

Sacred Heart School

Wellness Policy

**Adopted 06/15/17
SHS Board of Education**

**Sacred Heart School
308 West Elm Avenue
Waseca, MN 56093**

Sacred Heart School Wellness Policy

Table of Contents

Preamble	3
School Wellness Committee	3-4
Wellness Policy Monitoring, Accountability, and Community Engagement	4
Nutrition	6
Physical Activity	9
Other Activities that Promote Student Wellness	10

Sacred Heart School Wellness Policy

Preamble

Sacred Heart School is committed to the optimal development of every student. Sacred Heart School believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines Sacred Heart School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in Sacred Heart School have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before and during the school day;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- Sacred Heart School establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff at Sacred Heart School.

I. School Wellness Committee

Committee Role and Membership

Sacred Heart School will convene a wellness committee (hereto referred to as the SHSWC) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the Sacred Heart School wellness policy (heretofore referred to as “wellness policy”).

The SHSWC membership will represent all school levels.

Leadership

The Principal will convene the SHSWC and facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy.

The name(s), title(s), and contact information (email address is sufficient) of these individual(s) are:

Name	Title	Email address	Role
LeAnn Dahle	Principal	dahle@sacredheartschoolwaseca.com	
Rebecca Schimming	Physical Education Teacher	schimming@sacredheartschoolwaseca.com	
Carly Broughten	Administrative Assistant	broughten@sacredheartschoolwaseca.com	
Marya Eustice	Head Cook	maryash@hickorytech.net	
Cindy Rieck	School Nurse	shswriek@hotmail.com	
Kara Deml	Parent/Board of Education	kara.deml09@gmail.com	

II. Wellness Policy Monitoring, Accountability, and Community Engagement

This wellness policy and the progress reports can be found at: www.sacredheartschoolwaseca.com

Recordkeeping

Sacred Heart School will retain records to document compliance with the requirements of the wellness policy in the Administration office at Sacred Heart School. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit SHSWC membership from the required stakeholder groups; and (2) These groups’ participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for Sacred Heart School;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy and annual progress reports are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

Sacred Heart School will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the school in meeting wellness goals. This annual report will be published yearly in August. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of our school's progress in meeting the wellness policy goals;
- A summary of our school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the SHSWC.

Sacred Heart School will actively notify households/families of the availability of the annual report.

The SHSWC, will establish and monitor goals and objectives for each of the content-specific components listed in Sections III-V of this policy.

Revisions and Updating the Policy

SHSWC will update or modify the wellness policy based on the results of the annual progress reports and/or as School priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be reviewed on an annual basis.**

Community Involvement, Outreach, and Communications

Sacred Heart School is committed to being responsive to community input, which begins with awareness of the wellness policy. Sacred Heart School will actively communicate ways in which representatives of SHSWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for the school. Sacred Heart School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. Sacred Heart School will use electronic mechanisms, such as email or displaying notices on the Sacred Heart School website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Sacred Heart School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.

Sacred Heart School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. Sacred Heart School will also use these mechanisms to inform the community about the availability of the annual reports.

III. Nutrition

School Meals

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Sacred Heart School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and *the Special Milk Program*. Sacred Heart School is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (Sacred Heart School offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using at least five of the following Smarter Lunchroom techniques:
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - White milk is placed in front of other beverages in all coolers
 - Daily announcements are used to promote and market menu options
 - *Menus will be posted on the school websites.*
 - *Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.*
 - *Sacred Heart School child nutrition program will accommodate students with special dietary needs.*
 - *Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets HSP Gold level). Students are served lunch at a reasonable and appropriate time of day.*
 - *Lunch will follow the recess period to better support learning and healthy eating.*
 - *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. Sacred Heart School will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Celebrations and Rewards

All foods offered at Sacred Heart School will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. Sacred Heart School will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the Alliance for a Healthier Generation and from the USDA.
2. Sacred Heart School will provide healthy snacks that meet Smart Snacks nutrition standards.
3. Rewards and incentives. Sacred Heart School will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
4. Exceptions will be made for special occasions at the SHSWC's discretion.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school grounds during the school day. The School will make available to parents and teachers a list of healthy fundraising ideas [*examples from the Alliance for a Healthier Generation and the USDA*].

- *Schools will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).*

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. Students and staff will receive consistent nutrition messages throughout the school, classroom, gymnasium, and cafeteria. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

Sacred Heart School will promote healthy food and beverage choices for all students throughout the school, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that Sacred Heart School may use are available at www.healthiergeneration.org/smartsnacks.

Food and Beverage Marketing

Sacred Heart School serves students preschool through fourth grade. Therefore the school does not market or sell food. The school does not have a snack bar, concession stand or vending machines on campus. This section does not apply to our situation.

Nutrition Education

Sacred Heart School aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is 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 integrated into other classroom instruction through subjects such as math, science, language arts, social sciences;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise)

Essential Healthy Eating Topics in Health Education

Sacred Heart School will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

USDA's Team Nutrition provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

IV. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity. Sacred Heart School will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld**. Sacred Heart School administration will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, Sacred Heart School will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Sacred Heart School will conduct necessary inspections and repairs.

Physical Education

Sacred Heart School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. Sacred Heart School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Sacred Heart School students in each grade will receive physical education for at least 90-120 minutes per week throughout the school year.

- *Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.*
- *All physical education classes at Sacred Heart School are taught by licensed teachers who are certified or endorsed to teach physical education.*

Recess Sacred Heart School will offer at least **25 minutes of recess** on all or most days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating.

Outdoor recess will be offered when weather is feasible for outdoor play. Students will be allowed outside for recess except when outdoor temperature is below school-set temperature, inclusive of wind chill factors, during, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.

In the event that Sacred Heart School must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models.

Physical Activity Breaks

Sacred Heart School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. Sacred Heart School recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Sacred Heart School will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

V. Other Activities that Promote Student Wellness

Sacred Heart School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. Sacred Heart School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the SHSWC.

Community Health Promotion and Engagement

Sacred Heart School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Sacred Heart School will use electronic mechanisms (such as email or displaying notices on the Sacred Heart School website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or

sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

Sacred Heart School will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

Professional Learning

When feasible, the Sacred Heart School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help Sacred Heart School staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing Sacred Heart School reform or academic improvement plans/efforts.

Civil Rights Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [TRANSIT - HYPERLINK](#)

[.http://www.ocio.usda.gov/sites/default/files/docs/2012/Complain_combined_6_8_12.pdf](http://www.ocio.usda.gov/sites/default/files/docs/2012/Complain_combined_6_8_12.pdf). [USDA Program Discrimination Complaint Form](#), (AD-3027) [TRANSIT - HYPERLINK](#)

[.http://www.ascr.usda.gov/complaint_filing_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html). [found online](#) at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

(2) fax: (202) 690-7442; or

(3) email: [TRANSIT - HYPERLINK .mailto:program.intake@usda.gov](mailto:program.intake@usda.gov). program.intake@usda.gov

This institution is an equal opportunity provider.