

St. Peter's School Wellness Policy

In order to combat childhood obesity and improve children's health, the Child Nutrition and WIC Reauthorization Act of 2004 requires that all local educational agencies that receive funding for the USDA Child Nutrition Programs establish a local school wellness policy by the beginning of the 2006-2007 school year.

The U.S. Congress recognizes that schools play a critical role in creating a healthy environment for the prevention of childhood obesity and for combating problems associated with poor nutrition and physical inactivity.

Rationale:

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have the responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness is also an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

Goal:

All students in St. Peter's School shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in St. Peter's School are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, St. Peter's School adopts this wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. This policy is designed to effectively utilize school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Commitment to Nutrition

St. Peter's School will:

1. Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture.
2. Establish guidelines for all foods available on the school campus during the school day with the objective of promoting child health and reducing childhood obesity.

3. Provide adequate time for students to eat and enjoy school meals. Recommendations are for a minimum of 20 minutes for lunch.
4. Encourage students to make healthy food choices based on 2015 Dietary Guidelines for Americans. This will be done by emphasizing menu options that feature baked rather than fried foods, whole grains, fresh fruits and vegetables, and reduced fat dairy products.
5. Establish a cafeteria environment conducive to a positive dining experience, with socializing among students, and between students and adults. Adults will properly supervise eating areas and serve as role models to students by modeling proper conduct and voice level.
6. Add nutritious and appealing options (such as fruits, vegetables, nuts, trail mix, low fat milk, yogurt, string cheese, 100% juice and water) whenever machines, school stores, concessions stands at sporting and academic events, parties, celebrations, social events, and other school functions. **See Appendix A for example guidelines and options.**
7. Eliminate the use of foods of minimal nutritional value as rewards for student accomplishment and the withholding of food as punishment. **See Appendix B for non-food reward ideas.**
8. Encourage all school based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy as a fund raiser is strongly discouraged. **See Appendix C for alternative fund raising ideas.**
9. Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve the food they serve at home.

Commitment to Physical Activity

St. Peter's School will:

1. Provide physical education for all students.
2. Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
3. Offer extracurricular sports programs.
4. Will provide daily recess for elementary and junior high students, preferably outdoors.

See Appendix D for physical activity resources.

Commitment to Comprehensive Health Education

St. Peter's School will:

1. Provide a health education program that gives teachers a basis from which they can motivate students to build healthy lifestyles. This will be a planned sequential program taught in a positive environment.

Commitment to Marketing a Healthy School Environment

St. Peter's School will:

1. Provide positive motivating messages, both verbal and non-verbal about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
2. Promote healthful eating, physical activity and healthy lifestyles to students, parents, teachers, administrators and the community at school events. (e.g. parent-teacher conferences, PTO meetings, open houses, sport events, teacher in-services, and other events.)

Commitment to Implementation

St. Peter's School will:

1. Establish and support a School Health Committee to address all aspects of a coordinated school health program, including a school wellness policy.
2. Conduct a yearly review of the progress toward school wellness policy goals and to identify area where improvement is needed.
3. Designate one or more persons to insure that the school wellness policy is implemented as written.

Appendix A

Nutrition Standards Intent/Rationale

St. Peter's 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, the school has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Schools are encouraged to study these standards and develop building policy using the following Nutrition Standards as minimal guidelines.

Food:

1. Encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits, vegetables, and dairy products.
2. Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 35% of its total calories derived from fat, and no more than 10% of its total calories derived from saturated fat.
3. Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 oz or less package size) are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.
4. It is recognized that there may be rare special occasions when the school principal may allow a group to deviate from these standards.

Beverages:

1. Only milk, water, and beverages containing 100% fruit juice with no added artificial or natural sweeteners may be sold on school grounds immediately prior to and throughout the instructional day.

Candy:

1. Candy is defined as any processed food item that has:
 - Sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose, high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar, syrup) is listed as one of the first two ingredients
 - Sugar is more than 25% of the item by weight.
2. Sales of candy will be permitted only at the conclusion of the instructional day.

Example of School Level Nutrition Standards

At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

- Raw vegetables (if dip is provided it should be low fat)
- Fresh fruit and 100% fruit juices
- Dried fruits
- Frozen fruit juice popsicles
- Trail mix
- Nuts
- Low fat meats and cheese sandwiches, low fat mayonnaise and dressings
- Party Mix
- Crackers
- Baked chips
- Salsa and low fat dips
- Low fat muffins, granola bars, cookies
- Angel food cakes and other low fat or fat free cakes
- Yogurt
- Gelatin and pudding
- Low fat ice creams, frozen yogurts, sherbets
- Low fat and fat free milk products
- Water

Foods to avoid or consume only occasionally:

- Carbonated and caffeinated beverages
- High sugar content candies and desserts
- High fat foods, fried foods, buttery popcorn
- High sodium foods (lunch meats, cheeses, chips, salty popcorn, pickles)

In selecting food items to offer, keep in mind numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.

The use of foods of minimal nutritional value as learning incentives should not be practiced and healthy choices or non-food items should be substituted.

Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Appendix B

Non-Food Reward Ideas

Kids naturally enjoy eating nourishing foods and being physically active. School and teachers can provide them with an environment that supports these healthy behaviors. Here are effective alternatives, from outstanding educators across the country, to offering food as reward to individual students or entire classes.

- Sit by friends
- Watch a video
- Read outdoors
- Teach the class
- Have extra art time
- Enjoy class outdoors
- Have an extra recess
- Play a computer game
- Read to a younger class
- Get a no homework pass
- Sing a silly song together
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher to lunch
- Eat lunch outdoors with class
- Be a helper in another classroom
- Eat lunch with a teacher or principal
- Dance to favorite music in the classroom
- Get a free choice time at the end of the day
- Listen with a headset to a book on tape
- Have a teacher perform special skills
- Be first in line
- Have a teacher read a special book to the class
- Take a trip to the treasure box (filled with stickers, pencils, erasers, bookmarks, etc.)

Additional resources for non-food rewards:

Connecticut Team Nutrition

www.state.ct.us/sde/deps/Student/NutritionEd/Food_As_Reward_HO1.pdf

Michigan Team Nutrition

www.tn.fcs.msue.edu/foodreward.pdf

New England Food and Dairy Council

www.newenglanddairyCouncil.org/PDF/alternativefoodrewards.pdf
Texas Dept. of Agriculture
www.squaremeals.org/vgn/tda/files/983/1034_NonFoodRewards.pdf

Appendix C

Resources for healthy fundraising:

Connecticut Team Nutrition
www.state.ct.us/sde/deps/Student/NutritionEd/Healthy_Fundraising_Color.pdf

Montana Office of Public Instruction
www.opi.state.mt.us/pdf/MBI/fundraiser.pdf

Parents Advocating School Accountability
www.pasasf.org

Appendix D

Physical Activity Resources

American Alliance for Health, Physical Education, Recreation and Dance
www.aahperd.org

California Dept. of Education: Academic Achievement and Physical Fitness
www.cde.ca.gov/nr/ne/yr02/yr02rel37.asp

Centers of Disease Control
www.cdc.gov/nccdphp/dnpa

Montana Team Nutrition Resources
www.opi.state.mt.us/

President's Challenge
www.presidentschallenge.org/

Take 10!
www.take10.net/

Appendix E

Promoting Healthy School Meals: Make Marketing Work for You

There are many reasons to do promotions for school food and nutrition programs. First and foremost, the students, faculty, and staff are customers. They have choices to make in deciding what to purchase and what not to purchase. Promotions are powerful marketing tools that have a direct, meaningful impact on customers and their purchasing decisions.

Promotions do not necessarily have to promote one particular product or event. After all, nutrition is something to promote all the time. Some effects promotions might have:

- Show customers that the school food and nutrition department cares about them.
- Get customers excited about the programs so that they keep participating.
- Highlight specific services or products.
- Introduce new items on a continual basis, for instance to highlight a new recipe on the menu. Perhaps one new item might be featured each month.
- Introduce or reinforce an identity or a marketing theme, such as National School Lunch Week.
- Celebrate a nutrition and health awareness event, such as National 5 a Day Month or National Diabetes Month.
- Establish a distinctive image or “brand” for the school food and nutrition department.
- Reinforce the school food and nutrition department’s role in the total school environment through promotions around special school activities and events.

Keep in mind that promotions do not make a poorly run operation better. If promotions are poorly planned or done at the wrong time, they may create problems or make problems worse.

Measure Your Promotion Success

Promotions are designed to cause an action. Ultimately, a promotion is designed to change some attitude or belief and/or cause customers to buy something. For instance, a promotion may be designed to convince students that the fruits and vegetables on the school salad bar are good for them. National School Lunch Week, for example, is designed around annual themes to promote the value of school meals to the entire school community. A promotion may strive to influence students to try a new product in particular.

Because promotions are supposed to change attitudes or behaviors, the effect of promotions should be evaluated, that means they need to be measured. How might a

promotion be measured? That depends on the goals of the promotion. In general, the school nutrition department might measure:

- Sales, overall or of a particular product
- Participation
- Customer satisfaction
- Customer attitudes or preferences

Reference: www.asfsa.org/newsroom.sfsnewspromotemeals.asp

Additional Marketing Resources:

<http://schoolmeals.nal.usda.gov/Training/lesson10.pdf>

Updated: 12-1-16