



## **Wellness Policy**

### **I. Purpose**

At St. Pascal Regional Catholic School, we recognize that 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 learning, and allows students to grow, learn, and thrive.

Accordingly, this policy sets forth goals and guidelines that promote student health and wellness by encouraging physical activity and assuring that food and beverages which are made available at school during the school day meet applicable minimum local, state, and federal standards of health.

### **II. General Statement of Policy**

A. 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.

B. All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

C. The school encourages the involvement of parents, students, teachers, school health professionals, the school board, school administrators, and the general public in the development, implementation, and periodic review and update of the school's wellness policy.

### **III. Wellness Goals**

#### **A. Nutrition Promotion and Education**

1. The school will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. part of health education classes, as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and
  - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
2. The school will encourage all students to make age-appropriate, healthy selections of foods and beverages including those sold in fundraising events which are consumed during the school day.

#### **B. Physical Activity**

1. 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 needed to maintain a healthy lifestyle and reduce sedentary activities, such as watching television.
2. Opportunities for physical activity will be incorporated into other subject lessons where appropriate.
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

#### C. Communications with Parents

1. The school recognizes that parents and guardians have a primary role in promoting their children's health and well-being.
2. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value. The school will provide a link to the [USDA Guide to Smart Snacks in School](#), so that parents may have access to healthy snack choices for their child.
4. The 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.

### **IV. Nutrition and Physical Activity Standards and Guidelines**

#### A. School Meals

1. The school will provide healthy and safe school meal programs, including breakfast through the USDA School Breakfast Program, and lunch through the National School Lunch Program, that comply with all applicable federal, state, and local laws, rules, and regulations.
2. 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.
3. Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
4. Free water is available in the cafeteria during mealtimes and at drinking fountains throughout the day.
5. Food service personnel will provide clean, safe, and pleasant settings and adequate time for students to eat.
6. 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.
7. Food service personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.
8. To determine students' free or reduced-price lunch eligibility, Applications for Educational Benefits ("Free and Reduced Form") are sent home to all families at the beginning of the school year and are available year-round on the school website.
9. The 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 or who have unpaid lunch balances.
10. The school will provide students access to handwashing or hand sanitizing before they eat meals or snacks.
11. The 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.  
12. The school will discourage tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.

#### B. School Food Service Program Personnel

1. The school shall designate an appropriate person to be responsible for the school 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.
2. As part of the school's responsibility to operate a food service program, the school will provide continuing professional development for all food service personnel in schools.

#### C. Competitive Foods and Beverages

1. All foods and beverages sold on school grounds to students, outside of reimbursable meals, are considered "competitive foods." Competitive foods include items sold for in-school fundraisers.
2. All competitive foods will meet the [USDA Smart Snacks in School \(Smart Snacks\) nutrition standards](#) and any applicable state nutrition standards, at a minimum. The Smart Snacks program aims to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.
3. Fundraisers conducted outside of the school day will be exempt from Smart Snack guidelines.

#### D. Other Foods and Beverages Made Available to Students

1. The school recommends that all foods offered, but not sold, to students on the school campus will be Smart Snack compliant, including those foods provided through:
  - a. Celebrations and parties - the school will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas
  - b. Classroom snacks brought by parents - the school will provide to parents [a list of suggested foods and beverages](#) that meet Smart Snacks nutrition standards
2. Teachers are discouraged from using food and beverages as incentives in the classroom or during other in-school activities to reward desired behavior.
3. Extended Day programs must also comply with the school nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.

#### E. Food and Beverage Marketing in Schools

1. School-based marketing will be consistent with nutrition education and health promotion.
2. Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.

#### F. Standards for Physical Education and Physical Activity

1. There will be a written Physical Education (PE) curriculum which is aligned with national standards.
2. PE will be taught by a licensed teacher, and these teachers will be given opportunities for professional development.
3. Students in grades K-4 will receive at least 90 minutes of PE instruction per week, and students in grades 5-8 will receive at least 135 minutes per week.
4. Unless exempted due to disability or medical reasons, all students are required to engage in the PE program.
5. Physical activity clubs and intramural sports will be available after school hours when there is enough student interest and staff are available to monitor.

6. The school will provide at least 20 minutes of recess daily for all elementary students.
7. We recommend that staff use physical activity as a reward, rather than food or beverages, for desired behavior when feasible. On the other hand, students shall not be required to engage in physical activity as a behavioral or academic punishment, nor be denied physical activity as a punishment.

## **V. Wellness Leadership and Community Involvement**

### **A. There will exist a Wellness Coordinator who will:**

1. oversee the school's wellness-related activities including making policy update recommendations;
2. ensure that an ongoing Wellness Committee exists which welcomes members who are parents, students, teachers of physical education, school health professionals, the school board, school administrators, and the general public;
3. direct the Committee to implement the policy;
4. and conduct the triennial assessment.

### **B. Public Involvement**

1. The Wellness Coordinator will permit parents, students, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the wellness policy.
2. 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 posted in the school newsletter and will be open to the public.

## **VI. Policy Implementation and Monitoring**

### **A. Implementation and Publication**

1. After approval by the principal, the wellness policy will be implemented throughout the school.
2. The school will post its wellness policy on its website.

### **B. Annual Reporting**

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.

### **C. Triennial Assessment**

1. At least once every three years, the school will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes the following information:
  - a. the extent to which school is in compliance with the wellness policy;
  - b. the extent to which the school's wellness policy compares to model local wellness policies; and
  - c. a description of the progress made in attaining the goals of the school's wellness policy.
2. The Wellness Coordinator will be responsible for conducting the triennial assessment.
3. The Wellness Committee will make appropriate updates to the school wellness policy based on the recommendations of the triennial assessment.
4. The triennial assessment report shall be posted on the school's website or otherwise made

available to the public.

#### D. Recordkeeping

The school will retain records to document compliance with the requirements of the wellness policy. The records to be retained include, but are not limited to:

1. The school's written wellness policy
2. Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public.
3. Documentation of the triennial assessment of the school wellness policy to review and update the wellness policy (including an indication of who is involved in the update and methods the school uses to make stakeholders aware of their ability to participate on the Wellness Committee).

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#### Legal References:

Minn. Stat. § 121A.215 (Local School District Wellness Policy)

42 U.S.C. § 1751 et seq. (Healthy and Hunger-Free Kids Act)

42 U.S.C. § 1758b (Local School Wellness Policy)

42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)

7 U.S.C. § 5341 (Establishment of Dietary Guidelines)

7 C.F.R. § 210.10 (School Lunch Program Regulations)

7 C.F.R. § 220.8 (School Breakfast Program Regulations)

Local Resources

Minnesota Department of Education, [www.education.state.mn.us](http://www.education.state.mn.us)

Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us)

County Health Departments

Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

United States Department of Agriculture, [www.fns.usda.gov](http://www.fns.usda.gov)

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#### Supplemental Materials for Smart Snack Guidelines:

Minnesota Department of Education Guidance on Smart Snacks:

<https://education.mn.gov/MDE/dse/FNS/SNP/gen/smart/MDE058443>

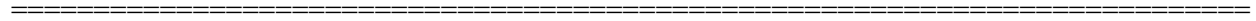
Smart Snacks Product Calculator:

<https://foodplanner.healthiergeneration.org/calculator/>

Alliance for a Healthier Generation Smart Foods Planner:

<https://foodplanner.healthiergeneration.org/>

Connecticut State Department of Education's (CSDE) List of Acceptable Foods and Beverages:  
<https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages>



Smart Snack Suggestions for Classroom Treats:

[https://drive.google.com/file/d/1GvPcxkyMAWBojIVMnCYfmqC8FszkUI72/view?usp=drive\\_link](https://drive.google.com/file/d/1GvPcxkyMAWBojIVMnCYfmqC8FszkUI72/view?usp=drive_link)