



## WELLNESS POLICY

The purpose of this policy is action for healthy kids. We need to combat the rising childhood obesity rates. Overweight children miss more school than their average weight counterparts, according to the National School Boards Association. Backers also argue that reducing sugar in students' diets leads to greater focus in the classroom. We need to improve the school nutrition and physical activity.

### I. NUTRITION PROMOTION AND EDUCATION

The primary goal of nutrition education is to influence students' behaviors by enhancing their knowledge and skills to help them make healthy eating and physical activity choices. Schools should provide nutrition education that is appropriate for and reflects students' cultures; is integrated into subjects such as math and reading; and provides opportunities for students to practice skills and have fun. Schools should also choose education curricula that are easy to teach and foster lifelong healthy eating.

The key elements of the school's nutrition education policy are that:

1. Students receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Students/classes provide posters for healthy eating or use the ChooseMyPlate.gov website.
3. Health education curriculum standards and guidelines include both nutrition and physical education.
4. Nutrition is integrated into the health education and other core curricula.
5. Schools link nutrition education activities with the school health program.
6. Provide age appropriate nutrition education to all grades.
7. Provide healthy snacks on test days within the classroom.
8. Encourage families to send healthy snacks for school activities and special events.
9. Staff who provide nutrition education have appropriate training
10. Align curriculum content with health education standards.

#### Implementing Nutrition Goals:

1. Parents are encouraged to pack healthy lunches and snacks. Only water, milk, and juice may be purchased or brought to school. No soda or energy drinks may be brought to school.
2. Identify class/student responsible for posters.
3. Inform parents and teachers about healthy snacks for test days.
4. Write letter to parents about healthy snacks for birthday treats etc.
5. Continue to update health curriculum.
6. Have teachers explain how they integrate nutrition into their specific classes.

### II. PHYSICAL ACTIVITY

The primary goals for the school's physical activity components are: to provide opportunities for the students to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to ensure student's regular participation in physical activity, and teach short and long term benefits of a physically active and healthful lifestyle.

The key elements of the school's physical activity policy are that:

1. Students are given opportunities for physical activity during the school day through physical education classes, daily recess/free-time, and the integration of physical activity into the academic curriculum.
2. Students are given opportunities for physical activity through a range of before and/or after school programs including, but not limited to, intramurals, interscholastic athletics, walking or running clubs.
3. Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
4. Staff will be role models for active lifestyles.
5. Assure that qualified instructors teach physical education classes, and that instructors participate in periodic in-service training.
6. Utilize appropriate facilities, equipment, and class size for physical education.
7. Incorporate lifelong fitness skills in the P.E. curriculum.
8. Monitor student physical measurements and fitness levels.

#### **Implementing Physical Activity Goals:**

1. Staff will show signs of physical activity.
2. Provide running and walking time for students.
3. Students will run, walk, and/or play during recess periods. No student will be permitted to sit idly during the entire recess period unless a medical excuse is given. Every student will have at least 20 minutes of supervised recreational time each school day.
4. Continue to update physical education curriculum.
5. Have a certified physical education teacher.
6. Physical Education Classes—2 times per week: Prekindergarten and Kindergarten—30 minutes; Grades 1-4—45 minutes; Grades 5-8—60 minutes.
7. Students have homework in physical education.
8. Do Presidential fitness testing several times a year and watch for improvements and inform parents of results.

### **III. OTHER SCHOOL-BASED ACTIVITIES**

The primary goal for school-based activities is to create a total environment that is conducive to healthy eating and encouraging students to be physically active.

The key elements of the school's activities policy are that:

1. The school provides a clean safe, enjoyable meal environment for students.
2. The school provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
3. The school makes drinking fountains available so that students can get water at meals and throughout the day.
4. The school encourages all students to participate in the school meal program and protects the identity of students who eat free and reduced price meals.
5. The school encourages fundraising efforts that are supportive of healthy eating.
6. The school provides opportunities for an on-going professional training and development for food services staff and teachers in the areas of nutrition and physical education.
7. The school encourages parents, teachers, administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
8. The school makes efforts to keep physical activity facilities open for use by students outside of school hours.

### **Implementing Other School-Based Goals Promoting Wellness:**

1. Maintaining a clean and safe meal environment for the students, the Fulton County Department of Health and Human Services conducts yearly inspections
2. All grades eat at their own tables.
3. No student will go without a lunch. A sandwich or meal will be offered to students who forget their lunch.
4. Allow water bottles in the classroom
5. Follow National School Lunch Program (NSLP) standards and regulations concerning free and reduced meals.
6. The school uses the traditional food based program for hot lunch.
7. Parents are encouraged and invited to eat with their children in our cafeteria.
8. Wipes, soap, and hand washing opportunities will be given to every student to clean hands before and after their meal. Note that bar soap, liquid soap, and Wet Ones hand wipes are effective for removing allergic proteins from the hands: alcohol based hand sanitizer is not.

### **IV. SCHOOL NUTRITION GUIDELINES**

Nutrition influences a child's development, health, well-being, and potential learning. To afford the students the opportunities to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This nutrition policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

Food and beverages are served, sold, and/or distributed in our cafeteria.

The policy of our school is to:

1. Provide a positive environment and appropriate knowledge regarding food.
  - a. Our hot lunch program uses the National School Lunch Program (NSLP) standard of traditional based lunches.
  - b. Provide pleasant eating environments for the students and staff.
  - c. Allow a minimum of 20 minutes for students to eat lunch and socialize in the designated area.
  - d. Enable all students to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.
2. When using food as a part of class or students incentive program, staff and students are encouraged to utilize healthy, nutritious food choices.
3. When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutrition choices whenever appropriate.
4. Reduce student access to foods of minimal nutritional value. We have no soda or snack machines in our school.

This policy applies only to the school day hours. The principal shall be responsible for ensuring that the school wellness policy is implemented and there are measureable goals. The policy compliance efforts will be shared with our Parent Club and School Advisory Council at their meetings.

### **V. ACTION STEPS FOR IMPLEMENTING SCHOOL WELLNESS POLICY GOALS AND NUTRITION GUIDELINES**

This school wellness policy and its implementing guidelines will be communicated to:

- Staff through faculty meetings and in-services.
- Students: health class during school.

- Parents: Note sent through the Wednesday news.
- Community: Church bulletin and newspaper.

Students in Kindergarten to Grade 8, whose classes do not serve class wide snacks, are permitted to bring a healthy snack to school. The teacher has the right to decide when is the most appropriate time for consuming the snack.

Permitted snacks are:

#### **FRUITS**

- Bananas
- Apples
- Applesauce
- Pears
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Peaches
- Grapes
- Grape tomatoes
- Orange slices
- Clementines
- Watermelon
- Cantaloupe
- Bell pepper slices
- 100% fruit strips or bars
- Dried fruit
- Fruit cups (in 100% juice, not syrup)
- Raisins
- Craisins
- Avocado
- Papaya
- Mango
- Jicama

#### **VEGETABLES**

- Carrots
- Celery
- Cauliflower
- Broccoli
- Pea pods
- Cucumber slices

#### **GRAINS**

- Whole grain granola bars
- Whole grain crackers
- Hard pretzels
- Vanilla wafers
- Graham crackers
- Wholegrain bread or mini-bagels
- Microwave popcorn (lite or no butter)
- Whole Grain Cereal

#### **DAIRY**

- Cheese (string cheese, cheese cubes, etc.)
- Yogurt
- Cottage cheese

#### **PROTEINS**

- Hard boiled eggs
- Hummus
- Nuts\*
- Trail mix\*
- Peanut Butter\*
- Pepitas/Pumpkin seeds
- Sunflower Seeds

**\*When food allergies are not a concern  
in the classroom.**

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#### **Snacks not Permitted:**

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| <ul style="list-style-type: none"> <li>• Chips</li> <li>• Cookies</li> <li>• Desserts (e.g. donuts, cake, cupcakes)</li> <li>• Sugary cereals</li> </ul> | <ul style="list-style-type: none"> <li>• Any snack deemed too messy by the teacher</li> <li>• Soda</li> <li>• Sweetened Drinks</li> </ul> |
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Inappropriate snacks will be confiscated by the staff and, when available, a healthy alternative may be offered.

#### **Classroom Reward Resource**

Food and treat rewards can undermine healthy eating messages and interfere with natural hunger cues. By preventing the use of food as a reward, we can reinforce healthy eating messaging and use other methods to reward children for good behavior.

### **Elementary School Rewards**

- Take care of class pet
- Prizes from a treasure box
- Time for music and dancing
- Stickers, pencils, pencil toppers, bookmarks
- Stars or smiley faces
- Paperback books
- Leading the class to lunch or recess
- Certificates
- Ribbons
- Games or puzzles
- Fun physical activity break
- Show and tell
- Sitting by a friend
- Read outside
- Additional computer time
- Dance to a favorite song
- No homework pass
- Free choice time at the end of the day
- Eat lunch with a teacher or administrator
- Read to a younger class

### **Intermediate/Middle School Rewards**

- Eat lunch outside or conduct class outside
- Eat lunch with a teacher or administrator
- Sit with friends
- Extra music or reading time
- Small sports equipment
- Paperback books
- Art time
- Pedometer
- Time for watching a movie or you tube clip
- Designing a bulletin board or locker decoration
- Coupons for prizes or privileges
- Brainteaser activities
- Chat break at the end of class
- Music playing while doing school work
- Extra computer time
- Free pass to a school sporting event or play
- No homework pass
- Read outside

### **Foods of Minimal Nutritional Value**

From <http://www.fns.usda.gov/cnd/menu/fmnv.htm>

The following is taken from Appendix B of 7 CFR Part 210.

Appendix B to Part 210--Categories of Foods of Minimal Nutritional Value

(a) Foods of minimal nutritional value--Foods of minimal nutritional value are:

- (1) Soda Water--A class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one atmosphere and at a temperature of 60 deg. F. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals and protein.
- (2) Water Ices--As defined by 21 CFR 135.160 Food and Drug Administration Regulations except that water ices which contain fruit or fruit juices are not included in this definition.
- (3) Chewing Gum--Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.
- (4) Certain Candies--Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:
  - (i) Hard Candy--A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as

sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.

- (ii) Jellies and Gums--A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
- (iii) Marshmallow Candies--An aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.
- (iv) Fondant--A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
- (v) Licorice--A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.
- (vi) Spun Candy--A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
- (vii) Candy Coated Popcorn--Popcorn which is coated with a mixture made predominantly from sugar and corn syrup

## **VI. MONITORING AND POLICY REVIEW**

- **Monitoring**  
The Principal will ensure compliance with the St. Richard School Wellness Policy and will report on the school's compliance to the Toledo Diocese and/or State of Ohio Department of Education.
- School food service staff at the school will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Principal. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.
- St. Richard School is subject to an USDA School Meals Initiative review from the Ohio Department of Education, Division of School Food Service at least once every five years.

### **Wellness Committee:**

Sister Jean Marie Walczak, SND, Sue Fesenmyer, Kathy Poca, Dawn Santchi

Approved by School Advisory Council 11/13/2014