing a healthy school environment because the link between nutrition, physical activity and learning is well documented.

A. The school board recognizes that nutrition education, healthy eating, physical education, and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well being, and are essential components of the educational process, and that good health fosters student attendance and education.

B. St. Elizabeth's encourages the involvement of students, parents, teachers, school board, school administrator, and other interested persons in implementing, monitoring and reviewing the school's nutrition and physical activity policies.

C. Qualified food and nutrition services personnel will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students, try to 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 the students to eat.

D. St. Elizabeth's is a Nut Safe school, and will accommodate all other allergies and sensitivities.

III. GUIDELINES

A. **Foods and Beverages**

1. School staff will use non-food rewards and incentives whenever possible as the first choice to encourage positive behavior.

2. School staff will not withhold food or beverages as punishment.

3. Teachers may use food for instructional purposes. Occasionally foods of minimal nutritional value may be used, but are not routine.

4. Parents will be encouraged to provide nutritious snacks or treats of fruits, vegetables, and whole grains.
5. Parents are only allowed to bring in a lunch for their own child. Carbonated beverages are not allowed in the school cafeteria during meal times.
6. Birthday celebrations and classroom parties that involve treats will be scheduled after lunch whenever possible.
7. Treats of minimal nutritional value must be purchased and brought to school in unopened packages (no homemade items).
8. All food and beverages, including snacks and treats, at school or on field trips must adhere to the school's Nut Safe policy.
9. Food and Nutrition Services personnel will adhere to all federal, state and local food safety and security guidelines.
10. St. Elizabeth's is committed to providing sound nutrition. The school will ensure that foods and beverages made available on campus will be consistent with the current USDA Dietary Guidelines for Americans.

B. Food and Nutrition Services

1. Food and Nutrition Services personnel will adhere to all federal, state and local food safety and security guidelines.
2. The school will provide continuing professional development for food and nutrition service personnel.
3. The Director of Food and Nutrition Services shall be responsible for administering the school meals and snack programs. Duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
4. Program meals shall meet the nutritional standards, as well as the nutrient and calorie levels for students of each age or grade group, required by 7 CFR 210-10 and 220.8

C. Nutrition Education and Promotion

1. St. Elizabeth's will encourage and support lifelong healthy eating by students and engage in nutrition promotion that is:

(a) Offered as part of the science curriculum designed to provide students with the knowledge and skills necessary to promote and protect their health.

(b) Age appropriate, skill building nutrition education at each grade level.

(c) Integrated into other areas of the curriculum such as math, language arts, social studies, and physical education.

2. The staff involved in nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver current nutrition education programs.

3. St. Elizabeth's will provide nutrition education to foster lifelong habits in healthy eating, and will establish linkages between health education and school meals programs.

D. Physical Activity

1. St. Elizabeth's will ensure that every student receives regular, age appropriate quality physical education.

2. Students will accumulate a minimum of 75 minutes of physical education per week.

3. All physical education classes will be taught by a certified physical education teacher.

4. Physical education curriculum will follow the Diocesan approved guidelines for physical education with a focus on student's development of motor skills, movement forms, and health related fitness.

5. Students will be moderately to vigorously active at least 50% of the time in physical education class.

6. St. Elizabeth's will provide an environment that encourages safe and enjoyable activity for all students, including those with disabilities and those who are not athletically gifted.

7. The use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other classes is prohibited.

E. School based activities promoting wellness.

1. St. Elizabeth's will create a school environment that provides a consistent wellness message, which includes the mind, body, and spirit.
2. Students will have a minimum of 20 minutes per day of supervised recess.
3. Recess will not be used for instructional homework makeup, or as punishment for behavior.
4. Students will have access to hand washing before they eat meals and snacks.
5. St. Elizabeth's will provide students with a minimum of 20 minutes to eat after sitting down for school meals.
6. Teachers and staff will discourage students from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some children's diets and food safety/handling concerns.
7. Physical activity breaks should be provided during classroom hours.
8. St. Elizabeth's will ensure that our physical activities facilities on grounds are kept safe and well maintained.
9. The after school Kid Kare program will provide developmentally appropriate physical activity for the participating children and reduce or eliminate the time spent in sedentary activities such as watching videos.
10. St. Elizabeth's will provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.