

ST. ROSE SCHOOL WELLNESS POLICY

St. Rose School Wellness policy 2017

St. Rose School promotes healthy schools by supporting student wellness, good nutrition, and regular physical activity as part of the total learning environment. Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential. Children who are physically active and who eat well-balanced meals are more likely to learn more readily in the classroom. St. Rose is committed to promoting physical activity and providing a healthy school nutrition environment, therefore reducing childhood obesity, and preventing diet-related chronic diseases.

To further the principles stated above, the Board adopts the following four goals:

- 1. St. Rose will support and promote a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The learning environment will positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. Furthermore, this environment will provide students with appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.**
- 2. St. Rose will support and promote proper dietary habits contributing to students' health status and academic performance. Foods and beverages available on school grounds and at school-sponsored activities shall meet or exceed district nutrition standards, the current U.S. Dietary Guidelines, and shall meet state and local health department guidelines.**

- 3. St. Rose will provide students more opportunities to engage in physical activity. A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the district's content standards, as well as co-curricular activities and recess.**

- 4. To best support this implementation, the district will create a Physical Fitness and Nutrition Advisory Council. The Council will:**
 - a. Serve as a resource to the school.**
 - b. Develop a plan of implementation for the school.**
 - c. Ensure the plan is followed.**

Recommendations

The following recommendations support the Board of Education Local School Wellness Policy Goals:

- 1. The goal of providing a comprehensive learning environment for developing and practicing lifelong wellness behaviors shall be accomplished by:**
 - a. The continued implementation of district content standard for health and nutrition education that teaches students about the effects of nutrition and physical activity on their health.**
 - b. The provision of age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.**
 - c. The availability of nutrition education in the school cafeteria as well as the classroom, with coordination between the district's Food Service staff and school staff.**
 - d. The utilization of available resources to integrate nutrition education, physical activity and health into educational activities.**

2. **The goal of supporting and promoting proper dietary habits contributing to student's health status and academic performance shall be accomplished when:**
 - a. **Students shall have access to healthful food choices in appropriate portion sizes throughout the school day, including healthful meals in the school cafeteria with an adequate time to eat, healthful items in vending machines, and healthful items in school stores.**
 - i. **Current District vending guidelines, the competitive foods rule, and regulations relating to foods of Minimal Nutritional Values shall be used as the minimum for nutrition standards.**
 - ii. **Foods and beverages available during the school day (school meals, ala carte, school stores, parties, snacks, vending, celebrations, treats, etc.) should minimize use of trans and saturated fat, sodium and sugar as defined by the Dietary Guidelines for Americans.**
 - b. **The Food Guide Pyramid should be used as a model of healthy eating.**
 - c. **Schools shall not offer carbonated beverages to elementary school students during the school day.**
 - d. **St. Rose School shall encourage healthy food choice options in appropriate portion sizes be made available to students at school functions (parties, celebrations, festivals, sporting events, etc.). Resource guidelines shall be made available to schools.**
 - e. **Students shall have access to fresh fruits and vegetables at school.**
 - f. **St. Rose shall encourage using non-food rewards for students. Resources for non-food reward ideas shall be made available to schools.**
 - g. **Schools shall discourage the use of unhealthy food as a fund-raiser. Events promoting physical activity should be included as fund-raising efforts.**

- h. St. Rose School shall work to provide accessible and easily understood information to students and their parent/guardian concerning the nutritional content of foods and beverages available to students, as well as the nutritional content of competitive foods sold or available on school district property.**
- i. Students shall have access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means to provide students with sufficient water.**
- j. St. Rose will provide students access to hand washing prior to food/beverage consumption.**

- 3. The goal of providing students more opportunities to engage in physical activity shall be accomplished by:**
- a. St. Rose will follow Board policy recommendations for physical education instruction.**
 - b. A physical education teacher will hold an endorsement in Physical Education and that endorsement will be required for future full-time hires.**
 - c. All students should have access to age-appropriate physical activity where moderate to vigorous activity is encouraged and extended periods of inactivity are discouraged.**
 - i. St. Rose will provide increased opportunities for physical activity during the school day through daily recess periods, elective physical education classes, walking programs, and the integration of physical activity into the academic curriculum.**
 - ii. St. Rose will provide opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.**
 - d. Students shall be encouraged to participate in moderate to vigorous activity during recess.**

- e. **St. Rose should consider the impact of withholding physical activity before administering student discipline.**
 - f. **St. Rose shall comply with developmentally appropriate district recommended health and fitness assessments.**
- 4. **In support of implementation of the wellness policy, the district will create a Physical Fitness and Nutrition Advisory Council. The council shall serve as a resource to the schools, develop a plan of implementation of the wellness policy for the schools, and review and report the effectiveness of the implementation plan to the Assistant Superintendents. The council should be made up of public health professionals, teachers, administrators, parents, students, community members and school representatives.**