



# **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.

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