

C.F.S. Catholic School Wellness Policy



Wellness Policy Statement:

C.F.S. Catholic School strives to educate the whole person in mind, body and soul. In educating students about the body, they strive to develop a profound reverence for the great gift of life, their own lives and the lives of others, along with readiness to spend themselves in serving all that preserves and enhances life.

The school, governed by the C.F.S. Catholic School Board of Education, strives to prepare all children to reach their potential in spiritual, academic, physical and social growth. C.F.S. Catholic School believes that nutrition and physical activity influence a child’s development, well-being, and readiness to learn. The school will promote wellbeing by supporting overall wellness, good nutrition and regular physical activity as a part of the total learning environment. By facilitating learning through integrated wellness and healthy lifestyle opportunities and practices, our school will contribute to the health status of students and staff.

The school has developed the following Administrative guidelines for implementation and monitoring of the district’s Wellness Policy. C.F.S. Catholic School has developed a local wellness committee comprised of representatives of administration, parents, students and leaders in food/exercise authority and employees. The local wellness committee has developed a plan to implement and measure the wellness policy and monitor the effectiveness of the policy. Annually, the school completes a School Wellness Building Progress report and communicates its findings to the C.F.S. Catholic School Improvement Advisory Committee. The principal has been designated as the person responsible for reporting the committee’s review of the policy and guidelines to the school board and ensuring that the school complies with the policy.

Specific Wellness Goals

In order to assure progress with the school wellness plan, specific wellness goals in the areas of nutrition education, physical activity, and other school-based activities will be developed and reviewed annually. Guidelines for each area follow.

Physical Activity

Physical Education: C.F.S. Catholic School will provide age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines. The goals for addressing physical activity include:

- All students participate in physical education classes to encourage the daily practice of physical fitness skills. At least 90 minutes a week for Grades K-6 (they have P.E. class three days a week for 30 minutes each time). Grades 7 & 8 have P.E. class three days a week (40 minutes two days a week and 30 minutes one day a week);
- Opportunities for all students in grades K-8 for the entire school year;
- Instruction is by a certified physical education teacher;
- Adaptations for students with physical and educational disabilities, as well as students with special health-care needs;
- Activities and games that engage students in moderate to vigorous activity during at least 50 percent of physical education class time.

Daily Recess: C.F.S. Catholic School will provide recess for students that:

- Is at least 30 minutes a day. Students in grades K-5 will have 30 minutes of recess in the a.m./p.m. daily;
- Is preferably outdoors. Indoor recess may be held per weather conditions;
- Verbally encourages moderate to vigorous physical activity and provides space and equipment;
- Discourages extended periods (i.e., periods of two or more hours) of inactivity;
- Includes policies and school practices which ensure physical activity is not used for or withheld as a punishment;
- Provides safe opportunities for play and activity including two playgrounds and many open green spaces;
- Grades 6-8 will have at least 15 minutes of activity time each week.

Elementary schools will discourage extended periods (i.e. periods of two or more hours) of inactivity. When activities, such as mandatory school wide testing, make it necessary for students to remain indoors for long periods of time, students are provided with periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

Before and after-school and enrichment programs will provide and encourage – verbally, and through the provision of space, equipment and activities – daily periods of moderate to vigorous physical activity for all participants. These opportunities include:

- Daily play, preferably outdoors, for all students attending the afterschool/Latch Key program. Activity time averages 45 minutes at the beginning of the afterschool programming period;
- Annual participation for all students in grades 4-8 in the Presidential Youth Fitness Program;
- Every other year participation for all students in grades K-8 in the Jump Rope for Heart Event sponsored by the American Heart Association;

- Open registration for any student ages 10-12 to participate in the annual Knights of Columbus free throw shooting contest;
- Extracurricular physical activity/sports programs, such as travel basketball. These programs are open to all C.F.S. students when available;
- Extracurricular physical activity/sport programs for 7th and 8th grade (girls volleyball, basketball, track, cross country, softball and boys football, cross country, wrestling basketball, track, and baseball).

Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class and recess. Toward that end, C.F.S. Catholic School will:

- Offer integrated health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- Provide opportunities for physical activity to be incorporated into other subject lessons;
- Encourage classroom teachers to provide short physical activity breaks during lessons or classes, as appropriate;
- Physical activity may be used as an accommodation for students demonstrating a specific need for activity.

Nutrition Education and Promotion

C.F.S. Catholic School will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors. Nutrition education will:

- Be offered at each grade level as part of a sequential, comprehensive, standards-based program;
- Be part of not only health education classes but also classroom instruction in subjects such as math, science, language arts, social sciences and electives;
- Include enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing's, farm visits, school gardens and nutrition related community services;
- Promotes whole foods including fruits, vegetables, whole-grain rich products, low-fat and fat-free dairy products, and healthy fats along with nutrient-preserving food preparation methods and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and physical activity;
- Links with meal programs, other foods and nutrition-related community services;
- Includes annual training for food service members.

Within the Classroom:

- Parents are encouraged to provide healthy snacks for classroom parties.
- Teachers are aware of all student allergies and do not allow snacks in the classroom that may cause an allergic reaction.
- Teachers involve parents in nutrition education curriculum by sharing information in classroom newsletters and additional notes sent home.
- The students have access to hand-washing/sanitizing in the classrooms or bathrooms before they eat their meals.
- Nutrition education is integrated throughout the curriculum areas where appropriate. Instructional and informative posters are displayed in the cafeteria and the gymnasium, which serve as daily reminders promoting positive health education.

Nutrition Guidelines Within the Lunchroom and for All foods Available on Campus

C.F.S. Catholic School supports and promotes proper dietary habits contributing to students' health status and academic performance. Foods available on school grounds and at school - sponsored activities during the instructional day should meet or exceed Federal regulations for: school meal nutrition standards and Smart Snacks in School standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

School Meals

Meals served through the National School Lunch Programs will:

- Be appealing and attractive to children;
- Be served in clean, safe and pleasant settings;
- Students are encouraged to spend their time eating while using appropriate voice levels. This allows adequate time for the students to eat;
- Meet, at a minimum, nutrition requirements established by local, state and federal law;
- Offer a variety of fruits and vegetables daily;
- Salad bar meets nutrition standards if offered;
- Serve low-fat (1%) and fat-free milk and/or nutritionally equivalent non-dairy alternatives (as defined by the USDA);
- Ensure that half of the served grains are whole grain;
- Additionally, water will be located in the Calmar lunchroom and a drinking fountain is located right by the Spillville lunchroom to allow access to water for the students at all meals;
- Food service personnel are aware of all student allergies and adjust the menus accordingly.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, C.F.S. Catholic School will:

- Offer breakfast at both sites
- Encourage parents to provide a healthy breakfast for their students through newsletter articles, take-home materials or other means.

Free and Reduced-Priced Meals

C.F.S. Catholic School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals.

Toward this end, the school will:

- Record all meal in a confidential binder which does not indicate whether students receive full-price, reduced or free lunch;
- Promote the availability of meals to all students;
- Provide meals at no charge to all children, regardless of income;
- Provide staff and faculty training in this area as needed.

Meal Times and Scheduling

The school provides adequate time for students to receive and consume meals and provide a pleasant dining environment. Meal service:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- Will schedule meal periods at appropriate times (e.g., lunch is scheduled at 11:30 a.m. for grades K-3 and noon for grades 4-8);
- Will not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during each activities;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- Will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Beverage and Food

C.F.S. Catholic School will follow The Smart Snacks in School standards published by the USDA, building on the healthy advancements by ensuring that snack foods and beverages sold to the students in addition to those foods provided through the National School Lunch Program and the School Breakfast Program are also tasty and nutritious. Any food and beverage sold during the school day must meet the nutrition standards. As defined by the USDA, the school day is any time before the first bell until 30 minutes after the last bell.

Beverage Nutrition Standards

The standards allow all schools to sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP

- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

Guidelines for elementary schools include:

- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
- Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.
 - No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.
 - The sale of food items that meet nutrition requirements at fundraisers is not limited in any way under the standards by the USDA.
 - The USDA standards do not apply during non-school hours, on weekends and at off-campus fundraising events. The school day as defined by the USDA is after midnight the day before the first bell until 30 minutes after the last bell.
 - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
 - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

Food Nutrition Standards

General Standard for Competitive Food must meet all of the proposed competitive food nutrient standards and

- Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient* or
- Have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.) or
- Be a combination food that contains at least 1/4 cup fruit and/or vegetable or
- Contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016, this criterion is obsolete and may not be used to qualify as a competitive food.
- *If water is the first ingredient, the second ingredient must be one of items in 2, 3 or 4 above

Exemptions to the Standard

- Fresh fruits and vegetables with no added ingredients, except water, are exempt from all nutrient standards.
- Canned and frozen fruits with no added ingredients except water or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards.
- Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.

NSLP/SBP Entrée Items Sold A la Carte

Any entrée item offered as part of the lunch program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch program.

- Sugar-free chewing gum is exempt from all competitive food standards.
- Grain Items - Acceptable grain items must include 50% or more whole grains by weight or have whole grains as the first ingredient.
- Total Fats - Acceptable food items must have $\leq 35\%$ calories from total fat as served.
 - Exemptions to the Standard
 - Reduced fat cheese (including part skim mozzarella) is exempt from the total fat standard.
 - Nuts and seeds and nut/seed butters are exempt from the total fat standard.
 - Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard.
 - Seafood with no added fat is exempt from the total fat standard.
 - Combination products are not exempt and must meet all the nutrient standards.
- Saturated Fats - Acceptable food items must have $< 10\%$ calories from saturated fat as served.
 - Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard.
 - Nuts and seeds and nut/seed butters are exempt from the saturated fat standard.
 - Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard.
 - Combination products are not exempt and must meet all the nutrient standards.
- Trans Fats - Zero grams of trans fat as served (≤ 0.5 g per portion).
- Sugar - Acceptable food items must have $\leq 35\%$ of weight from total sugar as served.
 - Dried whole fruits or vegetables, dried whole fruit or vegetable pieces and

- dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard.
- Dried whole fruits or pieces with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries or blueberries) are exempt from the sugar standard.
- Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.
- Sodium
 - Snack items and side dishes sold a la carte: ≤ 230 mg sodium per item as served.
 - Entrée items sold a la carte: ≤ 480 mg sodium per item as served, including any added accompaniments.
- Calories
 - Snack items and side dishes sold a la carte: ≤ 200 calories per item as served, including any added accompaniments.
 - Entrée items sold a la carte: ≤ 350 calories per item as served, including any added accompaniments.
- Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.
- Accompaniments
 - Use of accompaniments is limited when competitive food is sold to students in school.
 - The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.
- Caffeine
 - Elementary: Foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.

Qualification of Food Service Staff

Qualified Food service workers will administer the meal programs. As part of the school's responsibility to operate a food service program, the school will:

- Provide continuing professional development for all food service workers. This includes annual review of the Federal nutrition guidelines and Smart Snack standards;
- Provide staff development programs that include appropriate certification and/or training programs for food service workers, according to their levels of responsibility.

Sharing of Foods

The school discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies, potential restrictions on some children's diets, and food illness prevention and infection control.

Foods Sold Outside the Meal (e.g. vending, a la carte, sales)

Access to healthy foods outside the reimbursable meal program before school, during school, and thirty minutes after school shall meet the United States Department of Agriculture

("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes food and beverage items sold through a la carte lines, vending machines, student run stores, and fundraising activities inside school hours.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will be recommended to include foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Food related fundraiser sales are held outside of the school day.

Snacks

Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Snacks provided by the school will meet the Smart Snack standards. The school will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. The school district will disseminate a list of suggested healthful snack items to teachers, after-school program personnel, and parents.

Rewards

In efforts to promote healthy eating habits and good internal eating regulation (ability to eat when hungry and stop when satisfied), food as a reward is not encouraged. Non-food rewards for achievements are encouraged instead. If food or beverage rewards are used for academic performance or good behavior, they should conform to this policy. The school will not withhold beverages or food (including food served through meals) as a punishment. The school will not withhold physical activity as a punishment, nor will physical activity be used as a punishment. An example of a non-food reward includes the wellness day retreat for students meeting their reading goals.

Celebrations and Special Event Snacks

Snacks served during the school day should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and healthy beverages. The school will routinely evaluate their celebration practices that involve food during the school day including timing of meals, children's nutritional needs, children's ages and other considerations. The school will encourage healthy food and beverage choices and nonfood related activities by providing a list of healthy snack and party ideas to parents and teachers that align with wellness objectives. Some teachers include one whole food snack and one sweet snack for classroom celebrations.

Concession Stand

Individual groups offering concession stands during events (not during instructional day) are not subject to this policy. However, at present, C.F.S. Catholic School does not have events requiring concession stands.

Food Safety

- All foods made available on school grounds adhere to food safety and security guidelines.
- All foods prepared or provided on the school campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. For the safety and security of the food and facility, access to the food service operations should be limited to food service staff and authorized personnel.

<http://www.fns.usda.gov/tn/resources/servingsafechapter6.pdf>

Food Service Continuous Improvement

The C.F.S. Catholic School Food Service Department values serving tasty, well-prepared food. To this end, they will:

- Engage students in selecting food offered through the meal program in order to identify new, healthful and appealing food choices. Parent feedback is welcome; and
- Share information about where foods are grown, as well as the nutritional content of meals with parents and students as age-appropriate.

Other School-based Wellness Activities

The school, with coordination assistance from the wellness committee works to design and promote student wellness opportunities into classroom routines, projects and school-wide activities. An example of this is integrating additional physical activity into the classroom setting by:

- Discouraging long periods of sedentary activities, such as watching television, playing computer games, etc.;
- Recommending classroom teachers to integrate short physical activity breaks (brain breaks) between lessons or classes, as appropriate;
- Permit students to bring and carry water bottles filled with water throughout the day.

Communication with Parents

C.F.S. Catholic School will support parents' efforts to provide a healthy diet and daily physical activity for their children. Communication with parents will be via social media, the school website, information sheets sent home with students, and the school newsletter. The school district will:

- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;

- Provide parents a list of foods that meet the school district’s snack standards and ideas for healthy celebrations/parties, non-food rewards and fundraising activities;
- Provide information about physical education and other school-based physical activity opportunities before, during, and after the school day;
- Support parents’ efforts to provide their children with opportunities to be physically active outside of school.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion and will follow Smart Snacks Nutrition Standards for food marketing in schools (<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>). The school district will:

- Market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; and sales of fruit for fundraisers that follow Smart Snack guidelines.

Staff Wellness

C.F.S. Catholic School values the health and wellbeing of every staff member and encourages activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

The school promotes:

- C.F.S. is in the process of getting a staff wellness committee composed of staff members. A current list of wellness committee members will be maintained once finished.
- Development and promotion of a plan to promote staff health and wellness developed by the staff wellness committee.
- Base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of wellbeing among employees.
- Work with an area Fitness Center to make reduced price memberships available to all staff and employees.

Review and Assessment of Policy Implementation

C.F.S. Catholic School will provide compliance with the nutrition, physical activity and wellness components by having the Wellness Committee:

- Review and ensure compliance with the policies listed in this plan;
- Make recommendations each year in regards to staying in compliance and improving the school wellness climate; and

- Coordinate communication about school wellness happenings and changes to the staff, parents, and other stakeholders.

Documentation, Reporting and Evaluation

Documentation

Documentation of implementation of the school wellness policy is maintained for 10 years. This documentation will be examined by the State agency during their triennial administrative review. Documentations maintained include, but are not limited to: copy of current wellness policy, documentation on how the policy and assessments are made available to the public, the most recent assessment of implementation of the policy (School Wellness Building Progress reports), and documentation of efforts to review and update the wellness policy, including who was involved and how stakeholders were made aware of their ability to participate.

Documentation of the current wellness committee member list, meeting announcements, committee invites, and notes are also kept.

Monitoring and Reporting

The Principal will ensure compliance with established school nutrition and physical activity wellness policies. In the school:

- The principal will ensure compliance with those policies in the school and will report on the school's progress to the Board of Education;
- The food service director/head cook will ensure compliance with nutrition policies within food service areas and will report and communicate goals and needs to the Principal, as well as to the wellness committee.

Triennial Assessments

The school wellness policy and practices are subject to a triennial assessment by the state to assess for compliance with the wellness policy requirements every three years. C.F.S. Catholic School will report on the most recent USDA School Meals Initiative (SMI), review findings, and any resulting changes. If C.F.S. Catholic School has not received a SMI review from the state agency within the past five years, C.F.S. Catholic School will request from the state agency that a SMI review be scheduled as soon as possible.

Reviewed: May 16, 2017

Revised: