

# STUDENT WELLNESS PLAN

## POLICY PREAMBLE

All Saints Catholic School is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. The school believes that we need to create and support health-promoting learning environments throughout our schools, giving students the opportunity to achieve success. This policy outlines the school's approach to ensure all students practice healthy eating and physical activity behaviors throughout the school day.

## POLICY LEADERSHIP

Each school shall designate a site coordinator who shall ensure compliance with the policy. A Wellness Committee shall be formed and maintained to oversee the activities set forth in this policy. The committee shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The committee shall meet no less than two times during the school year to discuss the implementation of the established activities and address any barriers and challenges. The committee shall report annually to the Board of Education on the implementation of the policy and any recommended changes or revisions. The board will adopt or revise policies based on the committee recommendations.

The school shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include:

- Administrator
- Board Member
- Classroom Teacher
- Physical Education Teacher
- School Food Service Representative
- Community member/parent
- Student
- Medical/Health Care Professional
- Nutrition and/or Health Education
- Teachers

## NUTRITION STANDARDS FOR ALL FOODS

The School is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

### *Standards and Guidelines for School Meals*

The School is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (<https://www.usda.gov/about-usda/news/press-releases/2014/05/20/fact-sheet-healthy-hunger-free-kids-act-school-meals-implementation>).
- All meals are accessible to all students.
- Withholding food as a punishment shall be strictly prohibited.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students during mealtimes.
- Students are provided at least 20 minutes to eat lunch.
- All school campuses are “closed” meaning that students are not permitted to leave the school grounds during the school day.

- Menus shall be posted on the School website and will include nutrient content.
- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

In addition, the School's nutrition services

*Foods and Beverages Sold Outside of the School Meals Program*

- All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at <http://www.fns.usda.gov/>.
- Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers during the school day. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

*Marketing*

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; education incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

## **NUTRITION EDUCATION**

The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the School. The School aims to teach, model, encourage, and support healthy eating by providing nutrition education.

## **NUTRITION PROMOTION**

The School is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.

## **PHYSICAL ACTIVITY**

The School shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:

- The School shall provide opportunities for students to participate in physical activity in addition to physical education.
- Outdoor recess shall be offered weather permitting, if the outside temperature and wind chill is above 0 degrees.
- Recess monitors/teachers shall encourage students to be active during recess.
- Teachers shall incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible.

### *Physical Education*

The School shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. As such:

- All School elementary students in each grade shall receive physical education 2xs per week throughout the school year.
- Physical education staff shall receive professional development on a yearly basis.

### **OTHER SCHOOL BASED ACTIVITIES THAT PROMOTE WELLNESS**

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. The School supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being. As such:

- Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.
- Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.

### *Community Engagement*

The School shall work with community partners, including [Froedtert Hospital, Aurora Hospital Local Dentists and Orthodontists, Health Department and Safety Center.] to support school wellness. The School shall inform and invite parents to participate in school-sponsored activities throughout the year. The School shall actively inform families and the public about the content of and any updates to the policy through newsletters and school website.

### **MONITORING AND EVALUATION**

The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. The School wellness policy shall be updated as needed based on evaluation results, School changes, emersion of new health science information/technology, and/or new federal or state guidance are issued.

### **USDA NON-DISCRIMINATION STATEMENT**

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