

St. Pius X Catholic School



Wellness Policy

Elaine Holmes, Principal
(Revised August, 2015)

Saint Pius X Wellness Policy

The School Wellness Committee will consist of the following members:

Elaine Holmes (Principal), Stephanie Molnar (Administration & School Board Member), Shirley Koloszar (Administration), Maureen Newsom (Business Manager), Susan Paeplow, Lisa Pearl (Wellness Teachers), Laura Salela (Food Service), Julie Peterson (School Health Professional), Joanne Verhiley (Parent).

Saint Pius X Catholic School is committed to providing a school environment that promotes and encourages children's health, well-being and the ability to learn by supporting healthy eating habits and physical activity. The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, physical and mental growth potential and lifelong health and well-being. The purpose of this policy is to offer students the tools and knowledge necessary to make healthy choices for their body.

Component A: National Guidelines

Food Service

- Menus will meet the nutrition standards established by the U.S. Department of Agriculture (set forth under 7CFR Part 210 and Part 220) and state regulations.
- School meals will follow good menu planning principles, which feature a variety of healthy choices that are tasty, attractive and of excellent quality.
- **Off-site catering and/or on-site food service programs will provide the nutrient content of menus and nutrition information; and will be made available to parents, staff and students upon request.**
- Saint Pius X will consider students' needs in planning for a healthy school nutrition environment including those with food allergies.
- Periodically students and parents will complete surveys asking for input and feedback on menu selection.
- A re-evaluation of nutritional standards will be performed if deemed necessary through surveys and taste-tasting.

Food Service Staff

- The food service staff will be properly qualified according to current professional standards and regularly participate in professional development activities.
- The school food service program shall follow all food and safety guidelines.
- Food staff members will receive annual civil rights training.

Pleasant Eating Experience

- School personnel will assist students in developing a healthy practice of washing hands before eating.
- A pleasant eating area for students and staff with adequate time for unhurried eating shall be provided.
- A minimum of 30 minutes of an uninterrupted lunch period (including recess) should be scheduled.
- The withholding of food, as student punishment is strictly prohibited.

Component B: Nutrition Education

- Nutritional education will be addressed in PreK-8th health education curriculum standards and nutrition education is to be integrated across the curricula.
- Students in Pre-K through 8th grade will receive nutrition education which teaches the skills needed to adopt healthy eating behaviors.
- The school will provide nutritional information to parents that will encourage parents to provide safe and nutritious food for their children.
- All school personnel will promote advertising of healthy food choices.
- As stated in the family handbook, to respect student dietary restrictions, allergies, and general wellness, parents and students should not bring food to school for birthday celebrations.
- All classroom celebrations will focus on healthy food choices.
- All faculty will be offered nutrition training and physical activities, as well as, First Aid, CPR training throughout the year. Diocesan nurse, Maureen Vervaet, will provide annual training of the Heimlich maneuver to all Teaching Assistants and support staff/teachers involved in the lunchroom.
- Community Education with **health care tips** and hygiene safety will be posted in the newsletter **at least four times per year for parents and student education.**

Component C: Physical Activity

- Sequential physical education curriculum consistent with Diocesan Curriculum standards will be implemented.

- Class time for Physical Education is twice a week; 30 minute for Kindergarten and 45 minutes for grades 1-8. Additionally grades kindergarten through fifth grade have a minimum of five 20 minute weekly recess periods. Grades six through eight have one to two additional 20 minute weekly recess periods.
- Physical Education classes should be that of a regular classroom teacher not to exceed a teacher/student ratio of 1:35.
- A Physical and social environment that is safe and enjoyable for all, including those not athletically gifted, will be provided.
- All students must participate in regular Physical education classes.
- Physical education classes may not be withheld as a punishment.
- Students are expected to be moderately to vigorously active at least 50 % of the time while in PE class.

Physical Activity Beyond PE

- The school will provide daily recess of at least 20 minutes per day for all grades K-5.
- Classroom teachers will give students simple activity breaks throughout the day as needed.
- After school athletic programs and/or physical activity clubs that meet all students' needs are offered.
- After school childcare programs are to provide developmentally appropriate physical activity for participating children with the intent of reducing or eliminating watching TV or videos.

Component D: Parents and Staff Involvement

- Students will receive positive, motivating messages, both verbal and non-verbal about healthy eating and physical activity from school personnel.
- School staff is highly encouraged to use non-food rewards for positive reinforcement. Food as a reward for student's accomplishments is to be used sparingly.
- Parental involvement in the child's nutrition education is encouraged and welcomed.
- Parents and the community are encouraged to institute and support physical activity programs.
- A Counselor will be available approximately four days per week for services for the physical, emotional and well being of students and staff.

Component E: Implementation and Evaluation

- The principal or designee will ensure compliance with these guidelines in our school.
- School food service staff will comply with nutrition policies, and report on these policies, within school food service areas, to the school principal.
- The Physical Education teacher will measure student fitness with a fitness test at the beginning and end of the school year.
- The Nurse will keep a daily log of sick students in the health office and the Principal will review attendance daily, keeping watch of excessive absences or unusual illnesses.
- The Wellness Committee will review the Wellness Plan at the onset of each new school year.
- The Wellness Policy will be posted on the website making it available for parents, staff and community.
- When a School Climate survey is administered to parents there will be a section that asks for input on the school lunch program which is included in the Wellness Policy.