



WELLNESS POLICY

Dell Rapids St. Mary School

[Our Mission](#)

**ST. MARY CATHOLIC SCHOOLS STRIVES
FOR A UNITED COMMUNITY OF ACADEMIC EXCELLENCE AND
STEWARDSHIP BY EMBRACING THE GOSPEL AND CARRYING
THE LIGHT OF CHRIST.**

Krista Schmidt

St. Mary Catholic School

Wellness Policy

2018-2019

The standing SMCS staff wellness group and TEAM Nutrition team, in conjunction with Sioux Falls catholic Schools, combined efforts to develop the attached policy. This group provided oversight in establishing our response and commitment to nutrition stands and education, other school based activities, and physical activity requirements.

General committee membership at the local level/St. Mary Catholic School includes:

Deb Kallhoff, Grade School Principal

Casey Michel, High School Principal

Krista Schmidt, Food Service Manager

Connie Fitzgerald, School Health Nurse

Jacque Brown, EAC member/parent

Amanda Geraets, Math Teacher/parent

Pete Schmidt, Health/PE Teacher

Glen Kruger, School Counselor

Carly Maxwell and Clare Klein, Student Council Co-Presidents

These documents reflect work completed in large and small group sessions. Membership will be reviewed annually and will continue to reflect our commitment to student wellness.

Dell Rapids St. Mary Catholic School

Wellness Policy

Purpose

In accordance with the US Congress Child Nutrition and WIC Reauthorization Act of 2004, St. Mary Catholic Schools of Dell Rapids, SD developed this Wellness Policy. It will be implemented in the 2006-2007 academic school year and will be reviewed annually.

The St. Mary Catholic School Wellness Policy was developed through the efforts and work of our wellness committee and Team Nutrition group. This group includes the food service supervisor, administrators, classroom teachers, students, EAC committee member, school nurse, and parents. Then wellness policy is comprehensive in nature, but by no means exhaustive in the scope of the goals and expectations.

This policy formalizes the role that St. Mary Catholic Schools plays in improving and sustaining the health and well-being of children. Living a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition, and appropriate amounts of physical activity. St. Mary School, along with our parents and the community are working together to insure that coordinated efforts are sustained for optimal success.

This Wellness Policy addresses four key components:

1. Nutrition Education
2. Physical Activity
3. Nutrition Standards
4. Other School-Based Activities

Attached are the details for each component. Each component lists specific expectations and goals along with the manner that it is addressed by St. Mary School.

Rationale:

Measurement and Assessment:

An annual review and formal checklist of accountability will measure the success and progress in implementing this policy. St. Mary Catholic School administration and the food service coordinator will verify and maintain the annual review process.

Nutrition Education and Promotion Component

The primary goal of nutrition education and nutrition promotion is to influence students' lifelong eating behaviors. Nutrition education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition promotions are messages targeted to a specific audience to inspire/motivate them to take action. Nutrition education and nutrition promotions will be incorporated into the school day as often as possible.

Nutrition Education and Nutrition Promotion

- Provide consistent, scientifically based messages on promoting good nutrition throughout the school, cafeteria, communities, and media
- Address good nutrition through health classes
- Nutrition education follows the SD Health Education Standards in grades K-12
- Share/Distribute information on good nutrition with parents, families, and community members through school activities.
- Maintain a wellness committee that will meet a minimum of once annually to discuss and identify activities and ways to promote good nutrition.
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- Nutrition education and promotion will share information with families to encourage healthy habits at home.
- Nutrition promotion encourages staff to be role models for health and to exhibit a positive outlook toward healthy behaviors.
- Nutrition promotion creates environments (classroom, cafeteria, vending machines, fund raising, etc.) that inspire healthy nutrition choices.
- School staff and parents should be encouraged to “celebrate accomplishments and share successes”
- Nutrition promotion includes an action plan that identifies observable and measurable goals for nutrition promotion.

Physical Activity, Education, and Promotion Component

The primary goal for the physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, reduce sedentary time, and provide health education in order to instill an understanding of the short and long-term benefits of a physically active and healthful lifestyle.

Daily Physical Education Classes and Activity K-12

- All students in grades K-4 will receive daily physical education (or its equivalent of 330 minutes per week; 5th-6th 230 minutes per week; 7th-8th grade receive it every 3rd week;

9th-12th it is offered. Students with disabilities, special health-care needs, and those in alternative education settings will be included.

- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
- The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota and/or National Physical Education standards for PK-grade 12.
- All physical education will be taught by highly qualified physical education teachers.
- Student participation in other activities involving physical activity (ex. Sports) will not be substituted for meeting the physical education requirement.
- All elementary school students (K-6) will have at least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.
- Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.
- When appropriate, physical activity should be encouraged during free time

Physical Activity across the Curriculum

- Physical activities will be regularly incorporated into other subject areas besides physical education. This will not be a substitute for physical education classes.
- Designated physical education time will not be used for the purpose of teaching students academic lessons and/or for therapies.

Physical Activity Opportunities Before and After School

- Schools will offer activities that will meet the needs, interests, and abilities of all students.
- All elementary, middle, and high school students will be offered extracurricular physical activity programs.
- The high school and middle school will offer interscholastic sports programs as appropriate.
- Students will be encouraged to seek active transportation (walking, biking, etc.) to and from school as appropriate.

Withholding or Punishing

- Food will not be denied students as a consequence for inappropriate behavior or academic performance.

- Teachers and other school personnel will not prohibit or deny students participation in recess or other physical activity unless such action has been approved by administration as an appropriate action to take.
- Withholding meal time will not be used as a punishment.

Use of School Facilities Outside of School Hours

- When proper supervision and facilities are available, school facilities will be available to students, staff, and community members. This may also include weekends and periods of vacation. The over-riding authority will be the administrators.
- Schools will educate the community, including parents and staff, about utilizing the facility. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs.
- School policies concerning safety will apply at all times.

Other School-Based Activities Component

Schools will create an environment that provides and demonstrates consistent wellness messages, is conducive to healthy eating and physical activity, and contributes to forming healthy life long habits for students, staff and community.

Employee Wellness

- Staff members are provided opportunities to participate in physical activities and healthy eating programs.
- School staff will serve as role models and will practice healthy eating, physical activity, and other activities that support staff and student wellness.

Professional Development

- School will provide professional development regarding the impact of nutrition and physical activity on academic performance to food service professionals, educators, administrators, and other staff.

Eating Environment

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time (20 minutes for lunch).
- Convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.

Convenient and Safe Drinking Water

- Schools will promote drinking water availability as an essential component of student wellness by having access to free, safe drinking water and encouraging student consumption of water throughout the school day.

Rewards, Incentives, and Consequences

- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Unhealthy food items will not be used as a reward or incentive in the classroom, but other more appropriate rewards may be used (e.g. extra free time, physical activity opportunity, pencils, bookmarks, etc.)

Vending Machines and Fundraisers

- Vending machines with food or beverages will not be available to elementary students during the school day. After school only water and low sugar or no sugar items will be available in vending machines.
- No fundraising will take place, except an exempt one on campus, meaning all areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- School day means 8:00AM-4:00PM, to 30 minutes after the end of the official school day.

Safe Routes to School

- The school district will assess and make improvements if necessary to make sure it is both safe and easy for students to walk and bike to school if appropriate. When appropriate, the district will work together with local public works, public safety, and/or police departments in these efforts.

Nutrition Standards Component

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, lean meat, whole grain products, and plain water will be available wherever and whenever food is sold or otherwise offered at school during the normal school day. Examples include snacks, vending machines, fund raising activities, parties, celebrations, and other school sponsored events during the normal school day.

General Guidelines

- Foods and beverages of good nutritional values will be available whenever food and beverages are sold, served or brought onto school grounds or at school-sponsored events during the normal school day.
- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.
- Prices will be set to encourage the purchase of school meals and the purchase of healthy foods and beverages whenever they are sold throughout the school day.
- The School Food Service Program will operate in accordance with the National School Lunch Act and applicable South Dakota law and regulations. The school will also comply with USDA regulations and state policy.
- The school lunch program will offer varied and nutritious food choices consistent with the Dietary Guidelines for Americans and the Standards for Food and Beverages set forth in this policy. Choices will encourage diets that promote health and reduce chronic disease risks.
- Students with special dietary needs will be accommodated.

A La Carte Offering in the Food Service Program

- A la carte items available during the school day will meet the Standards for Food and Beverages set forth in this Policy.
- The school food service department will not offer or serve extra portions unless the item is from the fresh fruit and vegetable salad bar or unless the item is sold as a la carte.

Snacks

- Snacks provided by teachers to students should meet the Standards for Food and Beverages set forth in this Policy.
- Teachers who ask parents to provide snacks will provide them with a list of easy, healthy, affordable snacks options.

Parties and Celebrations

- The school will limit celebrations that involve food during the school day. Instead fun, healthy celebration ideas such as classroom games will be utilized.
- Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages outlined in this policy.

School Sponsored Events

- Healthy choices of food and beverages that meet the Standards for Food and Beverages will be offered at school sponsored events outside the school day.

Other Sales Venues

- All foods and beverages sold in school should strive to meet the Standards for Food and Beverages.

Best Choices for sale and snack items

- Granola bars, whole-grain fruit bars
- Fresh vegetables
- Low sodium varieties of jerky
- Yogurt, low fat
- String cheese
- Fruit/Vegetable 100% juices
- 1% or skim milk
- Plain water
- Frozen fruit juice bars with no sugar or corn syrup

Good Choices for sale and snack items

- Popcorn without hydrogenated fats
- Individually packed fruit in natural juices only
- Fruit leather
- Animal crackers and graham crackers
- Pretzels
- Low-fat pudding
- Baked chips and corn nuts

Standards for Food and Beverages Served or Sold at Dell Rapids St. Mary School

- Follow USDA Healthier US School Challenge Competitive Foods Criteria for Bronze/Silver Award.
- Complete guidance to be found at <http://www.fns.usda.gov/tn/healthierus/2012criteria.chart.html>
- We will attempt to follow the following list of guidelines:

Total Fat	Calories from total fat must be at or below 35% (excluding nuts, seeds, nut butters and reduced-fat cheese)
Trans Fat	“Trans fat-free” less than 0.5g trans fat per serving
Saturated Fat	Calories from saturated fat must be below 10%. Reduced-fat cheese is exempt.
Sugar	Total sugar must be at or below 35% by weight (includes naturally occurring and added sugars). Fruits and vegetables are exempt.
Sodium	Must be at or below 480 mg per side dish/entrée Must be at or below 600 mg per main dish/entrée

Portion Sizes	Not to exceed the serving size of the food served in the NSLP/SBP; for other sales, the item package or container is not to exceed 200 calories.
Fruits and Non-Fried Vegetables	Fruits and vegetables may be fresh, frozen, canned, or dried, and the must be found in Chapter 2 of the Food Buying Guide. Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup.
Milk	Only low-fat (1% or less) or fat-free milk meeting State and local standards for pasteurized milk and/or USDA approved alternative dairy beverages may be offered daily.
Milk Serving Sizes	Milk serving size is limited to 8 fluid ounces.
Other Approved Beverages	Fruit and vegetable juices: 100% full strength with no sweeteners or non-nutritive sweeteners. Water (non-flavored, non-sweetened, non-carbonated, non-caffeinated, without non-nutritive sweeteners.
Juice Serving Size	Elementary/Middle School: 6 fluid ounces High School 8 fluid ounces