

St. Nicholas Catholic School

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SECTION: PUPILS

TITLE: SCHOOL WELLNESS

ADOPTED: 08/25/2014

REVISED: 09/7/2022

SCHOOL WELLNESS	
1. Purpose	<p>St. Nicholas Catholic School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Administration of St. Nicholas Catholic School is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p>
2. Authority	<p>The Administration of St. Nicholas Catholic School adopted this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.</p> <p>To ensure the health and well-being of all students, the Administration establishes that St. Nicholas Catholic School with the cooperation of Northern Cambria School District shall provide to students:</p> <ul style="list-style-type: none">✓ A comprehensive nutrition program consistent with federal and state requirements.✓ Access at reasonable cost to foods and beverages that meet established nutrition guidelines.✓ Physical education courses and opportunities for developmentally appropriate physical activity during the school day.✓ Curriculum and programs for grades K-8 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

<p>3. Delegation of Responsibility</p>	<p>1. Provide adequate facilities and equipment to facilitate the health and well-being of all students.</p> <p>The Principal shall be responsible for monitoring the programs and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <ul style="list-style-type: none"> ✓ Assess school environment regarding school wellness issues. ✓ Evaluation of food services program in cooperation with Northern Cambria School District. ✓ Listing of activities and programs conducted to promote nutrition and physical activity. ✓ Recommendations for policy and/or program revisions based on feedback from staff, students, parents/guardians and community members. ✓ Wellness Committee suggestions for improvement and/or revision in specific areas. <p>The Administration shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment is made available to the public and is used to update the local wellness policy, as needed. This assessment shall be accessible and in an easily understood manner and include:</p> <ol style="list-style-type: none"> 1. The extent to which each district school is in compliance with law and policies related to school wellness. 2. The extent to which this policy compares to model wellness policies. 3. A description of the progress made by the district in attaining the goals of this policy. <p>St. Nicholas Catholic School shall annually inform including parents/guardians about the contents, updates and implementation of this policy via the school website and email. This annual notification shall include information on how to access the School Wellness policy; and a means of contacting Wellness Committee leadership.</p> <p>An assurance that district guidelines for reimbursable meals are not less restrictive than regulation and guidelines issued for schools in accordance with federal law shall be provided annually by the Northern Cambria School District Food Service Director.</p>
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<p>4. Guidelines</p>	<p><u>Wellness Committee</u></p> <p>The school shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Council member, Principal, district food service representative, student, parent/guardian, school nurse, physical education teacher, and community member.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Administration for adoption.</p> <p>The Wellness Committee shall serve as an advisory group regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Administration for adoption.</p> <p>The Wellness Committee will examine related research and laws, assess the current school environment to include physical, mental and social well-being of students, to raise awareness and promote programs to create a healthy lifestyle.</p> <p>The Wellness Committee will make policy recommendations to the Administration related to other health issues necessary to promote student wellness.</p> <p><u>Nutrition Education</u></p> <ul style="list-style-type: none">✓ The goal of nutrition education is to teach, encourage and support healthy eating by our students at St. Nicholas Catholic School. Promoting student health and nutrition enhances readiness for learning and increases student achievement. <p>Nutrition education will be provided within the Health and Physical Education curriculum according to the PA Standards and the curriculum of the Diocese of Altoona-Johnstown.</p> <ul style="list-style-type: none">✓ Nutrition education lessons and activities shall be age-appropriate. <p>Nutrition curriculum shall be behavior focused; teaching students to read nutrition labels and media awareness.</p> <ul style="list-style-type: none">✓ Nutrition education shall be integrated into other subjects such as math, science, language arts and social sciences to complement but not replace academic standards based on nutrition education.
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- ✓ Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
- ✓ The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development..
- ✓ Nutrition education shall extend beyond the school environment by engaging and involving families and the community.

Nutrition Promotion

- ✓ Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.
- ✓ St. Nicholas Catholic School staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

St. Nicholas Catholic School in cooperation with the Northern Cambria School District food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

- ✓ Consistent nutrition messages shall be disseminated and displayed throughout the district, schools, classrooms, cafeterias, homes, community and media.

St. Nicholas Catholic School shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

Physical Activity

- ✓ St. Nicholas Catholic School shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students according to the guidelines set by the Altoona-Johnstown Diocese.

St. Nicholas Catholic School shall contribute to the effort to provide students

opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.

- ✓ Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits such as recess, physical education classes and after school athletic programs.
- ✓ A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- ✓ Physical activity breaks shall be provided for students during classroom hours.

Physical Education

- ✓ A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards following the Diocese of Altoona-Johnstown was implemented. All students must participate in physical education.
- ✓ Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation is provided to students in PK – 8 at an age-appropriate level.
- ✓ A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime is provided to students in PK - 8 in the physical education program.
- ✓ A local assessment is in place to track student progress on the Health, Safety and Physical Education academic standards.

Students are active as much time as possible during a physical education class. Documented medical conditions and disabilities are accommodated during class.

- ✓ Safe and adequate equipment, facilities and resources are provided for physical education courses.
- ✓ Physical education is taught by a certified health and physical education teacher.

Other School Based Activities

- ✓ Drinking water is available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

Nutrition professionals who meet hiring criteria established by the Administration in cooperation with Northern Cambria School District and in compliance with federal regulations are in charge of the school lunch program. Professional development and continuing education is provided for district nutrition staff, as required by federal regulations.

- ✓ Adequate space is provided at St. Nicholas Catholic School for eating and serving school meals.
- ✓ Students are provided a clean and safe meal environment.
- ✓ Students are provided adequate time to eat: twenty (20) minutes sit down time for lunch.
- ✓ Meal periods are scheduled at appropriate hours, as required by federal regulations.
- ✓ Students have access to hand washing or sanitizing before meals and snacks.
- ✓ Nutrition content of school meals is available to students and parents/guardians by request..
- ✓ Goals of the School Wellness policy is considered in planning all school based activities.

Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.

- ✓ St. Nicholas Catholic School supports the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.
- ✓ St. Nicholas Catholic School maintains a healthy school environment in accordance with the district's healthy learning environment program and applicable laws and regulations.

Nutrition Guidelines for All Foods/Beverages at School

- ✓ All foods and beverages available at St. Nicholas Catholic School during the school day are offered to students with consideration for promoting student health and reducing obesity.

- ✓ Foods and beverages provided through the National School Lunch Program complies with established federal nutrition standards as decided by Northern Cambria School District.

Competitive Foods

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school lunch.

- ✓ All competitive foods available to students at St. Nicholas Catholic School shall comply with the established nutrition guidelines, as listed in the Student Wellness Plan

Fundraiser Exemptions

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Administrative regulations.

St. Nicholas Catholic School may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers. **Exempt fundraisers** are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.

St. Nicholas Catholic School shall establish administrative regulations to

implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

Non-Sold Competitive Foods

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by St. Nicholas Catholic School.

1. Rewards and Incentives:
 - ✓ Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message.
2. Classroom Parties and Celebrations:
 - ✓ Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom. Parents are encourage to send in non-food treats.
 - ✓ St. Nicholas Catholic School provides a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the district website, student handbook, newsletters, posted notices and/or other efficient communication methods.
3. Shared Classroom Snacks:
 - ✓ Shared classroom snacks are not permitted in school.

Marketing/Advertising

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established School Council policy and administrative regulations.

Exclusive competitive food and /or beverage contracts shall be approved by the School Council, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Management of Food Allergies

St. Nicholas Catholic School established administrative regulations to address food allergy management in the school in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Safe Routes to School

St. Nicholas Catholic School cooperates with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.

References:

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations –
7 CFR Part 210, Part 220