



ST. PATRICK
CATHOLIC SCHOOL

Wellness Policy

Archdiocesan Board of Education Policy #6145

Wellness Policy Statement:

St. Patrick Catholic School strives to educate the whole person in mind, body and soul. In educating students about the body, they strive to develop a profound reverence for the great gift of life, their own lives and the lives of others, along with readiness to work toward all that preserves and enhances life.

St. Patrick Catholic School strives to prepare all children to reach their potential in spiritual, academic, physical and social growth. St. Patrick Catholic School and Board believes that nutrition and physical activity influence a child's development, well-being, and readiness to learn. The school will promote wellbeing by supporting overall wellness, good nutrition and regular physical activity as a part of the total learning environment. By facilitating learning through integrated wellness and healthy lifestyle opportunities and practices, our school will contribute to the health status of students and staff.

The school has developed the following administrative guidelines for implementation and monitoring of the district's Wellness Policy. St. Patrick Catholic School has developed a local wellness committee comprised of representatives of administration, parents, students and leaders in food/exercise authority and employees. The local wellness committee has developed a plan to implement and measure the wellness policy and monitor the effectiveness of the policy. Annually, the school completes a School Wellness Building Progress report and communicates its findings to the St. Patrick School Improvement Advisory Committee. The principal has been designated as the person responsible for reporting the committee's review of the policy and guidelines to the school board and ensuring that the school complies with the policy.

Specific Wellness Goals

In order to assure progress with the school wellness plan, specific wellness goals in the areas of nutrition education, physical activity, and other school-based activities will be developed and reviewed annually. Guidelines for each area follow.

Physical Activity

Physical Education: St. Patrick Catholic School will provide age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines. The goals for addressing physical activity include:

- At least 60 minutes a week for elementary students. All students participate in physical education classes to encourage the daily practice of physical fitness skills. They have P.E. class at least two days a week for 30 minutes each time.
- Opportunities for all students in grades K-6 for the entire school year;
- Instruction by a certified physical education teacher;
- Adaptations for students with physical and educational disabilities, as well as students with special health-care needs;
- Activities and games that engage students in moderate to vigorous activity during at least 50 percent of physical education class time.
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Daily Recess: The Clover Patch Preschool and St. Patrick Catholic elementary school will provide recess for students that:

- Will have at least 25 minutes of recess daily.
- Is preferably outdoors; indoor recess may be held per weather conditions;
- Verbally encourages moderate to vigorous physical activity and provides space and equipment;
- Discourages extended periods (i.e., periods of two or more hours) of inactivity.
- Include policies and school practices, which ensure physical activity is not used for or withheld as a punishment.
- Provide safe opportunities for play and activity including playground equipment, blacktop and open green space.

Elementary schools 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 are provided with periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

Before and after-school and enrichment programs will provide and encourage – verbally, and through the provision of space, equipment and activities – daily periods of moderate to vigorous physical activity for all participants. These opportunities include:

- Daily play, preferably outdoors, for all students attend Circle of Care. Activity time averages 45 minutes at the beginning of the afterschool programming period;
- Morning recess for all students arriving before school. This program includes supervised physical activity on the school playground.
- Annual participation for all students in grades K-6th in the Jump Rope for Heart Event sponsored by the American Heart Association.
- Open registration for any student ages 10-12 to participate in the annual Knights of Columbus free throw shooting contest.
- Participation in the St. Patrick Catholic School organized and sponsored 5K Shamrock Shuffle. This is held annually in April to encourage family wellness participation while promoting healthy lifestyle choices.
- Extracurricular physical activity/sport programs. These programs are open to grade level St. Patrick Catholic School students when available.
- SIE afterschool program, which include physical activity clubs, foreign language, Lego League and other wellness and educational experiences is open to all St. Patrick Catholic School students after school.

Integrating Physical Activity into Classroom Settings

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 the physical education class and recess. Toward that end, St. Patrick Catholic School will:

- Offer integrated health education that complements 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;
- Provide opportunities for physical activity to be incorporated into other subject lessons;
- Encourage classroom teachers to provide short physical activity breaks during lessons or classes, as appropriate.
- Physical activity may be used as an accommodation for students demonstrating a specific need for activity.

Nutrition Education and Promotion

St. Patrick Catholic Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors. Nutrition education will:

- Be offered at each grade level as part of a sequential, comprehensive, standards-based program;
- Be part of not only health education classes but also classroom instruction in subjects such as math, science, language arts, social sciences and electives;

- Include enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing's, farm visits, school gardens and nutrition related community services;
- Promotes whole foods including: fruits, vegetables, whole-grain rich products, low-fat and fat-free dairy products, and healthy fats along with nutrient-preserving food preparation methods and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and physical activity;
- Links with meal programs, other foods and nutrition-related community services; and
- Includes annual training for food service members.
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Within the Classroom:

- Parents are encouraged to provide healthy snacks for classroom parties.
- Teachers are aware of all student allergies and do not allow snacks in the classroom that may cause an allergic reaction.
- Teachers involve parents in nutrition education curriculum by sharing information in classroom newsletters and additional notes home. Teachers also communicate goals and expectations at Parent- Teacher Conferences.
- The students have access to hand-washing/sanitizing in the classrooms or bathrooms before they eat their meals.
- Nutrition education is integrated throughout the curriculum areas where appropriate. Instructional and informative posters are displayed in the cafeteria and the gymnasium, which serve as daily reminders promoting positive health education.

Nutrition Guidelines Within the Lunchroom and for all foods Available on Campus

St. Patrick Catholic School supports and promotes proper dietary habits contributing to students' health status and academic performance. Foods available on school grounds and at school - sponsored activities during the instructional day should meet or exceed Federal regulations for: school meal nutrition standards and Smart Snacks in School standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean, safe and pleasant settings;
- Students are encouraged to spend their time eating while using appropriate voice levels.
- Meet, at a minimum, nutrition requirements established by local, state and federal law;
- Offer a variety of fruits and vegetables daily;
- Serve low-fat (1%) and fat-free milk and/or nutritionally equivalent non-dairy

alternatives (as defined by the USDA);

- Ensure that half of the served grains are whole grain.
- Additionally, a drinking fountain is located in the lunchroom allows access to water for the students at all meals.
- Food service personnel are aware of all student allergies and adjust the menus accordingly.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, St. Patrick Catholic School will:

- To the extent possible, operate a breakfast program;
- Notify parents and students of the availability of the School Breakfast Program; and
- Encourage parents to provide a healthy breakfast for their students through newsletter articles, take-home materials or other means.

Free and Reduced-Priced Meals

St. Patrick 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-price meals.

Toward this end, the school will:

- Record all meal in a confidential binder which does not indicate whether students receive full-price, reduced or free lunch;
- Promote the availability of meals to all students;
- Provide meals at no charge to all children, regardless of income;
- Provide staff and faculty training in this area as needed.

Meal Times and Scheduling

The school provides adequate time for students to receive and consume meals and provide a pleasant dining environment. Meal service:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- Will schedule meal periods at appropriate times, e.g., lunch should be scheduled 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 each activities;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and students will wash hands after meals or snack.

- **Food Nutrition Standards**

General Standard for Competitive Food must meet all of the proposed competitive food nutrient standards and

- Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient* or
- Have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.) or
- Be a combination food that contains at least 1/4 cup fruit and/or vegetable or
- *If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above

Exemptions to the Standard

- Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards.
- Canned and frozen fruits with no added ingredients except water or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards.
- Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.

NSLP/SBP Entrée Items Sold A la Carte

Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.

- Sugar-free chewing gum is exempt from all competitive food standards
- Grain Items - Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.
- Total Fats
 - Acceptable food items must have $\leq 35\%$ calories from total fat as served.
 - Exemptions to the Standard
 - Reduced fat cheese (including part skim mozzarella) is exempt from the total fat standard.
 - Nuts and seeds and nut/seed butters are exempt from the total fat standard.
 - Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard.
 - Seafood with no added fat is exempt from the total fat standard.
 - Combination products are not exempt and must meet all the nutrient standards.
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- Saturated Fats - Acceptable food items must have $< 10\%$ calories from saturated fat as served.
 - Reduced fat cheese (including part-skim mozzarella) is exempt from the

- saturated fat standard.
 - Nuts and seeds and nut/seed butters are exempt from the saturated fat standard.
 - Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard.
 - Combination products are not exempt and must meet all the nutrient standards.
- Trans Fats - Zero grams of trans fat as served (≤ 0.0 g per portion).
- Sugar - Acceptable food items must have $\leq 35\%$ of weight from total sugar as served.
 - Dried whole fruits or vegetables, dried whole fruit or vegetable pieces and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard.
 - Dried whole fruits or pieces with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries or blueberries) are exempt from the sugar standard.
 - Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.
- Sodium
 - Snack items and side dishes sold a la carte: ≤ 200 mg sodium per item as served.
 - Entrée items sold a la carte: ≤ 480 mg sodium per item as served, including any added accompaniments.
- Calories
 - Snack items and side dishes sold a la carte: ≤ 200 calories per item as served, including any added accompaniments.
 - Entrée items sold a la carte: ≤ 350 calories per item as served including any added accompaniments
- Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.
- Accompaniments
 - Use of accompaniments is limited when competitive food is sold to students in school.
 - The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.
- Caffeine
 - Elementary: Foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.

Qualification of Food Service Staff

Qualified Food service workers will administer the meal programs. As part of the school's responsibility to operate a food service program, the school will:

- Provide continuing professional development for all food service workers. This includes annual review of the Federal nutrition guidelines and Smart Snack standards;
- Provide staff development programs that include appropriate certification and/or training programs for food service workers, according to their levels of responsibility.

Sharing of Foods

The school discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies, potential restrictions on some children's diets, and food illness prevention and infection control.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will be recommended to include foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Food related fundraiser sales are held outside of the school day. The school encourages fundraising activities that promote physical activity.

Snacks

Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Snacks provided by the school will meet the Smart Snack standards. The school will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. The school district will disseminate a list of suggested healthful snack items to teachers, after-school program personnel and parents.

Rewards

In efforts to promote healthy eating habits and good internal eating regulation (ability to eat when hungry and stop when satisfied), food as a reward is not encouraged. Non-food rewards for achievements are encouraged instead. If food or beverage rewards are used for academic performance or good behavior, they should conform to this policy. The school will not withhold beverages or food (including food served through meals) as a punishment. The school will not withhold physical activity as a punishment, nor will physical activity be used as a punishment..

Celebrations and Special Event Snacks

Snacks served during the school day should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and healthy

beverages. The school will routinely evaluate their celebrations practices that involve food during the school day including timing of meals, children's nutritional needs, children's ages and other considerations. The school will encourage healthy food and beverage choices and nonfood related activities by providing a list of healthy snack and party ideas to parents and teachers that align with wellness objectives. Some teachers include one whole food snack and one sweet for classroom celebrations.

Concession Stand

Individual groups offering concession stands during events (not during instructional day) are not subject to this policy.

Food Safety

- All foods made available on school grounds adhere to food safety and security guidelines.
- All foods prepared or provided on the school campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. For the safety and security of the food and facility, access to the food service operations should be limited to food service staff and authorized personnel.

<http://www.fns.usda.gov/tn/resources/servingsafechapter6.pdf>

Food Service Continuous Improvement

The St. Patrick Catholic School Food Service Department values serving tasty, well-prepared food. To this end, they will:

- engage students in selecting food offered through the meal program in order to identify new, healthful and appealing food choices. Parent feedback is welcome; and
- share information about the where foods are grown as well as the nutritional content of meals with parents and students as age-appropriate.

Other School-based Wellness Activities

The school, with coordination assistance from the wellness committee works to design and

promote student wellness opportunities into classroom routines, projects and school-wide activities. An example of this is integrating additional physical activity into the classroom setting by:

- Discouraging long periods of sedentary activities, such as watching television, playing computer games, etc.;
- Recommending classroom teachers to integrate short physical activity breaks (brain breaks) between lessons or classes, as appropriate;
- Permit students to bring and carry water bottles filled with water throughout the day.

Communication with Parents

St. Patrick Catholic School will support parents' efforts to provide a healthy diet and daily physical activity for their children. Communication with parents will be via social media, the school website, information sheets sent home with students and the school newsletter. The school district will:

- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages.
- Provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties, non-food rewards and fundraising activities.
- Provide information about physical education and other school-based physical activity opportunities before, during and after the school day.
- Support parents' efforts to provide their children with opportunities to be physically active outside of school.

Staff Wellness

St. Patrick Catholic School values the health and wellbeing of every staff member and encourages activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

The school promotes:

- A staff wellness committee composed of staff members. A current list of wellness committee members is maintained.
- Development and promotion of a plan to promote staff health and wellness developed by the staff wellness committee.
- Base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of wellbeing among employees.

Review and Assessment of Policy Implementation

St. Patrick Catholic School will provide compliance with the nutrition, physical activity and wellness components by having the Wellness Committee:

- Review and ensure compliance with the policies listed in this plan;
- Make recommendations each year in regards to staying in compliance and improving the school wellness climate; and
- Coordinate communicate about school wellness happenings and changes to the staff, parents and other stakeholders

Documentation, Reporting and Evaluation

Documentation

Documentation of implementation of the school wellness policy is maintained for 10 years. This documentation will be examined by the State agency during their triennial administrative review. Documentations maintained include, but are not limited to: copy of current wellness policy, documentation on how the policy and assessments are made available to the public, the most recent assessment of implementation of the policy (School Wellness Building Progress reports), and documentation of efforts to review and update the wellness policy, including who was involved and how stakeholders were made aware of their ability to participate. Documentation of the current wellness committee member list, meeting announcements, committee invites, and notes are also kept.

Monitoring and Reporting

The Principal will ensure compliance with established school nutrition and physical activity wellness policies. The principal will ensure compliance with those policies in the school and will report on the school's progress to the Board of Education. The food service director/head cook will ensure compliance with nutrition policies within food service areas and will report and communicate goals and needs to the Principal, as well as to the wellness committee.

Triennial Assessments

The school wellness policy and practices are subject to a triennial assessment by the state to assess for compliance with the wellness policy requirements every three years. St. Patrick Catholic School will report on the most recent review findings and any resulting changes.

School Wellness Building Progress Reports

In efforts to continually improve school improvement and make progress on identified goals, the school will complete a school wellness building progress report annually. Information from this reviewed is shared with the Board of Education, administration, staff and public. The information collected in this report, with input from students, staff and public, is used to

develop future goals and programming and will be viewable on the school website.

Legislative Mandate

In 2004, President George Bush signed legislation mandating school districts have wellness policies by the 2006-07 school year. In accordance with this mandate St. Patrick Catholic School has implemented a school wellness plan.

Wellness Policies on Physical Activity and Nutrition Policy adopted
September 10, 2005 (and revised by the
St. Patrick Catholic School SIAC committee in April 2015
615 Washington
Cedar Falls, Iowa 50613

SIAC Committee Members

Bev Mach-Principal
Sandra Steinfadt-technology coordinator
Pam Schmitt-science and math teacher
Laura Dobson-marketing
Trey Mudd-Columbus High School-former St. Patrick student
Amara Lytle-St. Patrick student
Jon Dobson-St. Patrick student
Dr. Matt Kettman-School Board member
Arlene O’Kane-St. Patrick Catholic Church community member

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