

St. Patrick School Wellness Policies on Nutrition and Physical Activity

Goal: To maintain an environment that supports student's and school employee's health and safety and to have an access to healthy foods and opportunities for students to be physically active in order to grow, learn and thrive.

Introduction:

All children need access to healthful food and opportunities to be physically active in order to grow, learn and thrive.

- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.
- Good health fosters student attendance and education.
- Heart disease, cancer, stroke and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity and obesity, often are established in childhood.
- Only 2% of children eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid (make half your grains whole, vary your veggies, focus on fruits, get your calcium-rich foods and go lean with protein).
- Nationally, the items most commonly sold from school stores and snack bars include low-nutritional foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes.
- Community participation is essential to the development and implementation of a successful school wellness policy.

Thus, St. Patrick School is committed to providing a school environment that promotes and protects the children's and employee's health and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of St. Patrick School that:

- The School will engage students, parents, teachers, school staff, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing school nutrition and physical activity policies.
- All students in grades TK through 8 will have opportunities, support and encouragement to be physically active on a regular basis.
- Food and beverages sold at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified nutrition 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 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.
- St. Patrick School will participate in available federal school meal programs (including National School Lunch Program).

- St. Patrick School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
- **The school will coordinate with the Diocese of San Jose for their Wellness program to provide an environment to eat healthy and ways to de-stress themselves in their daily routine and/or responsibility to promote healthy mind and body for our school teachers and staff.**

TO ACHIEVE THESE GOALS:

1. St. Patrick School created a school health committee to develop, implement, review and, in the future, revise school nutrition and physical activity policies. The school health committee consists of parents, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals and members of the public.
2. Meals served through the National School Lunch are appealing and attractive to the children; served in clean and pleasant surroundings; 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 and fat-free milk and ensure that ALL of the grains served are whole grain. St. Patrick School shares information about the nutritional content of meals with parents and students through the Wednesday Communication Envelope, parent meetings and on the cafeteria menu board.
3. St. Patrick School makes every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced price meals.
4. St. Patrick School provides students with at least 10 minutes to eat breakfast and 20 minutes for lunch. Meal periods are at appropriate times. Students have access to soap and water for hand washing before they eat meals or snacks.
5. Qualified nutrition professionals administer school meals programs. Continuing professional development is offered to all nutrition professionals.
6. Food and beverages sold individually (i.e. outside of the reimbursable school meals) meet the following nutritional and portion size standards:
 - a. Beverages – Allowed: water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk. Not Allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine.
 - b. Foods - A food item sold separately has no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10% of its calories from saturated and trans fat combined; has no more than 35% of its weight from added sugars; contains no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked foods and other snack items; contains no more than 480 mg of sodium for meats and soups and contains no more than 600 mg of sodium for pizza

and sandwiches. A choice of at least two fruits or non-fried vegetables is offered for sale. Such items include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried or frozen fruits or vegetables. Portion sizes of foods and beverages sold individually are limited to: one and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky; one ounce for cookies; two ounces for cereal bars, granola bars, muffins, bagels and other bakery items; four fluid ounces for frozen desserts; eight ounces for non-frozen yogurt; and 12 fluid ounces for beverages, excluding water.

7. To support children's health and school nutrition-education efforts, school fundraising activities limit the use of foods that do not meet the above nutrition guidelines. St. Patrick School encourages fundraising activities that promote physical activity, such as the Jog-a-thon.
8. Snacks served during the school day or in after-school care or enrichment programs make a positive contribution to children's diets and health. St. Patrick School has disseminated a list of healthful snack items to teachers, after-school program personnel and parents.
9. St. Patrick School will not use foods or beverages, specifically those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.
10. Classes will limit celebrations that involve food during the school day to after lunch.

Nutrition and Physical Activity Promotion and Food Marketing

St. Patrick School aims to teach, encourage and support healthy eating by students. St. Patrick School will 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 and farm visits.
- 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)
- Teaches media literacy with an emphasis on food marketing and
- Includes training for teachers and other staff.

Communication with parents: St. Patrick School will support parents' efforts to provide a healthy diet and daily physical exercise for their children. St. Patrick School will send home nutrition information and provide nutritional analyses of school menus. St. Patrick

School will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. St. Patrick School will provide parents a list of foods that meet the snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities.

St. Patrick School will provide information about physical education and other school-based physical activity opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

Physical Activity Opportunities and Physical Education

All students in grades TK-8 will receive weekly physical education. Students will spend at least 50 percent of physical education class time in moderate to vigorous physical activity.

All students will have at least 40 minutes a day of supervised morning and lunch recess, outdoors, unless inclement weather, during which St. Patrick School will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. St. Patrick School offers extracurricular sports for students in grades five through eight.

Monitoring and Policy Review

The principal will ensure compliance with established nutrition and physical activity wellness policies. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal.

To help with the initial development of St. Patrick School's wellness policy, a baseline assessment of the school's existing nutrition and physical activity environments and policies has been conducted. Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement.

Document based on National Local School Wellness Policies on Physical Activity and Nutrition, National Alliance for Nutrition and Activity (NANA); March, 2005

Updated April 2014

Updated August 2017

Updated December 2017

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