

ST. MICHAEL'S SCHOOL POLICY

5013 School Wellness Policy / Healthy School Environment

St. Michael's School is committed to promoting healthy students and healthy living by supporting good nutrition, nutrition education, and regular physical activity.

Nutrition Education

St. Michael's School will follow health education curriculum standards and guidelines as stated by the Nebraska Department of Education.

- **Curriculum:** Nutrition education will be integrated into other subjects to complement, but not replace, the health and nutrition education curriculum that is provided in accordance with NDE Rule 10. Educators are to incorporate the promotion of healthy eating nutrition lifestyles in all subject areas as appropriate.
- **Display Nutrition Education Materials:** The cafeteria will display posters or similar communications that promote healthy nutrition choices (e.g., food pyramid). Educators are encouraged to incorporate such communications in their classrooms as well.
- **Nutrition Health Events:** Educators are encouraged to take advantage of events that promote nutrition education. Activities **may** include:
 - Health fairs and exhibits
 - Field trips to farm or food production facilities
 - Garden activities
 - Health speakers
- **Family:** Parents are welcome to join their children at school lunch as appropriate (see handbook). School communication to parents will periodically include information on health nutrition (e.g., healthy snacks).
- **Staff:** Employees are encouraged to be healthy role models for students. It is important for students to receive consistent messages. Staff is discouraged from eating foods or drinking beverages of minimal nutritional value during the school day in the presence of students.

Physical Activity

The goal of St. Michael's School is to implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education.

- **Curriculum:** Health and physical education will be integrated into other subjects to complement, but not replace, the health and physical education curriculum provided in accordance to NDE Rule 10. Educators are to incorporate physical activity promotion and non-sedentary lifestyles in all subject areas as appropriate.
- **Physical Activity during the School Day:** Students will have the opportunity for daily recess, regular physical education classes, and opportunities for short activity breaks during the school day (i.e., brain breaks). Weather and other conditions permitting, recess will be outdoors.

ST. MICHAEL'S SCHOOL POLICY

- **Punishment:** Physical activity will not be used as a punishment.
- **Physical Activity Health Events:** Educators are encouraged to search for and take advantage of events that promote physical activity education. Activities may include:
 - Health fairs and exhibits
 - Field trips to physical activity centers
 - Physical activity speakers
- **School Communication:** School communications to parents will include information that promotes physical activity. Such communication may include information about the benefits of physical activity to children and distribution of information about youth sport programs.
- **Staff:** Employees are encouraged to be healthy role models for students.

Other School Activities to Promote Students Wellness

St. Michael's School is committed to offering suitable opportunities to engage in health-promoting activities. Additional goals and actions include:

- **Extracurricular Programs:** St. Michael's School supports athletic and activity programs sponsored by Boone Central Schools and the Albion community.
- **Advertising:** St. Michael's School will monitor advertising that occurs in the school and will limit messages that promote foods of minimal nutritional value.
- **Professional Growth:** Staff members will be provided with professional development and guidance on appropriate practices and procedures to implement the school wellness goals and recommendations.
 - Professional development activities will include activities related to the integrations of physical activities and nutrition education into the academic curriculum, information on how wellness impacts learning, and other wellness goals and activities.
 - St. Michael's School will provide ongoing training and development for food service staff related to nutrition and wellness goals and activities.
- **Community Resources:** St. Michael's School will work to coordinate the school wellness program efforts with those available from medical, public health and other community organizations. The school will develop and support the engagement of students, families, and staff in community health enhancing activities and events at the school within the community.

Nutrition Guidelines

The established nutrition guidelines for foods available during the school day are as follows:

- School Lunch Program will be offered which meet or exceed the requirements of federal and state law and regulatory authorities.
- No foods in competition with the school lunch program will be sold or otherwise made available to students anywhere on school property during the period of one hour prior to the serving of lunch and lasting one hour after the serving of lunch. Any exceptions must be approved by the principal.

ST. MICHAEL'S SCHOOL POLICY

Actions to Meet Nutrition Guidelines

- **Conditions for School Meals:** Students will be provided adequate time to eat. In general students will, upon arrival in the cafeteria, have 15-20 minutes to eat lunch. Efforts will be made to establish acceptable eating conditions: clean, orderly environment, adequate seating, enforcement of appropriate student conduct and staff supervision.
- **Selection of School Meals:** School meals will meet or exceed nutrition requirements established by state and federal law. Emphasis is to be on good menu planning principles that offer healthy food choices including lean meats, a variety of fresh fruits, non-fried vegetables, whole grains, and low-fat or nonfat milk.
- **Closed Campus:** To encourage students to eat a nutritious lunch, students are not permitted to leave school during the school day for the purpose of lunch.
- **Vending Machines:** Vending machines will not be placed on school property.
- **Foods Available During the School Day:**
 - **Water:** Students will be allowed access to water during the school day. Water fountains are available and water is available free of charge at all school meals. Educators are encouraged to allow students to bring water bottles to class.
 - **Classroom Celebrations:** Due to food safety and food allergy concerns parents and staff are encouraged to find a non-food or health food alternative for birthdays and special occasions.
 - **Fundraising:** School fundraising activities that take place during the school day will promote nutritional food and healthy activities. Fundraisers that involve food sales will take place after school hours.
- **Definition of Healthy Foods:** Healthy foods means foods that are low in fat, sodium, and sugars, and high in nutrients needed to meet recommended daily intakes.

Evaluation, Compliance and Communication of Wellness Policy

- The school administrator and staff will revisit and evaluate the effectiveness of the Wellness Policy on an annual basis.
- The school administrator will ensure compliance with the established Wellness Policy.
- The school food service staff will ensure compliance with the nutritional policies for the school lunch program.
- Wellness Policy updates will be shared with the public using any of the following channels: school newsletter, website, other forms of communication deemed necessary.
- The Wellness Committee will be composed of individuals from as many of the following areas as possible:
 - School administrator
 - Physical education teacher
 - Staff Members
 - Cafeteria manager and staff
 - Parent(s) or Advisory Board of Education
 - As needed: Students
 - As needed: Health care professional

Reviewed/Revised: October, 2020