

St. Louis Academy Wellness Policy

St. Louis Academy shall be committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn. The entire school environment shall be aligned with health school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition, and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

The school wellness policy shall be made available to students, school families, and the public by means at school registration, the student/family handbook and St. Louis Academy's website.

It is St. Louis Academy's policy that:

1. St. Louis Academy will incorporate into the curriculum nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and reduce childhood obesity.
2. All students will have opportunities, support and encouragement to participate in physical activities on a regular basis.
3. Qualified food service providers will provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students. St. Louis Academy shall provide a clean, safe and pleasant setting and adequate time for the students to eat. It is recommended that students have at least 20 minutes to actually eat their meals.
4. To the extent practical, St. Louis Academy will participate in available federal school meal programs.
5. Foods and beverages sold/and or served as part of the school meal programs must meet the nutrition recommendations of the Indiana Code of the United States Department of Agriculture.
6. St. Louis Academy shall engage students, parents/guardians, food service providers, health professionals, teachers of physical education, school board, school administrators and any interested member of the public.

St. Louis Academy Wellness Policy Guidelines & Goals

The purpose of these goals is to ensure a total school environment that promotes and supports student health and wellness, helps reduce childhood obesity, and meets the requirements of Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004.

1. Nutrition Education Goals

The primary goal of nutrition education is to influence students' eating behaviors

- Grades preK-8 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education will be offered in the school dining room as well as in the classroom with coordination between the foodservice staff and teachers.
- Nutrition promotion resources will be provided to parents/guardians through handouts, website links, school newsletters and any other appropriate means available to reach parents/guardians.
- Nutrition is integrated into the health education curriculum.
- Staff who provide nutrition education have appropriate training.

2. Physical Activity Goals

The primary goal for a school's physical activity components 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, and understand the short and long-term benefits of a physically active and healthful lifestyle.

- Students shall participate in regularly scheduled formal and informal physical activity programs. Special emphasis should be placed on promoting an active lifestyle in early childhood through the primary grades as healthy habits are established at a young age. Reasonable accommodation shall be made for students with disabilities and/or other limitations.
- St. Louis Academy will follow the Indiana Academic Standards for Physical Education Classes including time allocations for class attendance.
- In grades K-5, students will have at least 20 minutes a day of supervised recess preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- Students should be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics and open gym opportunities.

- St. Louis Academy staff will be encouraged to participate in community walking and exercise activities after school.

3. Nutrition Standards for all foods served at the school

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. These goals are meant to help guide schools when choosing what foods are served during the school day.

- Meals served through the National School Lunch Program will be appealing and appetizing to children and will meet the nutritional requirements established by the USDA (e.g. provide a variety of fruit and vegetable choices, serve low-fat and fat-free dairy products, contain 0% trans fat and ensure that 100% of the grains are whole-grain rich).
- All cooked foods will be baked or steamed. proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
- St. Louis Academy will inform families of the availability and location of Summer Food Service Program meals in accordance with the Healthy, Hunger-free Kids Act of 2010.
- Adequate time will be provided to students to eat lunch (at least 20 minutes after being served).
- School meals will be served in clean and pleasant settings.
- Potable (drinking) water must be readily available at mealtimes.
- Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
- On-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education will be provided.

4. Nutrition Standards for Competitive and Other Food and Beverages

St. Louis Academy will provide and allow foods and beverages that support proper nutrition, promote healthy choices and comply with federal nutrition standards made available in schools during the school day for such events as school fundraisers and food and beverages brought into the school by students or other person for such events as birthdays and classroom celebrations.

- Fundraising activities will support healthy eating and wellness. Schools will promote the sale of non-food items for school-sponsored fundraising. For a food

or beverage item to be sold as a fundraiser, it must meet the approved nutrition standards. Fundraisers subject to this rule are those sold during the school day on school grounds. A school day is defined as from midnight the night before to 30 minutes after the end of school

- Fundraising activities that take place outside of school (e.g. cookie dough or frozen pizza sales) are exempt for the nutrition standards. Distribution of order forms and foods not intended for consumption at school may continue.
- Classroom celebrations and contest rewards will focus on activities (e.g. giving free time, jeans day, extra recess and reading time) rather than on food.
- A list of “Smart Snacks in School” will be provided to all teachers for them to maintain in their classroom’s and to also distribute to their students’ parents/guardians.
- Teachers and staff will not use food as a reward. The use of sugar-sweetened beverages or candy as a classroom reward is not appropriate.
- School staff will not withhold food or drink at mealtimes as punishment.
- Non-sold food and beverages will comply with federal nutrition standards.
- Signage or similar media on school grounds during the school day may only advertise food and/or beverages provided and sold by the school that meet the competitive standards for foods sold in schools (e.g. smart snacks).

A la carte, school vending machines, other foods outside of school meals and concession stands are not provided at St. Louis Academy but a copy of the “Nutrition Standards for All Foods Sold in School” is available in the wellness policy binder.

5. Other Student Activities Related to Wellness

St. Louis Academy supports the health and well-being of our students and staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

- St. Louis Academy will provide a clean, safe, enjoyable meal environment for students.
- St. Louis Academy will provide adequate time for students to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible.
- St. Louis Academy will prohibit use of food as a reward or punishment.
- St. Louis Academy will provide enough space and serving areas to ensure student access to school meals with a minimum wait time.
- St. Louis Academy should prohibit the denial of student participation in recess or other physical activity as a form of discipline, or cancellation of recess or other physical activity time for instructional make-up time.
- St. Louis Academy will encourage fundraising efforts that are supportive of healthy eating.

- St. Louis Academy, when possible, will provide student access to physical activity facilities outside of school hours.
- St. Louis Academy will strive to discover strategies for parents, teachers and school administrators, student foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active both in school and at home.

6. Goals for Measurement and Evaluation of Wellness Policy

Through implementation and enforcement of this policy, St. Louis Academy will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continued progress, the board will evaluate the impact on students and staff at least every three years. The public will be notified of the results of the three-year assessment and evaluation.

The board designates the principal to ensure compliance with this policy and regulations. The principal will also be responsible for retaining all documentation of compliance with this policy and its regulations, including but not limited to each school's three-year assessment an evaluation report and this wellness policy and plan. The principal will also be responsible for public notification of the three-year assessment and evaluation report, including any updates this policy made as a result of the three-year assessment and evaluation.

- St. Louis Academy will use an assessment tool for tracking the health of the students over time for the use in the evaluation of school wellness goals.
- The principal of St. Louis Academy will be responsible for implementation of the school wellness policy. The principal will also ensure that the Superintendent of the Diocese of South Bend schools is provided with a written copy of St. Louis Academy's individual wellness policy.
- St. Louis Academy will involve parents, students, representatives of the school food authority, school administrators and the public to implement and continue development of the wellness policy.
- The three-year assessment and evaluation report will be made available to the public by posting it on St. Louis Academy's website.