

## **ST. PETER CATHOLIC SCHOOL PHYSICAL ACTIVITY AND NUTRITION POLICY**

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

- St. Peter Interparish School faculty and staff will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing this nutrition and physical activity policy.
- All students in grades PK – 8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served as part of the lunch program will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified food service personnel 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 possible, St. Peter Interparish School will participate in available federal school meal programs (including the National School Lunch Program).
- St. Peter Interparish School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

### **TO INSURE THE PROCEDURES ARE FOLLOWED:**

#### **I. Wellness Committee**

St. Peter Catholic School will establish a wellness committee that consists of at least one (1): parent, nurse, school food service representative, advisory school board member, and school administrator. The Principal will serve as the wellness program coordinator. The wellness program coordinator, in consultation with the wellness committee, will be in charge of the implementation and evaluation of this policy. All meetings are open to the school community members.

#### **II. Nutrition Guidelines**

1 It is the policy of St. Peter Catholic School that all foods and beverages made available on campus during the school lunch periods are consistent with the USDA nutrition guidelines.

Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. St. Peter Interparish 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. C. Snacks served in after-school programs.

### **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, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; 4. offer a variety of fruits and vegetables; and 5. serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).

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

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

St. Peter Catholic 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 meals.

### **Meal Times and Scheduling**

St. Peter Catholic School:

- will provide students with at least 15 minutes to eat after sitting down for lunch;
- will schedule meal periods at appropriate times, e.g., lunch will be scheduled between 10:45 AM and 1:00 PM;
- will not schedule tutoring, club, 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**

Qualified food service personnel will administer the school meal program. The school will provide continuing professional development for all food service personnel. Staff development programs should include appropriate certification and/or training.

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

St. Peter Catholic School will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about sanitation, sensitive allergies and other restrictions on some children's diets.

### **Fundraising Activities**

St. Peter Interparish School will encourage fundraising activities that promote physical activity and good nutrition.

### **Snacks**

Snacks served during the school day or in after-school care or enrichment programs will make positive contributions to children's diets and health. Whenever possible, fruits and vegetables will be served and water will be offered. Students may bring snacks from home or purchase snacks from the snack cart that are healthy.

### **Rewards**

St. Peter Catholic School will encourage staff not to use foods or beverages, especially those that do not meet nutritional standards, as the only 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. Peter Catholic School will encourage the use of a variety of nutritional snacks and drinks during various celebrations.

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 include a variety of snacks and drinks.

## **III. Nutritional and Physical Activity Promotion and Food Marketing**

### **Nutrition Education and Promotion**

St. Peter Catholic School will instruct about, encourage, and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a physical education, science, and/or health education curriculum;
- 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 contest, promotions, taste testing, farm visits, and school gardens;

- promotes fruit, vegetables, whole grain products, low-fat and fat-free dairy products, health 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 nutritional-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 and for students to fully embrace regular physical activity as a personal behavior, they need opportunities for physical activity beyond 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 and playing video games;
- opportunities for physical activity will be incorporated into other subject lessons when appropriate; and
- classroom teachers will provide short physical activity breaks between lessons or classes when appropriate.

### **Communications with Parents**

St. Peter Catholic School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will send home nutritional 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.

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

### **Daily Physical Education (P.E.) K – 8**

All students in grades K – 8, including students with disabilities, special health-care needs will receive weekly physical education (Approximately 60 minutes per week for K – 3, and 60 – 90

minutes per 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 grades K – 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 through verbal communication and through the provision of space and equipment.

The school will discourage 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, students will be given periodic breaks during which they are encouraged to stand and be moderately active.

### **Physical Activity After School**

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

After-school care and enrichment programs will provide and encourage daily periods of moderate to vigorous physical activity for all participants through the provision of space, equipment, and activities.

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

School spaces and facilities will be available to students, staff, and parish members before, during, and after the school day, on weekends, and during school vacations by reservation only. These spaces and facilities will also be made available to parish groups and organizations offering physical activity. School policies concerning safety will apply at all times.

## **V. Monitoring and Policy Review**

### **Monitoring**

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

School food service staff will ensure compliance with nutritional 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.

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.

### **Policies**

St. Peter Catholic School will establish a baseline assessment of the school's existing nutrition and physical activity environments and policy.

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

Assessed May 2018

**Any questions/comments or suggestions can be sent to the administration of St. Peter Interparish School.**