

Sacred Heart School
Boone, IA

Wellness

Sacred Heart School promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. Sacred Heart School supports a healthy environment where students learn and participate in positive dietary and lifestyle practices.

Sacred Heart School will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. Sacred Heart School will support and promote proper dietary habits contributing to students' health status and academic performance. The entire school environment will positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

Nutrition Education and Promotion:

Sacred Heart School will provide nutrition education and engage in nutrition promotion that:

- is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and physical activity;
- links with meal programs, other foods and nutrition-related community services; and,
- includes training for teachers and other staff.

Physical Activity:

Sacred Heart School will provide physical education that:

- is taught by a certified physical education teacher;
- includes students with disabilities; students with special health-care needs may be provided in alternative educational settings; and,
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

Sacred Heart School will provide recess for K-4 students that:

- is at least 30 minutes a day;
- is preferably outdoors; and
- encourages moderate to vigorous physical activity.

Sacred Heart School will provide a 15 minute daily recreation time for grades 5-8 students

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Employees should not use physical activity (running or walking laps, pushups) or withhold opportunities for physical activity (recess, physical education) as punishment.

Other School-based Activities that Promote Student Wellness

Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, Sacred Heart School will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- discourage sedentary activities, such as watching television, playing computer games, etc.;
- provide opportunities for physical activity to be incorporated into other subject lessons; and,
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Communication With Parents

Sacred Heart School will support parents' efforts to provide a healthy diet and daily physical activity for their children. Sacred Heart School will:

- share nutrition information in newsletters or on the school website;
- encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;
- provide parents a list of foods that meet the schools' snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities;
- provide information about physical education and other physical activity opportunities before, during and after the school day;
- support parents' efforts to provide their children with opportunities to be physically active outside of school; and,
- include sharing information about physical activity and physical education through a newsletter or the school website.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. Sacred Heart School will:

- limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;
- prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages;
- promote health foods, including fruits, vegetables, whole grains, and low-fat dairy products; and market activities that promote healthful behaviors.

Staff Wellness

Sacred Heart School values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle.

Sacred Heart School will:

- continue to have a staff wellness coordinator.
- encourage all employees to participate in the Diocesan sponsored wellness program.

Nutrition Guidelines for All Foods Available on Campus

School Meals

Meals served through the National School Lunch Program will:

- be appealing and attractive to children;
- be served in clean and pleasant surroundings;
- meet, at a minimum, nutrition requirements established by local, state and federal law;
- offer a variety of fruits and vegetables;
- serve low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA; and, ensure that whole grain products are served.

Free and Reduced-Priced Meals

Sacred Heart School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals.

Toward this end, Sacred Heart School will:

- utilize electronic identification and payment systems; and
- promote the availability of meals to all students.

Meal Times and Scheduling

Sacred Heart School will:

- schedule meal periods at appropriate times
- provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (orthodontia, high decay risk).

Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of Sacred Heart School responsibility to operate a food service program, the Sacred Heart School will:

- provide continuing professional development for all nutrition professionals; and
- provide staff development programs and/or training programs for food service director, kitchen managers and cafeteria workers, according to their levels of responsibility.

Food Safety

All foods made available on campus adhere to food safety and security guidelines.

- All foods made available through food service comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

- For the safety and security of the food and facility, access to the food service operations are limited to food service staff and authorized personnel.

Sharing of Foods

Sacred Heart School discourages students from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some children's diets. This notice will be posted in the lunchroom.

Foods Sold Outside the Meal

The food service program will approve and provide all food and beverage sales to students at Sacred Heart School.

Secondary Schools: In middle school, all foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte lines will meet the following nutrition and portion size standards):

Beverages

- Water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free milk and nutritionally equivalent nondairy beverages (as defined by the USDA).

Foods

A food item sold individually:

- Will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10 percent of its calories from saturated and trans fat combined;
- Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, baked goods and other snack items; and
- Will have no more than 35 percent of its weight from added sugars.

Portion Size

- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Snacks, Rewards, Celebrations, Fundraising

- Snacks served during the school day will make a positive contribution to children's diets and health. Sacred Heart School will disseminate a list of suggested snack items to teachers and parents.
- Sacred Heart School will discourage the use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through meals) as a punishment.
- The school will be encouraged to evaluate their celebration practices that involve food during the school day. Sacred Heart School will disseminate a list of healthy party ideas to parents and teachers.

- School fundraising groups will be encouraged to use non foods or foods that are compliant to or compliment the school's wellness policies.

PLAN FOR MEASURING IMPLEMENTATION

Monitoring

The Principal and Food Service Director will ensure compliance with established school-wide nutrition and physical activity wellness policies.

In Sacred Heart School:

- The principal will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent annually; and,
- Food service staff, at the school or system level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the administration.
- Sacred Heart School Food Service Director will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.
- A summary report will be developed every three years on school-side compliance with the school system's established nutrition and physical activity wellness policies; and,
- The report will be provided to the Sacred Heart School Board and be made available to parents, teachers, principals and health services personnel.

Policy Review

Sacred Heart School will conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices. The results of the school assessment will be compiled to identify and prioritize needs.

Assessment will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, Sacred Heart School will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. Policies and plans will be revised as necessary to facilitate their implementation.

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