

## **School District: St. Francis Xavier Catholic School System**

### **Policy Preamble**

St. Francis Xavier recognizes that good nutrition and regular physical activity affect the health and well-being of the students of the St. Francis Xavier Catholic School System (hereto referred to as the System). Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school. As required by law, St. Francis Xavier Catholic School System establishes the following wellness policy.

### **Policy Leadership**

The designated office for oversight of the wellness policy is that of the Food Service Director. This office shall convene and lead the review, updating, and evaluation of the policy.

The System shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include:

- Administrator
- Board member
- Classroom teacher
- Physical education teacher
- School food service representative
- Community member/parent
- Student
- Medical/health care professional
- Nutrition and/or health education teachers
- School counselor

### **Nutrition Standards for All Foods**

The System is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. All schools in the System participate in USDA child nutrition programs, including the National Schol Lunch Program.

#### *Standards and Guidelines for School Meals*

The System is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 ([www.fns.usda.gov/sites/default/files/dietaryspecs.pdf](http://www.fns.usda.gov/sites/default/files/dietaryspecs.pdf)).
- All meals are accessible to all students.
- Withholding food as a punishment shall be strictly prohibited.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students during mealtimes.
- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

In addition, the System's nutrition services shall:

## **School District: St. Francis Xavier Catholic School System**

- Notify parents of the availability of the lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals.
- Allow students the opportunity to provide input on menu items.
- Restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings.

### *Foods and Beverages Sold Outside of the School Meals Program*

- All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.
- The System adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

### *Marketing*

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

### *Foods Provided but Not Sold*

Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior. Celebrations that involve food will be limited to 1 per classroom per year. Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

## **Nutrition Education**

The System aims to teach, model, encourage, and support healthy eating by providing nutrition education. The primary goal of nutrition education is to influence students’ lifelong eating behaviors. As such:

- Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the System.
- Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors.
- Nutrition education shall follow the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition.

## **School District: St. Francis Xavier Catholic School System**

- Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.
- Nutrition education shall be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers.
- Staff members responsible for nutrition education will regularly participate in relevant professional development.
- Staff shall only use approved nutrition curriculum in the classroom.
- Nutrition education shall be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops.

### **Nutrition Promotion**

The System is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media. School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment. School nutrition services shall implement at least one Smarter Lunchroom techniques at each school.

### **Physical Activity**

The System shall also provide opportunities for students to participate in physical activity in addition to physical education. The System shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:

- Children and adolescents should participate in 60 minutes of physical activity every day.
- The System shall develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components: physical education, recess; classroom-based physical activity; walk to school; and out of school time activities.
- Physical activity during the school day shall not be withheld as punishment.
  - Participation on sports teams may be exempt from this rule if related to failure to meet WIAA or other school codes, e.g. academic or attendance requirements.
- Elementary schools shall offer at least 30 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).
- Outdoor recess shall be offered weather permitting. Recess monitors/teachers shall encourage students to be active during recess.
- Schools shall provide physical activity opportunities for all students before and after school. Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and varsity sports.
- Opportunities to participate in physical activity shall be promoted throughout the school via school announcements, newsletters, and flyers.
- The System shall support active transport to and from school by engaging in the following activities:
  - Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week.
  - Instruction on walking/bicycling safety provided to students.
  - Crossing guards are used.
  - Crosswalks exist on streets leading to schools.

## **School District: St. Francis Xavier Catholic School System**

### *Physical Education*

- The System shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.
- All System elementary students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.
- All System elementary students in each grade shall have physical education a minimum of two times per week.
- All System middle school students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.
- All System middle school students are required to take the equivalent of one academic year of physical education.
- All System high school students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.
- All System high school students are required to receive 1.5 credits of physical education prior to graduation.
- Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions.
- All physical education classes are taught by licensed teachers who are certified to teach physical education.
- Physical education staff shall receive professional development on a yearly basis.
- In health education classes, the System shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.

### **Other School Based Activities that Promote Wellness**

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. The System supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being. Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water. Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.

### *Staff Wellness*

The System will implement the following activities below to promote healthy eating and physical activity among school staff.

- Annual administration of individual health-risk appraisals to help staff members establish personal health-improvement goals.
- Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.

## **School District: St. Francis Xavier Catholic School System**

### *Community Engagement*

The System shall inform and invite parents to participate in school-sponsored activities throughout the year. The System shall provide information on how the public can participate in the school wellness committee on an annual basis.

### **Monitoring and Evaluation**

The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. The System shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at [www.xaviercatholicschools.org](http://www.xaviercatholicschools.org). The System wellness policy shall be updated as needed based on evaluation results, System changes, emersion of new health science information/technology, and/or new federal or state guidance are issued.