



# Saint Patrick School

of the Terre Haute Deanery

## Wellness Policy

The Archdiocese of Indianapolis and School Commission, in conjunction with school personnel, support the health and well-being of students attending St. Patrick School of the Terre Haute Deanery by promoting nutrition and physical activity at all grade levels.

In accordance with federal law, it is the policy of St. Patrick School of the Terre Haute Deanery to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.

The School Wellness Policy shall be made available to students and families by means of school registration, the student handbook and the School's website.

The areas of the Wellness Policy include:

- I. Nutritional Education
- II. Standards for USDA Child Nutrition Programs and School Meals
- III. Nutritional Standards for other foods & beverages sold or offered during school hours
- IV. Physical Education & Physical Activity
- V. Staff Wellness
- VI. Implementation, Evaluation, Communication

### **I. Nutritional Education**

Health education curriculum standards and guidelines set forth by the Indiana Department of Education will be integrated into the curriculum throughout grades PK-8 at St. Patrick School of the Terre Haute Deanery to provide students with the knowledge and skills necessary to make healthy choices and promote personal well-being.

#### **Classroom Nutrition Education**

Nutritional education will be age-appropriate and designed to help students learn:

- The benefits of healthy eating
- How to read food labels
- Safe food preparations
- Healthy balances of food intake from the major food groups
- Assessing personal eating habits and setting goals

## **Nutrition Promotion and Wellness Activities**

Food service staff will assist in the promotion of nutrition and wellness by:

- Exposing students to a wide variety of foods
- Encouraging students to try new foods
- Displaying nutritional posters and food facts
- Speaking in classrooms on the subject of nutrition

St. Patrick School will look for opportunities to educate students, parents and staff through health fairs, eating and wellness seminars, handouts and newsletters.

School faculty and staff should encourage healthy eating behaviors by being role models to students during school hours. Faculty and staff will also have the opportunity to be involved in wellness programs provided through Archdiocese of Indianapolis initiatives and the health insurance provider.

## **II. Standards for USDA Child Nutrition Programs and School Meals**

St. Patrick School of the Terre Haute Deanery will provide students access to high-quality foods and beverages that are consistent with the U.S. Dietary Guidelines for America. Meals served through the National School Lunch and Breakfast Programs will meet, at a minimum, the nutrition requirements set forth by the USDA for such federally funded programs.

School Lunch and Breakfast Programs at St. Patrick School of the Terre Haute Deanery will:

- Serve as a model for healthy eating
- Provide a variety of fruits, vegetables, whole grains, low-fat dairy foods and a variety of protein sources
- Strive to be appealing to students
- Be served in clean and pleasant surroundings
- Provide students adequate time to eat for a recommended 20 minutes after being seated.

School Food Service Personnel

- Are responsible for adhering to the school wellness policy
- Will participate in required professional development in child nutrition and nutritional updates

## **III. Nutrition Standards for other foods and beverages sold or offered during school hours**

Foods and beverages that are **SOLD** during the school day (Midnight – 4:00 p.m.) as ala carte choices or through vending machines will meet the Smart Snacks in Schools Standards. The standards, required by the Healthy Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food. These guidelines are set forth to support the efforts of school food service staff, school administrators, teachers and parents of the St. Patrick School Community to instill healthy eating habits in students.

## A. **Snack and Ala Carte Guidelines from Smart Snacks In School:**

Any food **SOLD** in school must:

- Be a “whole grain” product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable

Foods must also meet these nutrient requirements:

- Calorie limits:  
Snack items:  $\leq 200$  calories  
Entrée items:  $\leq 350$  calories
- Sodium limits  
Snack items:  $\leq 200$ mg  
Entrée items:  $\leq 480$  mg
- Fat limits  
Total fat:  $\leq 35\%$  of calories  
Saturated fat:  $\leq 10\%$  of calories  
Trans fat: zero grams
- Sugar limits  
 $\leq 35\%$  of weight from total sugars in food

## B. **Nutrition Standards for Beverages**

Beverages that may be sold during the school day include:

- Plain water (with or without carbonation)
- Unflavored low-fat milk
- Unflavored or flavored fat-free milk or milk alternative
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water and no sweeteners added

Elementary schools may sell up to 8-ounce portions, while middle school may sell up to 12-ounce portions of milk and juice. There is no portion limit for water.

## C. **Foods packed or brought to school during school lunches**

- Parents and students will be encouraged to include fresh fruits and vegetables in packed lunches
- Soft drinks **may not** be brought in for or consumed by students during lunch periods.
- Fast food meals that do not meet the nutrient requirements above may not be consumed in the cafeteria during lunch periods
- Purchasing from pop machines by students will not be allowed during school hours (defined as Midnight – 4 PM)

#### **D. Fundraising Activities**

The sale of food items that meet nutritional requirements are not limited in any way under the Smart Snacks in School Standards. These standards do not apply during non-school hours, on weekends or at off-campus fundraising events. Fundraising activities that involve the sale of food or beverages not meeting Smart Snack standards will follow Indiana limitations to two exemptions per school per year.

#### **E. Classroom Celebrations**

Holiday parties, student birthdays, and individual teacher rewards are all considered classroom celebrations. St. Patrick School of the Terre Haute Deanery will encourage healthy food options during the classroom parties organized 4 times per year. For student birthday celebrations parents are encouraged to send in healthy snack or treats. Alternatives to food, such as extra recess, reading time, or board games should be considered by teachers who desire rewarding students for reaching goals.

#### **F. School-Sponsored Events outside of School Hours (Athletic events, performances, dances, etc.)**

St. Patrick School of the Terre Haute Deanery will provide healthy food and beverage options as a choice for purchase.

### **IV. Physical Activity and Physical Education**

- All students grades PK-8 will participate in Physical Education classes.
- All students grades PK-8 will be given the opportunity for physical movement during scheduled recess times each day of at least 20 minutes.
- Students will not be kept from PE classes for academic or disciplinary reasons unless they are serving an in-school suspension.
- Teachers are encouraged to seek opportunities to provide movement and some physical activity throughout the day through Brain Breaks or other activities that encourage movement and assist students in reaching the 60 minutes of physical activity recommended each day.
- After-School Care providers will offer opportunities for physical activity through use of the playground, gym or organized games for students in their care.
- Opportunities for extracurricular physical activities available through school athletics will be communicated to parents.

## **V. Food and Beverage Marketing in School**

School-based marketing will be consistent with nutrition and health promotions. St. Patrick School of the Terre Haute Deanery will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards of foods and snacks sold individually according to Smart Snacks in Schools guidelines.

- The promotion of healthy foods is encouraged.
- Marketing unhealthy foods is prohibited.
  - \* Examples of marketing include the following: logos and brand names on/in vending machines, scoreboards, school structures, sports equipment. Other examples include educational incentive programs that provide food as reward, free samples or coupons, and food sales through fundraising activities.

## **VI. Staff Wellness**

As a part of the Archdiocese of Indianapolis health insurance program, health advocates will administer health screenings and provide wellness information to teachers and staff. School Administration will investigate opportunities to provide wellness activities for staff participation throughout the school year.

## **VII. Implementation, Evaluation, and Communication**

### **A. School Wellness Committee**

St. Patrick School of the Terre Haute Deanery will form a School Wellness Committee to implement, review, monitor, and revise the Wellness Policy as needed. This committee may consist of a group of individuals that are parents/guardians, students, school staff and a representative of the school commission.

### **B. Monitoring**

The School Administration/Principal will be responsible for ensuring compliance with the Wellness policy.

### **C. Wellness Policy Evaluation**

At least every three years, St. Patrick School of the Terre Haute Deanery will use the Policy Evaluation Checklist provided by the Indiana Department of Education to review and evaluate the current policy.

### **D. Communication**

St. Patrick School of the Terre Haute Deanery will communicate annually to parents, students and stakeholders content and implementation of the School Wellness Policy. Stakeholders can access the Wellness Policy on the school website.