

SACRED HEART SCHOOL WELLNESS POLICY

MISSION

- A. The purpose of the Wellness Policy for Sacred Heart School is to be in compliance with Federal legislation (USDA final rule of 2016) requiring schools and districts to assure a school environment that protects and promotes the health, well-being, and ability to learn lifelong wellness skills by supporting and promoting healthy eating and physical activities.
- B. Sacred Heart School recognizes that nutrition and wellness education, along with physical education and activities, are essential components of the educational process and that good health and habits have a direct correlation with student attendance and academic progress.
- C. Sacred Heart School recognizes that the school environment shall demonstrate healthy school goals to positively influence a student's understandings, beliefs and habits as they relate to good nutrition and regular physical education.
- D. Sacred Heart School recognizes the importance of encouraging the involvement of students, parents, staff, and food service staff, and all other vested parties in implementing, monitoring, and reviewing nutrition, wellness, and physical activity policies.
- E. Sacred Heart recognizes the need to provide access to affordable, nutritious, and appealing meals that meet the students' health and nutritional needs as well as a clean, safe, and friendly setting where students have adequate time to eat.
- F. Sacred Heart School recognizes the need to provide students with access to healthy foods and a variety of opportunities to be physically active on a regular basis.

SCHOOL WELLNESS COMMITTEE

Commitment to Nutrition and Physical Activity

Sacred Heart School will convene a School Wellness committee that will meet periodically throughout the year to establish goals for and oversee areas of school nutrition and physical activity and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment, offering periodic review and an annual update of this wellness policy.

Leadership

The principal will convene and oversee the School Wellness Committee and facilitate development and updates to the wellness policy.

Membership will represent the school and may include (to the extent possible) but not be limited to: parents, students, PhyEd teacher, school nurse, principal and office staff, school board, health professionals, and the general public. Communication will be sent to all families inviting members of the school community to join the wellness committee. An invitation will also be posted in the school's newsletter for other local community members to join the wellness committee.

The principal will address compliance concerns such as kinds of foods available at school, sufficient meal time, nutrition education and physical activity (with the help of the Hot lunch director as well as the physical education teacher and classroom teachers) and will ensure the school's compliance with the policy.

The Wellness Committee will meet periodically throughout the year to oversee school health and safety policies and programs, including development, implementation, and periodic review of the school's wellness policy.

Nutrition is integrated across the K-6 Health Education curriculum, and physical activity will continue to be encouraged daily as an extension of Elementary School Physical Education curriculum

The Hot Lunch Director will participate in making decisions and guidelines that will affect the school nutrition environment. .

Goals for Nutrition Education and Promotion

Student wellness, including good nutrition and physical activity will be promoted in the school's educational program, school activities, and meal programs. In accordance with the federal and state law, Sacred Heart School will meet or exceed the federal nutritional guidelines issued by USDA and the Healthy Hunger-Free Kids Act of 2010.

Nutrition Education/Promotion

Nutrition Education will be offered at each grade level as part of the standards-based health education curriculum. With coordination of the teaching staff and the food service staff, students will be taught the skills they need to adopt healthy behaviors.

Sacred Heart School will conduct nutrition education activities and promotions that involve students, parents, and the community. The school aims to teach, model, encourage and support healthy eating by students by providing nutrition education and engage in nutrition promotion that:

Is offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.

is part of health education classes as well as general classroom instruction where appropriate.

Is enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities.

Sacred Heart Schools educates and encourages all students to make healthy choices with foods and beverages at home and at school. For school functions, including class parties, birthday treats, special events and celebrations, parents are encouraged to send healthy options to school. All food items must be store-bought. Periodically, the school will send suggestive lists to help with healthy options.

Sacred Heart School will participate in USDA nutrition programs and conduct nutrition education activities and promotions that involve the students and teachers. Teachers are encouraged to model healthy eating habits.

Physical Education

Physical Education will be taught in all grades and shall include a standards-based curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits for a healthy lifestyle. The program sequence and the curriculum will include:

- a. All physical education classes Sacred Heart School are taught by certified physical education teachers, or qualified long-term sub in coordination with the principal
- b. Implementation of a quality, standards-based, Physical Education curriculum for all students in grades K-6.
- c. All students will be provided equal opportunity to participate in physical education classes. Sacred Heart School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary
- d. All elementary students in each grade will receive physical education for at least 50 minutes per week throughout the school year.
- e. Sacred Heart School's Physical Education Program will promote student physical fitness through individualized fitness and activity assessments, and other appropriate assessment tools that use criterion-based reporting for each student.
- f. Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement
- g. Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- h. Sacred Heart School's Physical Education curriculum includes but is not limited to the following essential topics:
 - The physical, psychological, or social benefits of physical activity
 - How physical activity can contribute to the academic learning process
 - How an active lifestyle contributes to prevention and management of chronic disease
 - Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
 - Differences between physical activity such as warm-up, workout, and cool down
 - Overcoming barriers to physical activity

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program that includes these components; physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities. Sacred Heart School is committed to providing these opportunities, but will also ensure that these varied opportunities are in addition to, and not considered as a substitute for, Physical Education.

- a. Physical Activity during the school day will not be withheld as punishment for any reason. Teachers and other school personnel are prohibited from denying physical activity or exercise, or withholding opportunities for physical activity (e.g., recess, and physical education) as punishment. Physical Education class time, recess, or other opportunities for physical education are not withheld as a measure to enforce the completion of academic work. Appropriate alternate strategies have been developed as consequences for negative or undesirable behaviors.

- b. Physical activity shall not be assigned to students as a consequence of poor behavior or punishment for any reason.
- c. To the extent practicable, Sacred Heart School will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The school will conduct necessary inspections and repairs.
- d. Upon agreement with Sacred Heart School office, indoor and outdoor physical activity facilities may be open to students, their families, and the community outside of school hours.
- e. Sacred Heart School ensures that students with special physical and cognitive needs have equal physical activity opportunities, with appropriate assistance and services.
- f. Sacred Heart School supports and informs families of all after school extra-curricular physical activity programs offered by the Melrose Area Public Schools before and after school.
- g. We partner with the **Minnesota State Patrol** and local police to ensure our students have a safe journey to and from school. This includes advocating for better infrastructure and maintaining a student-led **Safety Patrol**.

Recess

All elementary school students, including all K-6 school students, have a minimum of twenty (25) minutes a day of supervised recess, preferably outdoors, during which schools encourage moderate to vigorous physical activity and provide space, equipment, and an environment that is conducive to safe and enjoyable activity. (Public Act 12-173)

- a. Sacred Heart School staff members are restricted from denying participation in recess or other physical activity opportunities as a form of discipline or punishment (unless safety of students is in question), nor shall recess or physical education time be taken for academic/ instructional purposes.
- b. Sacred Heart School will discourage extended periods of two or more hours of inactivity.
- c. Outdoor recess will be offered when the weather is feasible for outdoor play, at the discretion of the building administrator based on his/her best judgment of safety conditions.
- d. In the event that the school must conduct indoor recess, teachers and staff will follow indoor recess guidelines that promote physical activity for students, to the extent practicable. The school will maintain and enforce its own indoor recess guidelines.
- e. Recess will complement, not substitute, Physical Education classes.
- f. Recess monitors or teachers will encourage students to be active and may serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks/Active Academics

Sacred Heart School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Each classroom shall provide at least one short (3-5 minute) physical activity “brain break” to students for every 60 minutes of academic instruction daily. These physical activity breaks will complement, not substitute for, Physical Education class, recess, and class transition periods.

Teachers shall incorporate movement and kinesthetic learning approaches into “core” subject instruction whenever possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day. Opportunities for physical activity in other subject lessons can be used as reinforcement, reward, and celebration for achievement, positive behavior, and completion of assignments. Classroom teachers may also provide short physical activity “Brain Breaks” between lessons or classes as appropriate and/or provide physical fitness activities after school.

Before and After School Activities

Sacred Heart School supports and promotes opportunities for students to participate in physical activities either before or after the school day (or both) through a variety of methods such as After School extracurricular clubs, physical activity in the Before and After School Care programs, and supervised physical activity in the gym before classrooms are open for students.

SCHOOL FOOD SERVICE/MEAL PROGRAM

Sacred Heart School will offer the School Breakfast Program (SBP) and the National School Lunch Program (NSLP) Students and Staff are encouraged to promote and participate in these programs.

School Meals

- A. Foods and beverages at school will be consistent with the current USDA Dietary Guidelines offering varied and nutritious food choices. School meals offer a variety of fruits and vegetables; serve only low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives as defined by the USDA and meet the requirements of the state beverage requirement and ensure that all of the servings of grains served per week are whole grain. The school will not offer any items that are not consistent with these guidelines. Nutritional information about the meals is available for students, families, and school staff members upon request
- B. No food or beverage items are available outside of the school lunch program via vending machines, concessions, etc.
- C. Food service personnel will ensure that student access to foods and

beverages meet or exceed all federal, state, and local laws and guidelines. The lunch program will implement the Offer Vs. Serve option to provide and expand on fresh produce offered to students each day.

- D. The school will make every effort to provide students with sufficient time to eat school meals and will schedule meal periods at appropriate times during the day.
- E. Food Safety will be a key part of the school food service program; including, but not limited to, current Hazard Analysis and Critical Control Points (HACCP) practices and procedures. .
- F. Upon appropriate medical documentation, modified meals will be prepared for students with food allergies or other special dietary requirements.
- G. Reimbursable school meals served will meet at a minimum the nutrition requirements and regulations for the National School Lunch Program and/or the School Breakfast Program.
- H. All meals are currently free to all students in the state of Minnesota.
- I. Applications for free/reduced-priced meals are sent home to all families at the beginning of the school year.

B. School Food Service Program/Personnel:

- a. The school will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
- b. The school head cook and staff will be responsible for the school's food service program; duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available at school to ensure food and beverages choices are consistent with current USDA Dietary Guidelines for Americans.
- c. Food Safety will be a key part of the school Foodservice operation .Food service personnel shall adhere to all federal, state, and local food safety and security guidelines and regularly update themselves on current standards
- d. Menus will meet the nutrition standards established by the U.S. Dept of Agriculture and will feature a variety of healthy choices that are tasty, attractive, of excellent quality and are served at proper temperatures.
- e. School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students regularly.

- f. The school's head cook will be certified and keep updated through professional development or workshops and oversee workers and volunteers in the lunch program.
- g. Waste reduction will be encouraged and promoted.
- h. Efforts will be made to coordinate and encourage community participation with local farmers and processors to utilize Farm to School promotions including locally and regionally grown fruits, vegetables and meat

C. Nutrition Education and Promotion:

- a. The school will encourage and support healthy eating by students and engage in nutrition promotion that is:
 - 1. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.
 - 2. part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate.
 - 3. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities.
- b. The school educates and encourages all students to make healthy choices with foods and beverages at home and at school. For school functions, including milk break, class parties, and birthday treats, parents are encouraged to send healthy options to school. All food items must be store-bought. Periodically, the school will send suggestive lists to help with healthy options.
- c. The school will encourage healthy food or beverage options for any special events and celebrations. No child will be denied, for any reason, from receiving any food or beverage offered during the lunch program, or for any celebrations at our school.
- d. Sacred Heart School will participate in USDA nutrition programs and conduct nutrition education activities and promotions that involve the students and teachers.

D. Physical Activity:

- a. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills

- b. needed to maintain a healthy lifestyle and reduce sedentary activities. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate, and ways of incorporating more structured physical activities into recess times will be evaluated on a regular basis.
- c. To the extent practicable, the school will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The school will conduct necessary inspections and repairs.
- d. All students in grades K-6 will receive physical education for at least 50 minutes per week throughout the school year.
- e. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- f. Students have the opportunity to join Sprinters, an after-school activity offered weekly in September and October. This activity creates a love for running with the students.

E. Communications with Parents: We need to work on this

- a. The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
- b. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children and will periodically send information home to assist them in this area.
- c. The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value and will encourage healthy treats if parents are providing snacks for classroom parties or activities.
- d. The school will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

F. Implementing and Monitoring We need to work on this

- a. Sacred Heart School will implement this policy and inform families and the public each year of basic information about this policy, any updates to the policy and the status of implementation.
- b. The Wellness Committee will be comprised of, but not limited to, the Principal, Teachers, Food Service Staff, Office staff, Parents and members of the community. This committee will invite and encourage feedback from students and other stakeholders in the school community. Stakeholders will be made aware of these meetings through the school website, Fast Direct, school newsletters and TriParish bulletins. They

will be invited to participate in the development, review, update and implementation of the local wellness plan.

- c. An evaluation tool will be used to gather feedback and input of the wellness plan for the school year and help direct decisions for the following school year. Our triennial assessment will include how we comply with the wellness policy, and a progress chart of our goals. This information will be made available onsite as well as through our school website.
- d. The school food service staff will ensure compliance within the school's food service areas and will report to the school or administration as appropriate.
- e. The school food service staff will ensure compliance within the school's food service areas and will report to the school or administration as appropriate.
- f. The administration and/or wellness committee will ensure compliance with the wellness policy and will provide feedback of the school's compliance with the policy to the school board or stakeholders.
- g. The school will use faculty meetings, parent meetings, classroom meetings, and input from staff and faculty to monitor and implement the wellness plan.

H. Recordkeeping (We need to work on this)

- a. Sacred Heart School will retain records to document compliance with the requirements of the wellness policy at administrator office and/or on school's website. Documentation maintained in this location will include but will not be limited to:
 - The written wellness policy;
 - Documentation demonstrating that the policy has been made available to the public;
 - Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the School uses to make stakeholders aware of their ability to participate on the SWC;
 - Documentation to demonstrate compliance with the annual public notification requirements;
 - The most recent assessment on the implementation of the local school wellness policy;
 - Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

I. Annual Notification of Policy We need to work on this

- a. The School will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The School will make this information available via the

School website and/or School-wide communications. The School will provide as much information as possible about the school nutrition environment. This will include a summary of the School's events or activities related to wellness policy implementation. Annually, the School will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

J. Triennial Progress Assessments We need to work on this

- a. At least once every three years, the School will evaluate compliance with the wellness policy to assess the implementation of the policy and include the extent to which the School is in compliance with the wellness policy

K. Revisions and Updating the PolicyWe need to work on this

- a. The Wellness Committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as School priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.
- b. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

I. Community Involvement, Outreach, and CommunicationsWe need to work on this

- a. The School is committed to being responsive to parent and community input, which begins with awareness of the wellness policy.
- b. The School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply..
- c. The School will use electronic mechanisms, such as Fast Direct or displaying notices on the School's website, as well as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.
- d. School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The School will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

