

# CHILD NUTRITION/WELLNESS POLICY

**Person Responsible: Principal**

## I. PURPOSE

St. Peter's Elementary School promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. St. Peter's School supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential.

St. Peter's Elementary School is committed to:

- A. Providing a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat low nutrient foods to support school programs.

- B. Supporting and promoting proper dietary habits contributing to students' health status and academic performance.

Foods provided by St. Peter's Elementary School and at school-sponsored activities during the instructional day should meet or exceed the Dietary Guidelines. Emphasis should be placed on foods that are nutrient dense. Variety, appeal, taste, safety, and packaging to ensure high quality meals will be considered when selecting foods.

- C. Increasing the amount of time students are engaged in physical activity.

A quality 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 Kindergarten through 8<sup>th</sup> grade. Physical activity should include regular instructional physical education, co-curricular activities, and recess. Substituting any one of these components for the others is not appropriate.

- D. Improving academic performance in high-risk students.

Educators, administrators, parents, health practitioners, and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met.

Information on the Dietary Guidelines showing the relationship between good nutrition, physical activity, and the capacity of students to develop and learn will be available. Student make-up (e.g., economics, religious, minority, cultural, and medical) should be considered at all times to ensure that all student needs are being met to the best of our abilities.

## II. GENERAL STATEMENT OF POLICY

St. Peter's Elementary School promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. St. Peter's School supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential.

Wellness Policy will be reviewed by PE Teacher, head cook, school board, and secretary on an annual basis. Modifications will be recorded in the school board minutes accordingly.

## III. PROCEDURES

### **School Meals Program**

1. School lunch and snacks will meet or exceed nutrient standards established by USDA. Ala carte food choices will adhere to nutrition standards based on the current Dietary Guidelines for Americans.
2. School Meals program nutrition facts will be available upon request.

### **Lunchroom Climate**

1. Our lunchroom environment provides students with a relaxed, enjoyable climate.
2. It is encouraged that the lunchroom environment be a place where students have:
  - a. Adequate space to eat and pleasant surroundings.
  - b. Adequate time for meals (the School Nutrition Association recommends at least 20 minutes for lunch from the time they are seated).
  - c. Access to hand-washing facilities before meals.
  - d. A positive physical environment.

### **Fundraising**

Fundraising events can support student health when it involves selling nutritious foods and beverages. Students, staff, and parents will be informed and encouraged to consider fundraising strategies that include healthy foods or the sale of non-food items or services.

1. Fundraising projects involving the sale and consumption of food outside of school hours shall have no more than 50% of its projects sell food items that are not nutrient dense and are in alignment with dietary guidelines. It is recommended that we improve this goal by 10% each year.
2. All fundraising projects involving the sale and consumption of food within and prior to the instructional day will be expected to follow the Dietary Guidelines when determining the items being sold. Whole grain products, fruit and vegetables, and products low in fat and saturated fats are appropriate choices.

### **Teacher-to-Student Incentive**

Strong consideration should be given to non-food items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the Dietary Guidelines.

### **Student Nutrition Education**

Beginning with the 2006-2007 school year, instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

- \*Knowledge of good guide pyramid
- \*Diet and exercise
- \*Healthy heart choices
- \*Food labels
- \*Diet and disease
- \*Understanding calories
- \*Healthy snacks
- \*Healthy breakfast
- \*Sources and variety of foods
- \*Major nutrients
- \*Guide to a healthy diet
- \*Multicultural influences
- \*Serving sizes
- \*Proper sanitation
- \*Identify and limit junk food

### **Parent Nutrition Education**

1. Nutrition education will be provided to parents.
2. Nutrition education may be provided in the form of handouts, postings, or presentations that focus on nutritional value and healthy lifestyles.

### **NUTRITION STANDARDS**

St. Peter's Elementary School strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, St. Peter's Elementary School has adopted the following Nutrition Standards governing the sale of food and beverages on school grounds.

#### **Food**

Encourage the sale and consumption of nutrient dense foods, i.e., whole grains, fresh fruits, vegetables, and milk products.

Limit items of high sugar and fat, and low nutritional content. Items should have less than 35% total calories from fat and less than 10% from saturated fat. Items with sugar as the first ingredient will not be offered.

\*Nuts and seeds are exempt from being considered high fat because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol.

It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.

#### **Beverages**

Regular soda will not be provided to students during the school day. During the school day, 100% of beverage choices provided with 100 calories or less per bottle, milk, or drinks made with milk, water, or flavored water. Outside of school hours, more than 50% of selections available will meet these beverage choices. Prices will be set to encourage consumption of juice, water, and milk products.