

# SCHOOL WELLNESS POLICY

Adopted June 13, 2006

Updated May 25, 2017

Saint Patrick Catholic School  
610 South Portland Street  
Bryan, Ohio 43506

This institution is an equal opportunity provider.

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The mission of Saint Patrick Catholic School is to evangelize, catechize and educate our students to become contributing members of the Catholic Church and society.

*To Learn*

*To Grow*

*To Love*

*To Serve*

Adopted by Saint Patrick School Advisory Council on June 13, 2006. Updated on May 25, 2017

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## SAINT PATRICK CATHOLIC SCHOOL WELLNESS POLICY

### INTRODUCTION

The original Wellness Policy was adopted June 13, 2006, by a Policy Development Team consisting of the principal, the administrative assistant, cafeteria manager, cafeteria assistant manager, health teachers, intervention specialist, physical education teacher, parents, student council, representatives from Saint Patrick School Advisory Council, and a nurse. They completed the school assessment regarding food service, physical education and nutrition education available at the time.

Upon completion of that assessment, a smaller group was selected to formulate: 1) Saint Patrick School Wellness Policy; 2) the goals needed for nutrition education, physical therapy, and other school-based activities that promoted wellness; 3) guidelines for reimbursable school meals, and 4) a plan for measuring the implementation of the local wellness policy. This policy was reviewed by the entire team and was presented to Saint Patrick School Advisory Council for final approval.

## SAINT PATRICK CATHOLIC SCHOOL WELLNESS POLICY

Saint Patrick Catholic School (SPCS) is committed to providing all of its stakeholders with an environment of overall health and wellness by promoting nutrition education, physical activity, and other school-based activities thus enriching both health and academic learning. Therefore, it is the policy of SPCS that:

- SPCS will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing nutrition and physical activity policies.
- All students in grades Preschool through Grade Eight will have opportunities, support and encouragement to be physically active on a regular basis both at school and at home.
- All Faculty/Staff at SPCS will have opportunities, support and encouragement to be physically active on a regular basis both at school and at home.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified professionals will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of the students, will accommodate the religious, ethnic and cultural diversity of the student body, will provide a clean, safe and pleasant setting to eat, and will provide adequate time for eating.
- SPCS will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish links between health education, school meal programs and related community service.
- SPCS will provide community resources to families.

## SAINT PATRICK CATHOLIC SCHOOL WELLNESS COMMITTEE

Under the direction of the principal, a school health committee will be established. This committee is responsible to: 1) implement, monitor, review and revise, as needed, the school nutrition and physical policies; 2) ensure that the School Crisis Plan is reviewed and practiced on an annual basis; and 3) provide professional development on health and wellness, preventing unintentional injuries, violence and suicide for all staff members. In addition to the principal, members of this committee will include a parent, a School Advisory Council member, a teacher, the cafeteria manager, a nurse and a Student Council member.

I. GOALS FOR NUTRITION EDUCATION, PHYSICAL ACTIVITY AND OTHER SCHOOL-BASED ACTIVITIES

A. Nutrition Education

SPCS will teach, encourage and support healthy eating by students through these goals.

Goals:

- Students in grades Preschool through Eight receive nutrition education that is interactive, sequential and comprehensive, and is designed to provide students with the knowledge and skills necessary to promote and protects their health.
- Teachers will implement the health objectives relating to diet, nutrition and exercise as stated in the Toledo Diocesan Graded Course of Study for Science and Health. These objectives will also be integrated throughout the curriculum.
- Nutrition guidelines, “MyPlate”, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in school or in the school cafeteria.
- Students and parents will receive nutrition messages throughout the school, in classrooms, in the cafeteria and in written communications.
- Staff members will engage in appropriate training/in-service opportunities focusing on nutrition education.

## B. Physical Education

All students in grades Preschool through Eight will receive physical education for the entire school year. Kindergarten-Eighth Grade students will spend at least 50% of physical education participating in moderate to vigorous physical activity.

### Goals:

- Students are given opportunities for physical activity during the school day through physical education classes, daily recess and the integration of physical activity into the academic curriculum.
- Physical education programs will implement the objectives of the Diocese of Toledo Course of Study for Physical Education.
- Parents/guardians are encouraged to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

### OTHER PHYSICAL ACTIVITY OPPORTUNITIES

Students need opportunities for physical activity beyond Physical Education class. With that, the following activities are encouraged at SPCS.

**Daily Recess:** All students in grades Kindergarten through Three will have at least 25 minutes per day of supervised recess, preferably outdoors, during which moderate to vigorous physical activity is encouraged through the provision of space and equipment. Students in grades Four through Eight will have at least 20 minutes of the same. SPCS discourages extended periods of inactivity. When students must remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active. Stretches will be taught and practiced during Tech classes.

Preschool students will have at least 15 minutes per day of supervised recess. Kindergarten through Grade Three will have at least 45 minutes per day of supervised recess, preferably outdoors, during which moderate to vigorous physical activity is encouraged through the provision of space and equipment. SPCS discourages extended periods of physical inactivity. When students must remain indoors, they will have a total of 45 minutes of extended play/physical activity in the large open space of Davis Hall (gym).

- School Advisory Council members voted in January 2014 that students should go outside for recesses when the “real feel” temperature is 20°. This policy was amended by School Advisory Council members in 2015 that faculty/staff members would determine at what temperature students would go outside or stay inside.

**Physical Activity Opportunities Before and After School:** Students have opportunities for physical activity through a range of before and/or after school programs including, but not limited to, parish sports programs and community sports programs.

**Physical Activity and Punishment:** Teachers and other school and community personnel will not use physical activity (e.g. running laps, push-ups) as punishment. Other forms of discipline will be administered before depriving a student of recess or Physical Education class. Staff will engage students in redirection, one-on-one tasks with teacher PRIOR to decreasing recess time for student. The situation for recess time being removed could also be due to a student’s behavior demonstrated as unsafe to themselves or others.

**Safe Routes to School:** SPCS will assess and, if necessary, to the extent possible, make needed improvements to make it safer and easier for students to walk and bike ride to school.

**Use of School Facilities Outside of School Hours:** School spaces and facilities are available to students, staff and community members before and after school hours. School policies concerning safety apply at all times.

### C. Other School-Based Activities

#### Goals:

- SPCS will limit the use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages as rewards for academic performance of good behavior, and will not withhold food as a punishment. Rewards offered include: extra recess time, small toys, books, bookmarks, water bottles, stickers, bracelets, etc.
- The school encourages parent organizations to consider healthy food or non-food fundraisers. Current SPCS class fundraisers include: SPCS Reverse Raffle, PTO Flower sale, 5th and 6th grade Chicken BBQ meal, 3rd and 4th grade Flower Bulb Sale.
- SPCS supports parents’/guardians’ efforts to provide a healthy diet and daily physical activity for their children. Parent education on nutrition and the benefits of physical activity will be offered/communicated through newsletters and meetings during the course of the school year.
- Teachers will be offered training in nutrition as needed, and in physical activities conducive to learning and appropriate for classrooms.

- Parents are encouraged to pack healthy lunches and snacks and refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages. Healthy snack options are presented to parents at orientation and is available through a document titled, “Healthy School Snacks”. The information sheet lists examples such as: fruits, vegetables, healthy grains, low-fat dairy foods, trail mix, and reduced sodium lunch meats.
- SPCS encourages teachers and parents to provide healthy snacks, and to minimize sugary treats for classroom celebrations.
- SPCS does not allow students to engage in the use of electronics (cell phones, hand held electronics, electronic reading devices, etc. during school hours. SPCS does not encourage recreational screen time.
- SPCS will provide parents with information regarding various community sports opportunities by means of notices and registration forms.

## II. NUTRITIONAL GUIDELINES FOR ALL FOODS AND BEVERAGES SOLD AND SERVED AT SPCS

### A. School Meals

Meals served will:

- Be appealing and attractive to children.
- Be served in a clean and pleasant setting.
- Follow nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services and the U.S. Department of Agriculture.
- Offer a variety of fruits and vegetables.
- Offer a variety of fresh fruits and vegetables.
- Serve only low fat (1%) white milk, or low fat chocolate milk
- Incorporate whole grains into meal plans.
- Offer water with each meal.
- Be sensitive to students with peanut allergies and provide peanut-free training to faculty and staff along with a separate “peanut free” table for students with peanut allergies.



## B. Meal Times and Scheduling

SPCS will:

- Provide breakfasts that are fully accessible to all students.
- Provide students with at least 15 minutes for breakfast.
- Provide students with at least 20 minutes for lunch.
- Schedule meal periods at appropriate times.
- Avoid schedule tutoring or other activities during mealtime unless students may eat during such activities.
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- Take reasonable steps to accommodate the tooth-brushing regimen of students with special oral needs (e.g. orthodontia or high tooth decay risk)
- Provide training to food service staff to respond quickly and effectively to food related emergencies

## C. Food Service Program

SPCS's food service program will approve and provide all food and beverages served. SPCS does not have vending machines, pop machines, nor does it provide optional ala carte items.

## III. GUIDELINES FOR REIMBURSABLE SCHOOL MEALS (NATIONAL SCHOOL LUNCH PROGRAM)

### A. Free and Reduced-Price Meals

SPCS will continue to follow the state and federal guidelines and procedures for reimbursement for school breakfast, lunch or special milk programs. Every effort is made to maintain the non-identification of students who are eligible for free and reduced-price meals. Meals will be provided for all children, regardless of income, and promote the availability of school meals to all students.

The Food-Based Menu Patterns for lunch in grades K-8 must include weekly:

- 5-8 oz. of fluid milk (low-fat plain must be offered)
- 2½ cup fruits
- 3¾ cup vegetables
- 9 oz. of meat or meat alternate
- 8 oz. serving of grain/bread

Offer vs. Serve Program

- Offer vs. Serve program is implemented for grades Four-Eight. This allows students to choose at least three of the five items offered on the lunch menu. An example of this benefit: If a child has a milk allergy, he/she child can choose an option that does not include milk. The cafeteria manager will *offer* the full menu or will *serve* students their “choice” of at least three (3) of the five (5) items on the menu. There are requirements regarding fruits and vegetables. Of the three (3) items taken, one (1) must be a fruit and/or vegetable.

Salad Bar

- A salad bar is available daily for students in grades Four through Eight.

#### IV. PLAN FOR MEASURING IMPLEMENTATION OF THE SPCS WELLNESS POLICY

The principal will ensure that SPCS complies with its nutrition and physical activity wellness policy. SPCS cafeteria manager will ensure compliance with nutrition policies with the food service areas and will report on this matter to the principal. Each classroom teacher will implement the health objectives, nutrition objectives, and physical education objectives as stated for their grade level in the Toledo Diocesan Graded Course of Study for Health, Science and Physical Education. Each teacher will report on those objectives to the principal.

##### A. Assessment

The following means of assessment will be utilized in order to evaluate SPCS Wellness Policy:

- Students will keep a food/exercise log for a specific week at the beginning and end of the school year as part of Health and Physical Education classes at the discretion of their teachers.
- Sixth Grade students will share “no food waste” education with student body after their fall Camp Storer trip.

- Students will be taught to monitor their heart rates as part of Health and Physical Education classes at the discretion of the teachers.
- Faculty and staff will be encouraged to log/record and chart pedometer readings weekly.

#### B. Policy Review

The Wellness Committee of SPCS will revisit the School Wellness Policy annually to revise, update or amend the policy as needed.

### V. ADDITIONS TO SCHOOL CULTURE SINCE ADOPTION OF SCHOOL WELLNESS POLICY

#### A. Physical activities include:

- “Just Run” program was implemented that challenged each student/classroom including faculty and staff members to walk or run during the week. Points for mileage were tallied and a large map was posted in the school hallway to track the mileage. The winning team “traveled” from California to Boston. We look forward to holding this challenge again at the discretion of the Physical Education teacher.
- Our Wellness Instructor holds snowman-building contests at least once during snow days to encourage families to go outside during the winter month as weather permits.
- Offer vs. Serve program has been implemented.
- Faculty and staff are invited to walk together after school.

### VI. AREAS TO ADDRESS

#### A. Wellness Committee members

- New members were discussed and candidates have been approached to serve.
- School Advisory Council and faculty/staff will review individual portions of the policy at monthly meetings. Policy will be shared with school families. Wellness Committee will meet annually as proposed.