

Saint Catherine of Alexandria School Wellness Policy

2023-2024

Healthy and Fit Advisory Committee

Michelle Anthamatten – Principal

Sam Naab – Vice Principal

Celia Moyer - Volunteer

Penny Guglielmo - Physical Education Teacher/Parent

Suzy Hayes- Lunch Program

Teresa Hingey - Cafeteria

Andrea Warner – Parent/Board Member

Purpose:

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 a 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 also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

Overall Goal:

All students in Saint Catherine of Alexandria shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All faculty and staff in Saint Catherine of Alexandria are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Saint Catherine of Alexandria adopts this school wellness policy with the following commitments to nutrition promotion, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

School Meals Provided at Lunch:

- Per USDA Regulations §210.10 and §220.8, school lunches will meet menu planning system guidelines as required by USDA.
- Per USDA Regulation §210.10, school lunches will provide 1/3 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- Per USDA Regulation §220.8, school breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- Per USDA Regulations §210.10 and §220.8, the total calories from fat in school meals will be limited to 30 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, the total calories from saturated fat in school meals will be less than 10 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary Guidelines for Americans.
- Healthy food preparation techniques will be implemented.

- Fruits and/or vegetables will be offered daily. Fruits and vegetables will be fresh whenever possible. Frozen and canned fruits will be packed in natural juice, water, or light syrup.
- Students will be offered a variety of fat free and low-fat milk, meat and beans, fruits and vegetables, and whole grains daily.
- School staff will support and encourage student participation in the USDA school meals programs.
- There will be 5-10 minutes of quiet time during the lunch period to encourage better eating habits and to ensure that kids take time to eat their lunch.
- Recess will be before lunch to encourage more students to eat.

Other Food Items Sold on Saint Catherine of Alexandria Campus:

- Per USDA Regulation §210, Appendix B, foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in elementary schools will not have access to FMNV except on special occasions.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in middle and junior high schools will not have access to FMNV except after school, at events which take place in the evening, and on special occasions.
- The marketing of food and beverages that do not meet the smart snack rule is prohibited. (7 CFR Part 210.31 (c) (3) (iii)).

Nutrition Promotion:

- Each parent will receive a letter encouraging their student to choose school lunch.
- Posters will be placed around the school promoting good nutrition.
- We will add information about Smart Snacks to the website in the first month of school when Smart Snacks are served.
- When we post the wellness program on our website, we will invite parents to become part of the wellness committee.
- The PE teacher will send a letter home with each student about healthy eating habits.

Nutrition Education:

- Per USDA Regulations §210.12 and §227, nutrition education is offered in the school cafeteria as well as the classroom.
- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.

- School staff will promote healthful eating and healthy lifestyles to students and parents.
- Students will receive nutrition education during PE class.

Physical Activity:

- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- Per Oklahoma Senate Bill 312 (effective school year 2006-2007), students in Grades K through 5 will participate in 60 minutes of physical activity each week.
- Saint Catherine of Alexandria Middle School students will participate in an annual health-related fitness test.
- Saint Catherine of Alexandria will advertise and promote physical activity opportunities for students, staff, and parents.
- Saint Catherine of Alexandria will provide 60 minutes of weekly recess that promotes physical activity beyond what is provided through physical education classes.
- Saint Catherine of Alexandria students will be encouraged to participate in voluntary before- and after-school physical activity programs such as intramurals, clubs, and athletics.
- Saint Catherine of Alexandria will provide adequate equipment (e.g., balls, rackets, and other manipulatives) for every student to be active.

School-Based Activity:

- Per Oklahoma Senate Bill 1627, each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
- Per the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.
- Per USDA Regulations §210.12 and §227, students and parents will be involved in the NSLP. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.
- Saint Catherine Wellness Committee will meet every three years and be comprised of the Principal, a parent, the physical education teacher, the chef, and at least one outside representative.
- Saint Catherine of Alexandria students will be provided with a clean, safe, enjoyable meal environment.

- Saint Catherine of Alexandria students will be provided with an adequate amount of time to eat lunch. A minimum of 20 minutes at lunch (after students receive their trays).
- Students will be involved in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, student committees, and school clubs.

Measurement and Implementation:

- The physical education teachers and science teachers will be responsible for the implementation of these policies.
- Quarterly, the principal will check lesson plans, check with students and teachers for implementation of policies within the health, science, and PE classes to ensure each of the standards have been addressed in class.
- The policy will be assessed by the principal and physical education teacher each year based on best practices.

SUMMARY OF RESOURCES

Making it Happen! School Nutrition Success Stories

Food and Nutrition Service, U.S. Department of Agriculture; Centers for Disease Control and Prevention (CDC), U.S. Department of Health and Human Services; and U.S. Department of Education

<www.teamnutrition.usda.gov> and the CDC Web site

<www.cdc.gov/healthyyouth/nutrition/making-it-happen>

Changing the Scene: Improving the School Nutrition Environment

Team Nutrition

Food and Nutrition Service

U.S. Department of Agriculture

<www.teamnutrition.usda.gov>

Fit, Healthy, and Ready to Learn: A School Health Policy Guide

National Association of State Boards of Education

<<https://statepolicies.nasbe.org/health>>

Guidelines for School Health Programs to Promote Lifelong Healthy Eating

Division of Adolescent and School Health Centers for Disease Control and Prevention

<www.cdc.gov/healthyyouth>

School Health Index: A Self-Assessment and Planning Guide

(Available in an elementary school version and a middle school/high school version)

Division of Adolescent and School Health Centers for Disease Control and Prevention

<https://www.cdc.gov/healthyschools/professional_development/e-learning/shi.html>

Keys to Excellent: Standards of Practice for Nutrition Integrity

School Nutrition Association

<www.schoolnutrition.org>

USDA Team Nutrition

<www.teamnutrition.usda.gov>

Oklahoma State Department of Education

Child Nutrition Programs

<www.sde.ok.gov>

(405) 522-0389