

# Saint Pius X Catholic School



## Wellness Policy

Elaine Holmes, Principal  
(Revised September 17, 2018 FINAL)

## **Saint Pius X Wellness Policy**

The School Wellness Committee will consist of the following members:

Elaine Holmes (Principal), Allison Krisch (Administration & School Board Member), Shirley Koloszar (Administration), Maureen Newsom (Business Manager), Susan Paeplow, (Wellness Teachers), Laura Salela (Food Service), Lisa Rodriguez (School Health Professional), Kristie Sandor (Parent), Cora Leonard (Student Council).

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 full academic, 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 - Nutrition Guidelines**

- 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 state guidelines in menu planning 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. Student Council will be asked to coordinate this.
- A re-evaluation of nutritional standards will be performed if deemed necessary through surveys and taste-tasting.

### **Component B - Nutrition Education**

- 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.
- 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) is scheduled.
- A second serving of fruits and vegetables (including the salad bar) is offered to students at no charge.
- The withholding of food, as student punishment is strictly prohibited.
- The Lunchroom Coordinator will display healthy nutrition posters monthly in the lunchroom.
- Students in Pre-K through 8<sup>th</sup> 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, **including fruits, vegetables, whole grains and low fat dairy products.**
- Food and beverage marketing is allowed on school campus of only food/beverages that meet the Smart Snacks in School nutrition standards and school meal nutrition standards.
- As stated in the family handbook, to respect student dietary restrictions, allergies, and general wellness, parents and students cannot bring food to school for birthday celebrations.
- All classroom celebrations will focus on healthy food choices and meet the Smart Snacks in School nutrition standards and school meal nutrition standards.
- All faculty will be offered nutrition training and physical activities, as well as, First Aid/ CPR training throughout the year. The annual Heimlich maneuver training provided by Diocesan nurse, Maureen Vervaet, is a required training to all teaching assistants and support staff/teachers who are involved with students in the lunchroom.
- The Administration will continue to work with Beacon Health Center to offer reduced membership fees for staff and their family.
- Each school year, students in eighth grade will receive CPR certification during their Physical Education classes.
- **The Communication Director will create a content calendar, gathering information from various sources (Physical Education teachers, school nurses, etc.) to post Community Education, health care tips and hygiene safety 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 for grades K-8.
- Recess occurs daily for grades K-8. Kindergarten through fifth grade have 20 minutes of daily recess. Grades six through eight have 15 minutes of daily recess. Kindergarten through third grade have 20 minutes additional daily recess in the morning or afternoon depending on their schedule.
- 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.
- The Physical Education Teachers will periodically post Physical Activity posters in the Gym.

#### **Physical Activity Beyond PE**

- Classroom teachers will give students simple activity breaks throughout the day as needed.
- After school athletic programs and/or physical activity clubs that meet 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.
- The Administrative Assistant will be responsible for monitoring the Wellness Policy at the beginning of the school year.
- School food service staff will comply with nutrition policies, and report on these policies, within school food service areas, to the school principal.
- Nutritional guidelines for snacks at the After Care program will be reviewed to make sure Smart Snacks are provided.
- The Physical Education teacher will use ESGI (<https://www.esgsoftware.com/>) for grades K-3 and the fitness gram for grades 4-8 to measure student fitness. Students in grades four through eight will be given a yearly fitness test.
- The Nurse will keep a daily log of sick students in the health office. The Health Office will notify the Principal 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 and the Three Year Evaluation will be posted on the website making it available for parents, staff and community.
- With the assistance of the Communication Director, Student Council members will conduct surveys every two to three years for input from students on the school lunch program.