



St. Anthony de Padua Catholic School

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St. Anthony School Wellness Policy

It is the belief of St. Anthony School that we must strive to make a significant contribution to the general well being, mental and physical capacity, and learning ability of each student and afford them the opportunity to fully participate in the education process. St. Anthony School supports the adoption and implementation of a comprehensive school health program. We will work in cooperation with parents, who are the primary teachers and caregivers for their children.

At the center of a thriving school is healthy, resilient, successful learner. We recognize that a well functioning comprehensive school health program will improve the safety and health of all school community members and improve the academic achievement of students.

The components of our wellness policy are:

1. School Meals
2. Nutrition Promotion
3. Nutrition Education
4. Physical Activity/Education
5. Food Service Guidelines
6. Policy Monitoring / Implementation

Component 1: School Meals

The District is committed to serving healthy meals to children, with plenty of fruits and vegetables, whole grains, and fat-free/low-fat milk; moderate in sodium, low in saturated fat and zero grams of trans fat per serving (nutrition labels or manufacturer's specifications); and to meet the nutrition needs of school children within their calorie requirements. St. Anthony School participates in the USDA child nutrition programs, including the National School Lunch Program (NSLP).

- All school meals are accessible to all students.
- St. Anthony School offers reimbursable school meals that meet the USDA nutrition standards.
- Drinking water is available to all students throughout the school day, including during mealtimes.
- Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.

- Lunch will be followed by a recess period for grades Pre K – 4 and recess will be before lunch for grades 5 – 8.
- All school nutrition program staff will meet or exceed annual continuing education requirements in the USDA professional standards for child nutrition professionals.

Component 2: Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout the school, classroom and the cafeteria. St. Anthony School will promote healthy foods and beverage choices for all students throughout the school, as well as encourage participation in the school meal program.

Component 3: Nutrition Education

St. Anthony School's primary goal is to influence students eating habits by teaching, modeling, encouraging and supporting healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

St. Anthony School teaches students nutrition education using up-to-date nutrition information consistent with the Dietary Guidelines for Americans. St. Anthony School will include in the health education curriculum the following essential topics on healthy eating:

- Food guidance from My Plate
- Reading and using USDA's food labels
- Balancing food intake and physical activity
- Food Safety
- Social influences on healthy eating, including media, family, peers and culture

Component 4: Physical Activity/Education

The purpose of Physical Activity/Education is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and the long term benefits of a physically active and healthy lifestyle. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

School based physical education and activity goals include:

- Every student in each grade, Pre-kindergarten through eighth, shall participate in daily physical activity for the entire school year, including students with disabling conditions and those in alternative education programs.

- Our Pre. K – 8 students will participate in at least 150 minutes of physical activity per week. This will include recess and physical education time.
 - Daily morning recess of 15 minutes for Gr. Pre K - 4
 - Daily noon recess of 25 minutes for Gr. Pre. K – 4
 - Daily noon recess of 30 minutes for Gr. 5 – 8
 - Physical Education classes of 30 minutes, 2 times/week for grades Pre K – 4. 45 minutes, 2 times/week for grades 5 – 8.
 - Afternoon recess of 15minutes twice a week for Pre K – 4
- A sequential Pre K – 8 , developmentally appropriate curriculum shall be designed, implemented, and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives.
- The curriculum will include a student assessment plan.
- Specific learning goals and objectives for physical education will be developed.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- Waiver, exceptions or substitutions for physical education classes are not granted unless student has a Physician note.

Component 5: Food Service Guidelines

Two areas are included in the Food Service Guidelines: Nutrition Standards and School Environment.

The purpose of having Nutrition Standards for all foods available on school campus during the school day is to make certain foods served in the hot lunch program and foods available during the day are nutritionally sound.

Nutrition Standard Goals:

1. Nutritional value of lunch program foods will be closely monitored to provide nutrient dense, low fat and low sugar meals.
2. Field trips going over the lunch period will use cold lunches prepared by our cook (Weather permitting outside eating).
3. Teachers and parents will be encouraged to provide healthy snacks for children's parties, etc.
4. Food Service staff is a licensed cook.

Establishing School Environment guidelines mandates that we look at the atmosphere in which children are eating. School environment plays an important part in a child's desire to be a healthy, physically active person.

School Environment Guidelines:

1. No child will be denied food or food that they require because of health condition.
2. Pre-Kindergarten and Kindergarten students will have their morning snack earlier so that they are appropriately hungry at lunch time.
3. Students in Pre K – 4 are allowed up to 30 minutes for eating.
4. Students in 5 – 8 are allowed up to 20 minutes for eating.
5. Food and beverages are served in as attractive, pleasing way as possible with throw away container/utensils use kept at a minimum.
6. The parish community uses the cafeteria and kitchen area for funeral dinners and fundraising activities whenever necessary.
7. Establishment of a school health council to oversee and coordinate physical activity and/or nutrition.
8. Communications to parents on health and nutrition topics.
9. Establish a physical activity program designed to benefit staff health.

Component 6: Policy Monitoring / Implementation

- St. Anthony School convenes a district wellness committee that meets at least three times per year to establish goals for; oversee school health, safety policies, and programs, including development, implementation and periodic review and update of wellness.
- The wellness committee members will represent all school levels and include, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, school administrator, education committee members, health professionals (dietitians, doctors, nurses, dentists), and the general public. St. Anthony School will compile and publish information about the wellness policy and report on the progress of the school meeting wellness goals.
- St. Anthony School will actively notify households/families of the availability of the annual report through the newsletter.

Updated: 08-01-2022

Triennial Assessment Report: Wellness Policy (5/2026)

District: St. Anthony de Padua Catholic School

Introduction

St. Anthony de Padua Catholic School developed a Wellness Policy according to DPI requirements. The policy, "Wellness Policy," is on file in the Office. "Wellness Policy" promotes students making healthy choices-nutritionally and physically. With the Hot Lunch program, Phy Ed classes, Health Classes, classrooms, and families working together, students will learn to make healthy food choices, and incorporate physical activity into their lives for a lifetime. In accordance with the Wellness Policy.

Strong Policies and Aligned Practices

We have assessments that need to be updated and improve the wellness of our children.

		Policy Score	Practice Score	
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	2	2	☆
FR14	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	2	2	☆
FR18	Has the wellness policy been revised based on the previous triennial assessment?	2	2	☆
NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	2	2	☆
NES6	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	2	2	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	2	2	☆
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	2	2	☆
PEPA13	Is there daily recess for all grades in elementary school?	2	2	☆
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	2	2	☆
IC1	Is there an active district-level wellness committee?	2	2	☆

Create Practice Implementation Plan

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We have a committee meeting to review and update these policies.

		Policy Score	Practice Score	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	0	
FR16	Is wellness policy implementation evaluated every three years?	2	1	
NE6	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	1	0	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	2	0	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	1	0	
IC2	Is there an active school-level wellness committee?	1	0	

Update Policies

We plan to meet every year to go over and update as needed. The committee will review the language and update the wording as needed.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	1	2	
FR2	Do your National School Lunch Program meals (and, if applicable, School Breakfast Program meals) meet all federal standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served?	0	2	
FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	0	2	
FR5	Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?	1	2	
FR6	Do all competitive foods and beverages sold to students during the school day meet or exceed the USDA's nutrition standards, commonly called Smart Snacks?	1	2	

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FR10	Are there fundraisers that sell foods or beverages to be consumed during the school day? If yes, do the foods and beverages sold meet Smart Snacks standards?	1	2	
FR12	Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet Smart Snacks criteria?	1	2	
FR13	Which groups are represented on the district-level wellness committee?	1	2	
FR15	How is the wellness policy made available to the public?	1	2	
FR17	What is included in the triennial assessment report to the public?	0	2	
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	0	2	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	1	2	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	0	2	
NES8	Do you know where to access the USDA Smart Snacks nutrition standards to check and see if an item can be sold in school during the school day?	1	2	
NES9	Are you familiar with any state laws allowing exemptions for school-sponsored fundraisers during which foods and beverages do not have to meet Smart Snacks?	1	2	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	0	2	
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	1	2	
PEPA3	How does your physical education program promote a physically active lifestyle?	1	2	
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	1	2	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	0	2	
PEPA16	What proportion of students walk or bike to school?	0	2	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	1	2	

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PEPA18	Do teachers ever use physical activity as a punishment?	0	2	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	1	2	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	1	2	

Opportunities for Growth

		Policy Score	Practice Score	
NES13	Do teachers or school staff give students food as a reward?	0	0	
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	1	1	
NE5	Is nutrition education integrated into other subjects beyond health education?	1	1	
EW1	 Are there strategies used by the school to support employee wellness?	0	1	

Key



Strong Policies and Aligned Practices - District has a strong policy and is fully implementing practices that align with the policy



Create Practice Implementation Plan - District has a strong or weak policy, but practice implementation is either absent or limited



Update Policies Update Policies - District is fully implementing a practice but there is no or only weak language in the written policy, or the district is partially implementing practices and there is no language in the policy



Opportunities for Growth - District has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way

For more resources, visit: wellsat.org/resources

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2. **Fax:**
(202) 690-7442; or
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