



## School Wellness Policy

### **Philosophy:**

St. Andrew Catholic School (SACS) believes all SACS students shall possess the knowledge and skills necessary to make healthy choices, participate fully in their academic development, and sustain healthy lifestyles. SACS staff will model healthy eating choices and physical activity as a valuable component of daily life.

Childhood obesity in the United States has tripled in the past 30 years and there are extensive studies that document the negative effects of hunger on academic performance, behavior, and psychological health. SACS will take a coordinated approach to school health to improve the health and learning capacity of students through the support of families, schools, and communities working together. Coordinated school health promotes lifelong healthy lifestyles, reinforces positive healthy behaviors throughout the school day, and supports the relationship between good health and academic achievement. This Wellness Policy complies with the requirements of 7 CFR Parts 210 and 220.

### **Goal:**

SACS will provide students with a safe school environment that is comfortable, pleasing and allows ample time and space for eating meals. The SACS community will model healthy decision making, healthy lifestyles and support every student's ability to gain the knowledge and skills to make healthy choices. The use of food and/or physical activity used as a reward or punishment is discouraged.

In an effort to meet this goal, SACS has adopted a wellness policy with the following commitments to implementing a coordinated approach to school health. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture, gender and religion.

### **Commitment to Student and Staff Nutrition:**

The commitment of Student and Staff Nutrition is to implement a schoolwide culture that supports Nutrition Standards as defined in the Florida State Statute Chapter 1003.453 School Wellness and Physical Education Policies; Nutritional Guidelines.

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Florida Department of Agriculture and Consumer Services, Division of Food, Nutrition and Wellness Programs.
  - Students will be provided an adequate period of time to consume meals.

- Offer school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Florida Department of Agriculture and Consumer Services, Division of Food, Nutrition and Wellness Programs.
- Encourage school staff and families to participate in school meal programs.
- Operate all Child Nutrition Programs with school food service staff who are properly qualified according to current professional standards.
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for all School Food Service sites.
  - Healthy food and beverage choices
  - Healthy food preparation
  - Marketing of healthy food choices to students and staff
  - Food preparation ingredients and products
  - Minimum/maximum time allotted for students and staff lunch and breakfast
  - Availability of food items during the breakfast and lunch periods of the child nutrition breakfast and lunch programs
  - Methods to increase participation in the child nutrition school breakfast and lunch programs.
- Ensure all foods served and sold during the school day comply with the USDA and Florida Department of Agriculture and Consumer Services, Division of Food, Nutrition and Wellness Nutritional guidelines.
  - Foods must promote student health and reduce childhood obesity
- Work toward eliminating the use of foods as rewards for student accomplishment and the withholding food as punishment (e.g., restricting a child’s selection of flavored milk at mealtime due to behavior problems).

**Commitment to Nutrition Education:**

The commitment of Nutrition Education which may be defined as “any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and wellbeing,” (SNAP-ED, US Department of Agriculture, March 29, 2013)

- Classroom Instruction - Students in grades Pre-K to 8th will receive nutrition education as part of the Physical Education classes and in thematic units in the classroom.
- Cafeteria-Based Nutrition Education - Food service staff and management will offer nutrition education to the students in the school dining area with posters that promote nutrition and healthy living such as the My Plate posters. Food service staff and management will be provided opportunities for ongoing professional training and development in the areas of nutrition.
- Teacher Training: Teachers will be provided with periodic trainings and updates on incorporating My Plate classroom materials in classroom education.
- Parent Education: St. Andrew will distribute pamphlets and materials that encourage healthy nutrition choices periodically throughout the school year.

**Commitment to Physical Activity/ Physical Education:**

The commitment of Physical Activity incorporated within the school day and out-of-school time programs is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of physically active and healthy lifestyle.

- Physical Education is a curriculum based/ graded subject for grades PreK-8th in accordance with the Diocese of Orlando Time Allotments for Elementary Schools guidelines.

- Grades Pre-K-2nd students receive at least 60 minutes per week.
- Grades 3rd-8th students receive at least 90 minutes per week.
- Physical education teachers will receive ongoing professional development throughout the year.
- Physical activity outside of Physical Education where physical activity is strongly encouraged.
  - Grades Pre-K-4-5th grade students receive at least 50 minutes of recess per week
  - St. Andrew participates with and encourages student involvement in athletics with the Catholic Youth League.
  - St. Andrew will host a 5K race and fun run for children to demonstrate the importance of fitness and healthy living.

## **Commitment to Marketing a Healthy School Environment**

The commitment of Marketing a Healthy School Environment involves positive, motivating messages, both verbal and nonverbal about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.

- Students will be involved in the planning for a healthy school environment. Student feedback and input will be collected through periodical surveys, analyzed and incorporated into the plan as appropriate.
- St. Andrew will eliminate advertising and other materials on the school campus that promote foods of minimal nutritional value.
- St. Andrew will ensure the most updated version of the wellness policy is linked to the school website for public view and comment.

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish).

Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

USDA is an equal opportunity provider and employer.

Wellness Policy Committee: This committee has assessed the school’s nutrition and physical activity needs and developed this Policy accordingly. The committee will meet on a quarterly basis to review the nutrition and physical activity goals. In addition, the committee will conduct a quality assurance review to determine the impact on overall student health, program success and success in meeting benchmarks. On an annual basis the committee will prepare an annual report inclusive of findings and recommendations for program enhancement. The Principal will serve as the LEA official and oversee compliance with the school wellness plan and policies. Each year the school will host a wellness policy open forum and distribute electronic survey to collect feedback, input and recommendations for policy enhancements as well as to recruit new committee members. All responses will be reviewed and considered for inclusion into the revised version of the policy. The committee is comprised of the following representatives:

<b>Area Represented</b>	<b>Committee Member Name</b>
School Board	Jessma Lambert
School Board, Health Professional	Linda Metzger
School Board, Parent	Maria Hernandez
Home & School Association, Parent	Loni Hall
School Food Service Personnel	Migdalia Rodriguez
School Administrator	Latrina Peters-Gipson
Student	Brandon Ruiz
Physical Education/ Health Staff	Steve Gibson

School Year 2015-2016