

## **St. Brigid of Kildare School Wellness Policy**

Saint Brigid of Kildare School believes that it is essential to educate the whole child academically, spiritually, physically, socially, and emotionally. To accomplish this goal our school aims to teach, encourage, and support a healthy lifestyle for students and staff while embracing reverence for life, self-respect, and respect for others. Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. This policy outlines our approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day.

Saint Brigid of Kildare Wellness Policy can be located on the school website.

### **School Wellness Committee**

This committee will be composed of a school administrator, several teachers, students, and staff (including school nurse, nutrition services director, physical education teacher, guidance counselor). Parents, a dietitian, and a pediatrician or pediatric nurse practitioner also serve on the committee. The committee meets monthly during the school year (with the exception of September and January). The committee is composed of 4 working sub-committees representing our areas of focus: school food; physical activity; wellness education; and school garden. The committee serves in an advisory capacity.

### **Setting Goals for Nutrition Education**

Saint Brigid of Kildare School aims to teach, encourage, and support healthy eating by students. As a school community we will provide nutrition education that:

- Follows the sequential, comprehensive, standards-based program outlined in the diocesan health and science courses of study.
- Promotes the consumption of nutrient-dense fruits, vegetables, whole grains, low-fat and fat-free dairy products and lean protein. It also promotes healthy food preparation methods and health-enhancing nutrition choices.
- Emphasizes the relationship between calorie intake and energy expenditure (physical activity).
- Teaches media literacy with an emphasis on food marketing.
- Includes educational displays encouraging healthy food choices in the cafeteria.
- Involves the school garden as a classroom for learning about food production.
- Encourages school staff to practice healthy eating and physical activity behaviors.

### **Setting Goals for Physical Activity**

As a school community, Saint Brigid of Kildare School aims to provide and stress the importance of physical activity by:

- Following the standards-based diocesan physical education course of study.
- Providing physical education classes at a minimum of once per week for all students.
- Incrementally increasing the time spent in physical education class as grade levels progress (minimum of 30 minutes/week).
- Including recess (minimum of 20 minutes/day) in the schedule of every student. Recess will be outdoors whenever possible. All students will be encouraged to be active during this time. Teachers and recess monitors will serve as role models by being physically active alongside students whenever possible. Organized games as well as the opportunity to participate in Walking Club will be available during recess whether indoor or outdoor.
- Posting open gym times for classroom teachers use by schedule in Teacher Share.
- Understanding that recess will complement, not substitute, Physical education class
- Not restricting recess as a disciplinary method.
- Encouraging students to participate in school or community extracurricular programs outside of the school day.
- Offering enrollment in diocesan athletic programs for students in grades 4 - 8.
- Offering after-school programs (ALSO) at Saint Brigid that encourage physical activity, such as Jump Rope Club and Go Wolfhounds Go

### **School Food Nutrition Standards**

Foods offered/sold at Saint Brigid of Kildare School will:

- Be appealing and attractive to students and served in a clean and pleasant setting.
- Meet, at a minimum, the nutrition requirements established by state and federal regulations for portion size and nutritional value as detailed by the National School Lunch Program and the Ohio Department of Education.
- Include a variety of foods from the 5 food groups: fruits, vegetables, whole grains, dairy, and protein.
- Include fat-free and low-fat milk with school lunch and available for purchase for those students bringing lunch from home.
- Be offered (not served) to students. Students must choose a meal representing at least 3 food groups and must include at least one fruit ( $\frac{1}{2}$  cup) or one vegetable ( $\frac{3}{4}$  cup). This requirement applies to a tray lunch and a salad bar lunch.
- Be periodically reviewed by a survey of parents and students.
- Include access to drinking water during lunch for all students. Students are encouraged to have capped water bottles for hydration throughout the day.
- Not allow student access to vending machine beverages.
- Include classroom snack breaks when determined appropriate by teacher based on lunch schedule. Parents will be educated and encouraged to send healthy snacks to school.

School Lunch will:

- Be scheduled to provide nutrition and nourishment within an appropriate time frame from the start of the school day.
- Be scheduled following recess for a 30 minute period to allow for a minimum of 20 minutes of seated eating time.
- Provide students with access to handwashing/hand sanitizing prior to eating lunch/snacks.
- Not conflict with club or organizational meetings, tutoring sessions, or other activities.
- Discourage sharing of food and beverages during lunch and snack times.
- Offer a la carte foods for purchase to supplement purchased or packed lunch. These foods will have no more than 35% of its calories from fat (with no more than 10% of its fats from saturated fat and zero trans fat) and no more than 35% of its weight from added sugars.
- All items sold as a la carte will be approved by USDA Smart Snacks in Schools guidelines. Visit <http://www.regulations.gov> and search “Nutrition Standard for All Foods Sold in School”.

After-school Care Program will provide a snack daily. Snacks will be selected to add calories and nutrients to the diet of the children involved. Food will include fruits and vegetables as the primary snack with water as the primary beverage. Milk and/or other sources of dairy will also be included.

All food must follow USDA Smart Snacks in Schools guidelines.

Free and Reduced-price school meals will be available to all students who qualify. We will make every effort to eliminate any social stigma attached to the use of this program. Students who utilize this program will use the same electronic identification and payment system as all other students.

School Food Service Staff will receive continuing professional development. These programs will include certification and/or training programs for child nutrition directors and cafeteria workers according to their level of responsibility.

## **Setting Goals for Healthy School Environment**

Students learn best in an environment that includes clean and safe facilities for students and staff.

This is accomplished by the following:

- Classrooms will be vacuumed daily by janitorial staff.
- Common areas, hallways, and restrooms will be cleaned daily and as needed by janitorial staff.

- Repairs to the building will be completed by appropriate staff or contract workers in a timely manner.
- All doors to the school will be locked throughout the school day. Doors will have key card entry for staff. Security cameras will record entry to all doors.
- All visitors will be identified via camera and enter through the front door of the school. They will register in the school office and be identified by a visitor badge while in the building.
- Handwashing facilities will be readily available to students and staff.
- Lawn care and exterminating chemicals will be applied while students are not present.
- Communicable diseases will be tracked by the school nurse and reported to parents and the health department when appropriate.

### **Evaluation of Wellness Goals**

The Wellness Policy will be reviewed by the School Wellness Committee every three years for school-wide compliance and effectiveness. Revisions to the policy will be reviewed and approved by the principal and the School Advisory Committee.

Updated and approved November, 2017