

St Anne's School

Wellness Policy
Revised 11/20/2018

Purpose

The purpose of this policy is to set forth methods that promote student wellness, prevent and reduce childhood obesity, and assure that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum local, state, and federal standards.

General Statement of Policy

- Nutrition promotion and education, physical activity, and other school-based activities that promote student wellness are essential components of the educational process and that good health fosters student attendance and achievement.
- The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- All students in preschool – 6th grade will have opportunities, support, and encouragement to be physically active on a regular basis.
- Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to 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. Food service personnel will promote healthy food and beverage choices in accordance with local, state, and national standards.

Wellness Goals

- Nutrition Promotion and Education
 - St. Anne's School will encourage and support healthy eating by students and engage in nutrition promotion that is offered as part of a comprehensive program (including health education classes and classroom instruction) designed to provide students with the knowledge and skills necessary to promote and protect their health. Health education classes and classroom instruction
 - St. Anne's School will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as fundraising events, concession stands, and student stores.
- Physical Activity
 - Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health and physical education will reinforce the knowledge and self-management skills need to maintain a healthy lifestyle and reduce sedentary activities, such as watching television.
 - Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
 - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- Communications with Parents
 - St. Anne's School recognizes that parents and guardians have the primary role in promoting their children's health and well-being.
 - St. Anne's School will support parents' efforts to provide a healthy diet and daily physical activity for their children.
 - St. Anne's School encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.

- St. Anne’s School will provide information about physical education and other school-based physical activity opportunities and will support parents’ efforts to provide their children with opportunities to be physically active outside of school.

Standards and Nutrition Guidelines

- School Meals
 - St. Anne’s School will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations.
 - Food service personnel will provide students with access to a variety of affordable nutritious and appealing foods that meet the health and nutrition needs of students.
 - Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
 - Food service personnel will provide clean, safe, and pleasant settings and adequate time for students to eat.
 - Food service personnel will take every measure to ensure that student access to foods and beverages meets or exceeds all applicable federal, state, and local laws, rules, and regulations and that reimbursable school meals meet USDA nutrition standards.
 - Food service personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.
 - St. Anne’s School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
 - St. Anne’s School will provide students access to handwashing or hand sanitizing before they eat meals or snacks.
 - St. Anne’s School will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
 - St. Anne’s School will discourage tutoring, clubs or organizational meetings or activities during mealtimes unless students may eat during such activities.
- School Food Service Program/Personnel
 - St. Anne’s School shall designate an appropriate person to be responsible for the school’s food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA guidelines.
 - As part of the school’s responsibility to operate a food service program, continuing professional development will be provided for all food service personnel in schools.
- Competitive Foods and Beverages
 - All foods and beverages sold on school grounds to students, outside of reimbursable 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.
- Other Foods and Beverages Made Available to Students
 - Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those foods provided through:
 - Celebrations and parties: St. Anne’s School will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Health party ideas are also available from the USDA.
 - Reward and Incentives. St. Anne’s School will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student’s individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.
 - Fundraising. St. Anne’s School will make available to parents and teachers a list of suggested healthy fundraising ideas.
- Food and Beverage Marketing in Schools
 - School-based marketing will be consistent with nutrition education and health promotion.

Wellness Leadership and Community Involvement

- Wellness Coordinator
 - The principal will designate a school official to oversee the school district's wellness-related activities. This Wellness Coordinator will ensure that the school implements the policy.
 - The principal or designated school official will ensure compliance within the school and will report to the Wellness Coordinator regarding compliance matters upon request.
- Public Involvement
 - The Wellness Coordinator will permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the education advisory committee, school administrators and the general public to participate in the development, implementation, and periodic review and update of the wellness policy.
 - The Wellness Coordinator will hold meetings, from time to time, for the purpose of discussing the development, implementation, and periodic review and update of the wellness policy. All meeting dates and times will be open to the public.

Policy Implementation and Monitoring

- Upon approval by school administrative personnel, the wellness policy will be implemented through the school.
- The wellness policy will be posted on the school's website.
- The Wellness Coordinator will annually inform the public about the content and implementation of the wellness policy and make the policy and any updates to the policy available to the public.
- At least once every three years, the school district will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes the following information:
 - The extent to which St. Anne's School is in compliance with the wellness policy;
 - The extent to which St. Anne's School's wellness policy compares to model local wellness policies;
 - A description of the progress made in attaining the goals of the school's wellness policy.
- St. Anne's School will retain records to document compliance with the requirements of the wellness policy.