

WELLNESS POLICY

St. Elizabeth Ann Seton School

STUDENT WELLNESS

I. Introduction

St. Elizabeth Seton promotes a healthy school by supporting wellness, good nutrition, regular physical activity, mental health, and a healthy learning environment, as part of the total learning experience. The school supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. A healthy, well nourished and physically active child is more likely to be academically successful.

II. Nutrition Standards

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. The school recognizes that all foods and beverages made available to students contribute to each student's total daily dietary intake. Foods and beverages made available on campus during the school day shall be consistent with the Dietary Guidelines for Americans.

III. Nutrition Education

At each grade level, nutrition education shall be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education shall be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students' eating behaviors.

IV. Physical Activity

The primary goal for the school's physical activity component 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 a physically active and healthful lifestyle.

V. Wellness Council

St. Elizabeth Seton shall have an administrative designee or a local wellness council, comprised of parents, teachers, administrators, foodservice personnel, community members and students to plan, implement, improve wellness within the school environment and provide monitoring methods to assess student wellness.

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STUDENT WELLNESS AND NUTRITION STANDARDS

I. Nutrition Standards

St. Elizabeth Seton promotes a healthy school by supporting wellness, good nutrition, regular physical activity, mental health, and a healthy learning environment, as part of the total learning experience. The school supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. A healthy, well nourished and physically active child is more likely to be academically successful.

II. Standards for Foods and Beverages

- A. The school strives to provide a consistent nutritional message to all children.
- B. Food pricing strategies shall be designed to encourage students to purchase nutritious items.
- C. Procedures shall be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.
- D. Menus may be planned with input from students, family members, and other school personnel.
- E. Food service personnel will evaluate annually nut and seed products in accordance with individual student food allergies. Students with special dietary needs shall be accommodated as required by United States Department of Agriculture (USDA) regulation.
- F. Beverages
 - 1. Allow water, milk, 100% fruit and vegetable juices as beverages in the classroom.
 - 2. Provide milk; skim, 1% or 2% in an 8 oz. serving size; flavored milk; (chocolate) 1% or skim may be offered in an 8 oz. serving size with no more than 28 grams of added sugar in an 8 oz. serving.
 - 3. Eliminate the sale of carbonated (soda) drinks during the school day.
- G. Grains
 - 1. Strive to serve whole grains, which contain at least 2 grams of fiber per 1 ounce serving. One half of all grains served should be whole grain.
 - 2. Servings sizes; 1-3 ounces.
 - 3. Strive to limit total calories from fat to no more than 30-35%.
 - 4. Strive to limit total calories from saturated fat to no more than 10%.
 - 5. Limit sugar content to no more than 35% of calories by weight, excluding sugars, naturally occurring in fruits, vegetables and dairy ingredients.
 - 6. Strive to limit the amount of trans-fats.
- H. Fruits and Vegetables
 - 1. Offer fruits and vegetables prepared/packaged without added fat, sugar or sodium. Low fat dips and sauces on the side may be served in small servings to make foods more appealing.
 - 2. Offer half cup serving of fruits and vegetables. Offer additional fruits and vegetables to help students reach the recommended 5-9 servings per day.
- I. A la carte Entrees and Side Dishes
 - 1. Offer additional 8 oz. of milk.

III. Nutrition Education Component

- A. Nutrition Education
 - 1. Teach consistent scientifically-based nutrition messages throughout the school, classroom, and cafeteria.
 - 2. Use the SD Health Education Standards and address nutrition concepts progressively in grades K through 8.
 - 3. Offer information to families that encourage them to teach their children about health and nutrition. Include Wellness column in newsletter.
- B. Eating Environment
 - 1. Students shall have adequate time and space to eat meals in a clean and safe environment.
 - 2. Meal menus, presentation, and environment shall be designed to promote complete meal intake and to reduce food waste.
- C. Guidelines for Celebrations, Rewards and Incentives
 - 1. School should limit celebrations that involve food during the school day. Each celebration should include no more than one food and beverage that does not meet Standards for Foods and Beverages.

2. Rewards and incentives shall be given careful consideration as to the messages they convey. The school shall disseminate a list of healthy snacks and treats to parents and teachers.
 3. Classroom Treats: Only wholesome foods will be allowed in classrooms.
- D. Vending Machines
1. Vending machines shall not be available to students in the school.
- E. Fundraising
1. The sale of food or beverages as a fund raiser shall not take place from one hour before and one hour after lunch service.
 2. The school shall make available a list of suggestions for fundraising activities.

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STUDENT WELLNESS AND PHYSICAL ACTIVITY

I. Physical Education Classes K-8

- A. Physical education classes and physical activity opportunities shall be available for all students.
- B. Physical activity opportunities may be offered before school, during school, recess or after school.
- C. Ensure that all physical education classes be taught by a physical education instructor.
- D. Increase physical education class time within the parameter of human and space resources available in grades K-8.
- E. Students should spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
- F. Provide information to parents to help them encourage students to engage in daily physical activity through newsletter and Website.
- G. Health related physical fitness testing may be integrated into the curriculum. Tests shall be appropriate to the students developed levels and physical abilities. Such testing shall be used to teach students to assess their fitness levels, set goals for improvement and monitor progress in reaching their goals.
- H. Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- I. Encourage physical activity breaks during classroom hours. Use physical activity as a reward when applicable.
- J. Encourage interdisciplinary and cross-curricular activities. Integrate physical activity into the core subject areas when applicable.
- K. Provide recess daily for all children in kindergarten through fifth grade.
- L. Students shall not be denied physical education for disciplinary reasons.

I. Outside the School Day

- Intramural programs, physical activity clubs and interscholastic athletics are valuable supplements to a student's education. Schools shall endeavor to provide every student with opportunities to voluntarily participate in physical activities that meet his or her needs, interest and abilities.
- A. Physical activity ideas may be sent home with students or in school newsletters.
 - B. Encourage parents and community members to institute programs that support physical activity.

II. Daily Recess

- A. All elementary school students shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.
- B. When feasible, recess shall occur prior to lunch to ensure appropriate healthful food intake.
- C. Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students shall be given periodic breaks during which they are encouraged to stand or be moderately active.

III. Physical Activity Opportunities Before and After School

- A. St. Elizabeth Seton may offer extra-curricular physical activity programs.
- B. St. Elizabeth Seton middle school shall offer extra-curricular physical activity programs.
- C. St. Elizabeth Seton middle school, as appropriate, shall offer interscholastic sports programs.
- D. The school shall offer activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- E. The school shall educate and encourage participation in community or club activities.

IV. Safe Routes to School

- A. The school shall assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the school shall work together with local public works, public safety, and/or police departments in those efforts.

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STUDENT WELLNESS AND MENTAL HEALTH

- I. Student's social and emotional development is an essential support to school readiness and academic success. St. Elizabeth Seton will incorporate social and emotional development into its educational programs. The goals for addressing these student development needs through an educational program are to: 1.)Make Christ real and present in our world through the Catholic Church's teachings; 2.)Enhance student academic success and preparedness; 3.)Foster a safe, supportive learning environment where students feel respected and valued; 4.)Teach social and emotional skills to all students and; 5.)Promote student social and emotional well being by partnering with families and the community.
- II. Support services provided by the school nurse and the school counselor will be available for students with social and emotional difficulties that impact learning. Appropriate referrals will be made whenever necessary.
- III. In order to promote the social and emotional development of all students, St. Elizabeth Seton school will pursue program development in the following areas:
 - A. Implement data based, age and culturally appropriate classroom instruction and school wide strategies that teach social and emotional skills, promote mental health, and prevent risk behaviors for all students by teaching the Catholic faith as a roadmap for sound decision making.
 - B. Provide parents and families with learning opportunities related to the importance of their children's social and emotional development, and ways to enhance it.

- C. Establish partnerships with community agencies and organizations to assure a coordinated approach to addressing children's mental health and social and emotional development.
- D. Utilize existing protocols to screen, assess and provide early intervention for students who have significant risk factors for social emotional or mental health problems that impact learning.

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