

Frassati Catholic Academy School Wellness Policy

Introduction

We believe that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

We believe that good health fosters student attendance and education;

Therefore, Frassati Catholic Academy is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Frassati Catholic Academy that:

The school will engage students, parent representatives, School Advisory Council, teachers, food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing the wellness policy. All students in grades K – 8 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served in our cafeteria will meet the nutrition recommendations of the *U. S. Dietary Guidelines for Americans*.

Food Service professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs and with related services.

TO ACHIEVE THESE POLICY GOALS:

I. Nutritional Quality of Foods and Beverages Sold and Served

School Meals

Meals served through Food and Nutrition Services will:

- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk

Free and Reduced-priced Meals

Frassati Catholic Academy will make every effort to eliminate any social stigma attached to, and prevent the identification of, students who are eligible for free and reduced-price school meals. Toward this end, the school ensures that this information is kept confidential. Administration promotes the availability of school meals to all students.

Meal Times and Scheduling

Frassati Catholic Academy will:

- Provide students with an appropriate amount of time;
- Schedule meal periods at appropriate time;
- Not schedule tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities;
- Provide students access to hand washing or hand sanitizing before meals or snacks.

Qualifications of School Food Service Staff

Administration and Food Service professionals will administer the school meal programs. Frassati Catholic Academy will provide continuing professional development for all food service professionals in the school. Staff development programs will include appropriate certification and/or training programs for food service professionals.

Sharing of Foods and Beverages

Frassati Catholic Academy will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions in some children's diets.

Snacks

Snacks served during the school day or Extended Care will make a positive contribution to children's diets and health, with an emphasis on serving a wide variety of snacks and water or milk as the primary beverages. We will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Homeroom teachers will receive lists of snacks authorized by the district nurse when it pertains to students with food allergies.

Celebrations

Frassati Catholic Academy will limit celebrations that involve food before lunch.

II. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Frassati Catholic Academy aims to teach, encourage, and support healthy eating by students. The school should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day), and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end: classroom education will complement 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, such as watching TV and playing video games; Opportunities for physical activity will be incorporated into other subject lessons; and classroom teachers will provide short physical activity breaks between lessons or classes as appropriate.

III. Physical Activity Opportunities and Physical Education

Physical Education K – 8

All students in Grades K – 5, including students with special health-care needs, will receive physical education (or its equivalent of 80 minutes per week) for the entire school year. Students in Grades 6-8 will receive physical education (or its equivalent of 100 minutes per week). Student involvement in other activities involving physical activities (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 75% of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All K – 8 school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which teachers and/or volunteers should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Frassati Catholic Academy discourages 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, teachers should give students periodic breaks during which they are encourage to stand and be moderately active.

Athletics

Frassati Catholic Academy Athletic Department participates in the Catholic Athletic Association (CAA). Fifth graders and Middle School students have the opportunity to participate in three different sports seasons. Fall sports include soccer and volleyball. Basketball, hockey, swim and ski clubs are available in the winter and baseball, softball and a golf tournament in the spring.

Safe Routes to School

The school has established a policy for students to safely store their bicycles on campus. When appropriate, the school will work together with local public works, public safety, and/or police departments to ensure safe routes to school.

IV. Monitoring and Policy Review

Monitoring

The principal or designee will ensure compliance with Frassati Catholic Academy's wellness policy.

Food service professionals at Frassati Catholic Academy will ensure compliance with nutrition policies within school food service areas and will report on this matter to the principal. In addition, the school will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes via Newsnotes.

The principal or designee will develop a summary report every three years on compliance with established nutrition and physical activity wellness policies based on input from the school. The report will be provided to the School Advisory Board.

Policy Review

Assessments will be repeated every three years to review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review current nutrition and physical activity policies. The school will revise the wellness policies and develop work plans to facilitate their implementation.