

# **Wellness Policy for St. Francis Xavier School**

**08/15/2022**

## **Policy Statement**

In order to grow, learn and thrive children need access to an environment that encourages the intake of healthy foods and participation in lifelong physical activity.

Healthy eating and adequate physical activity will help students achieve good health and foster student attendance and learning.

Childhood obesity has reached epidemic levels in Vermont and throughout the nation. Recent studies have shown that at least 15% of children and adolescents are overweight and this rate has doubled over the last two decades.

St. Francis Xavier School is committed to providing a school environment that promotes and protects staff and student's health and well being by supporting healthy eating and physical activity. Therefore, it is the policy of St. Francis Xavier School that:

### **I. Wellness Committee**

The Wellness Committee will review and update the health and wellness policy every three years. The Wellness Committee members will consist of teachers, administrators, parents, and others as deemed necessary by the committee chair.

### **II. Nutritional Quality of Food and Beverages Sold and Served on School Grounds**

#### **School meals:**

- Offer a variety of fruits and vegetables
- Serve only reduced-fat (2% or less) milk and nutritionally equivalent non-dairy alternatives.
- Ensure that half of the offered grains are whole grain

#### **Free and reduced school meals:**

- The school will, to the extent possible, remove any stigma involved with participating in this program.

#### **Meal times and scheduling:**

- Will, to the extent possible, provide students with at least 20 minutes to

eat after sitting down for lunch

- To the extent possible the school will schedule meal periods at appropriate times, e.g. lunch should be scheduled between 11:00 a.m. and 12:50 p.m. Students in the latest lunch period of the day will be allowed to eat healthy snacks earlier in the day when it is safe and appropriate and teacher permission is given.

**Qualifications of School Food Service Staff:**

- A qualified nutrition professional will oversee the school meal program.

**No Foods and Beverages are Sold Individually by the school(i.e. sold outside of reimbursable school meals, such as a la carte [snack] items, fundraisers, school events), so, therefore, there is no policy for this area.**

**Beverages:**

- Allowed – Water, fruit and vegetable juices and fruit-based drinks that contain at least 50% real fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent non dairy beverages (to be defined by USDA)

- Not allowed – soft drinks, fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners

**Beverages must also meet the following requirements:**

• No more than 42gms of sugar per 20 oz.

**Foods**

• food items sold individually and/or pre-packaged items:

- will have no more than 7gms of total fat

- will have no more than 10% of its calories from saturated and trans fat combined

- will have no more than 35% of its weight from added sugars

- will contain no more than 360 mg of sodium per serving

- A choice of at least two fruits and /or non – fried vegetables will be offered for sale at any location on the school site where foods are sold.

**Fundraising Activities:**

- To support children's health and school nutrition education efforts St. Francis Xavier School will encourage all school-sponsored groups that do fundraising to use the guidelines set forth in this policy when

choosing any fundraiser that involves food. All groups will offer at least one item from the guidelines along with their traditional offerings.

- Candy cannot be sold as a fundraiser on the school campus during the school day.
- Concessions sold at school events are required to have some of their offerings fall within the guidelines set forth in this policy.
- The school will make available a list of ideas for acceptable fundraising activities.
- The school highly encourages fundraising activities that promote physical activity, such as our annual Jump Rope for Heart.

### **Snacks**

- The school will disseminate a list of healthy snacks for teachers, after-school program personnel and parents.

### **Rewards**

- Schools are encouraged not to use foods or beverages as rewards for academic performance or good behavior and will not withhold food or beverages as punishment.

### **Celebrations**

- St. Francis shall limit celebrations that involve food during the school day to no more than one party per class per month.

## **III. Nutrition and Physical Activity Promotion and Food Marketing**

### **Nutrition Education and Promotion**

St. Francis Xavier School aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable developmentally appropriate, culturally relevant participatory activities such as contests, taste testing, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasizes the caloric balance between food intake and energy

expenditure (physical activity/exercise);

### **Communications with Parents**

- St. Francis Xavier will support parents' efforts to provide a healthy diet and daily physical activity for their child.
- Schools should encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods that do not meet the nutrition standards set forth in this policy for individual foods and beverages.
- The school will provide parents with a list of foods that meet the district snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.
- The school will provide information about physical education and other school-based physical activity opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

### **Staff Wellness**

St. Francis Xavier School highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

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

### **Physical Education K- 8**

All students in grade K – 8, including students with disabilities, special health care needs will receive regularly scheduled physical education or its equivalent for the entire school year. All physical education will be taught by a certified physical education teacher. Student's involvement in other activities involving physical activity ( e.g. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

## **V. Monitoring and Policy Review**

### **Monitoring**

The Wellness Coordinator will ensure compliance with established school-wide nutrition and physical activity wellness policies. In school, the Wellness Coordinator will ensure compliance with those policies in his/her school and will report on the school's compliance to the school

board.

School food service staff, at the school, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Wellness Coordinator.

The Wellness Coordinator will develop a summary report every three years on school-wide compliance with the school's established nutrition and physical activity wellness policies, based on input from the school. That report will be provided to the school board and also distributed to the wellness committee, school/community associations, principal and school health services personnel.