

**St. Stanislaus School**  
**Wellness Policy**  
**on**  
**Physical Activity**  
**And Nutrition**

**St. Stanislaus School**  
**6410 Route W**  
**Wardsville, MO**  
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## **St. Stanislaus School School Wellness Policy on Physical Activity and Nutrition**

The primary goals of the St. Stanislaus School School's wellness program are to promote student health, reduce student overweight/obesity, facilitate student learning of lifelong healthy habits and increase student achievement. The following procedures will guide the implementation of the school's wellness program.

- St. Stanislaus School will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing the school-wide nutrition and physical activity policies.
- All students in grades PrK-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Normally, foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- To the maximum extent practicable, St. Stanislaus School will participate in available federal school meal programs (including the National School Lunch Program).
- St. Stanislaus 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. Nutrition Guidelines**

It is the policy of St. Stanislaus School that foods and beverages made available during the school day are consistent with the Missouri Eat Smart nutrition guidelines. St. Stanislaus School will create procedures that address all foods available to students throughout the school day in the following areas:

- A. National School Lunch Program
- B. Classroom parties, celebrations, fundraisers, rewards and school events

#### **School Meals**

Meals served through the National School Lunch Program will:

1. be appealing and attractive to children;
2. be served in clean and pleasant settings;
3. meet or exceed nutrition requirements established by local, state, and federal statutes and regulations;
4. offer a variety of fruits and vegetables
5. serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by the USDA)

St. Stanislaus School will provide information about the nutritional content of meals with parents and students upon request.

### **Free and Reduced-Priced Meals**

St. Stanislaus 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-price meals.

### **Meal Times and Scheduling**

St. Stanislaus School:

- will provide students with at least 20 minutes to eat for lunch;
- will schedule meal periods between 11 a.m. and 1 p.m.;
- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- will 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**

As part of the school's responsibility to operate a food service program, we will provide continuing professional development for all nutritional professionals in schools. Staff development programs will include appropriate certification and/or training programs for cafeteria workers, according to their levels of responsibility.

### **Sharing of Foods and Beverages**

St. Stanislaus School will not allow younger students to share their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### **Fundraising Activities**

To support children's health and school nutrition-education efforts, St. Stanislaus School will limit school fundraising activities that involve food and will emphasize the use of foods that meet appropriate nutrition and portion size standards.

### **Snacks**

Parents will provide their child snacks during the school day or in after-school care or enrichment programs that will make a positive contribution to children's diets and health. The 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. Stanislaus School will encourage staff to limit the use of foods or beverages, especially those that do not meet nutritional standards, 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. Stanislaus School will limit celebrations that involve food. The school will work with parents to educate them regarding the nutrition and portion sizes for school parties and celebrations.

### **School-sponsored Events (athletic events or performances).**

A variety of nutritional and healthy snacks and drinks will be made available to the public for sale at school-sponsored events outside the school day.

## **II. Nutrition and Physical Activity Promotion and Food Marketing**

### **Nutrition Education and Promotion**

St. Stanislaus School aims to teach, encourage, and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:

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

### **Communications with Parents**

St. Stanislaus School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information and provide nutrient analyses of school menus upon request. The school will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition 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 parents' efforts to provide their children with opportunities to be physically active outside of school.

### **Food Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. As such, the school will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or foods and beverages sold individually. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition products; free samples or coupons; and excessive food sales through fundraising activities. Marketing activities that promote healthful behaviors (and therefore allowable) include: vending machine covers promoting water and other healthy options; and sales of fruit for fundraisers.

## **III. Physical Activity Opportunities and Physical Education**

### **Physical Education (P.E.) K-8**

All students in grades K-8, including students with disabilities, special health-care needs, and an alternative educational settings, will receive physical education (or its equivalent of approximately 60 minutes/week for K-3 and approximately 60-90 minutes/ week for 4-8) for the entire school year. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class participating in moderate to vigorous physical activity.

### **Daily Recess**

Students in PrK-8 will have at least 20 minutes a day of supervised recess, preferably outdoors, during which students will be encouraged to participate in moderate to vigorous physical activity.

### **Physical Activity After School**

St. Stanislaus School will offer extracurricular physical activity programs (i.e., Parochial Athletic League). A variety of activities will be offered to meet the needs and abilities of students.

After-school childcare and enrichment programs will provide and encourage daily periods of moderate to vigorous physical activity for all participants.

### **Use of School Facilities Outside of School Hours**

The spaces and facilities will also be made available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## **IV. Monitoring and Policy Review**

### **Monitoring**

The school principal or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies and report on the school's compliance to the school superintendent or designee.

School food service director will ensure compliance with nutrition policies within school food service areas and will report this matter to the school principal. In addition, the school will report on the most recent USDA School Meals Initiative (SMI) review findings and resulting changes. If the school has not received a SMI review from the state agency within the past five years, the school will request from the state agency that a SMI review be scheduled as soon as possible.

A summary report will be conducted every three years by the school principal or designee detailing the school's compliance with the physical activity wellness policies.

### **Policy Review**

St. Stanislaus School may establish a baseline assessment of the school's existing nutrition and physical activity environments and policies.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. The schools will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. The school board will be apprised of the revisions and implementation of changes.