

BLESSED SACRAMENT SCHOOL WELLNESS POLICY

The policies below are intended to create a school environment that protects and promotes the health of our students. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, are described here.

I. Nutrition education and promotion

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media:

- Teachers will integrate nutrition education into core curricula;
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- Staff will only use approved nutrition curriculum in the classroom. Curriculum developed by corporate interests is prohibited;
- Nutrition education will be provided to families via handouts and newsletters. The school menu will be posted online;
- Staff is strongly encouraged to model healthful eating habits, and discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.
- Families will be requested to pack healthy snacks that meet school nutrition standards.

Specifically, the nutrition curriculum will encompass:

- Promotion of adequate nutrient intake and healthy eating practices;
- Skill development, such as reading labels to evaluate nutrient quality of foods, meal planning, analysis of health information;
- Examination of the problems associated with food marketing to children.

II. Nutrition Standards for All Food and Beverages Sold or Served on School Grounds

A. USDA School Meals:

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. Blessed Sacrament School will participate in the USDA school lunch and summer food programs.

In addition:

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;
- Students will be provided at least 20 minutes to eat lunch after being seated;
- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced;
- Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities;
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them.

B. Competitive Foods and Beverages

All foods and beverages *sold* on school grounds to students outside of reimbursable school meals are considered “competitive foods.” Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers. *All* competitive foods must comply with the district’s nutrition standards, as well as all applicable state and federal standards.

Nutrition Standards:

The Institute of Medicine’s nutrition standards for competitive foods/beverages in schools has been adopted by the school. A summary of the standards is below.

Foods

Only fruits, vegetables, nuts and seeds, whole grains, low-fat dairy and combination products may be sold, following the standards below:

- Packaged items shall not exceed one serving per package/200 calories;
- Items shall contain no more than 35% of total calories from fat, less than 10% of total calories from saturated fats and zero trans fats. Exception: The fat content of nuts and seeds will not count against the total fat content of packaged products;
- Items shall contain no more than 35% of calories from total sugars. Exception: Yogurt, may contain up to 30grams of total sugars per 8 oz serving;
- Items shall contain less than or equal to 200mg of sodium per packaged portion;

- Combination items must contain at least one serving of whole grains, fruit or vegetable, per portion as packaged, in any combination (e.g., ½ serving of fruit and ½ serving of whole grain in one portion).

A la carte items in the cafeteria must be USDA school meal components (200 calorie limit does not apply) AND meet the above fat and sugar limits. A la carte items cannot exceed 480mg of sodium.

Whole fruits, vegetables, nuts and seeds are preferable to processed food items.

Beverages

The only beverages allowed to be sold outside of school meals include:

-Low-fat (1%), non-fat or non-dairy milk in 8 oz portions (plain or flavored with no more than 22 grams of total sugars per 8 oz);

-100% fruit/vegetable juice in 4 oz portions for elementary;

-Plain water.

Access to Drinking Water

-Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Supervisory staff will facilitate access to water in the cafeteria. Students will be allowed to bring drinking water from home into the classroom.

- Water will be promoted as a substitute for sugar-sweetened beverages (SSBs)

- School staff will be encouraged to model drinking water consumption.

- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains are maintained.

Food used as reward or punishment

Research clearly indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc. has negative, unintended consequences. The use of food as a reward and withholding food as a punishment are strictly prohibited.

IV. Physical Activity

Physical Education

All K-6 students will receive physical education for the entire school year. Physical Education will be standards- based, using national and state-developed standards. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior

and benefits of physical activity. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills.

Student involvement in other activities, including those involving physical activity (e.g. interscholastic or intramural sports), will not be substituted for physical education.

- Physical education classes will be graded as a course on report cards;
- Teacher to student ratio will be no greater than 1:25;
- The school will provide adequate space/equipment and conform to all safety standards;
- The school prohibits the use of physical activity and withholding of physical education class and other forms of physical activity as punishment;
- All Physical Education classes will be taught by a qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity;
- Physical education staff will receive professional development on a yearly basis;

Recess

All students will have at least 10-20 minutes a day of supervised recess after the lunch period, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather. In the event that recess must be held indoors, teachers and staff will follow indoor recess guidelines, developed by the school's Wellness Committee, to ensure adequate physical activity for students.

Physical Activity Programs

Blessed Sacrament School will offer extracurricular physical activity programs, such as physical activity clubs and intramural programs; such as Zumba, dance, karate, and basketball.

Classroom Physical Activity

All students will have opportunities for physical activity beyond physical education class on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Short (3-5 minute) “energy release” physical activity breaks will be provided between classes in elementary school, for example, programs such as Take 10!

-Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

V. Evaluation and Enforcement

This wellness policy was developed by the Blessed Sacrament School community and the school administration. The wellness policy will be reviewed on an annual basis by all stakeholders. The principal of the school will ensure compliance within the school. Recommended changes will be updated each year.

Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, and other issues.