

**St. Stanislaus School  
Wellness Policy  
On  
Physical Activity  
&  
Nutrition**

St. Stanislaus School  
6410 Route W  
Wardsville, MO  
2023-2024

St. Stanislaus School is committed to the optimal development of every student. St. Stanislaus School believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, a positive, safe, and health-promoting learning environment must exist at every level and in every setting throughout the school year.

### **School Wellness Committee**

The School Wellness Committee will meet at least twice per year to establish goals and oversee school health and safety policies and programs.

The School Wellness Committee will include, but not be limited to: parents and caregivers; students; cooks; physical education teacher; health education teachers; school administrator; school board member; health professionals; and the general public.

The school administrator will serve as the coordinator to implement, oversee updates, and ensure compliance with the policy.

### **Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

#### **Annual Progress Reports**

St. Stanislaus School will compile and publish an annual report at the end of the school year which will include the following:

- The website address for the wellness policy and how the public can access a copy
- A report on the progress of the wellness policy goals
- A summary of events related to wellness policy implementation
- Information on how individuals and the public can get involved

#### **Triennial Progress Assessments**

At least once every three years, an assessment will be conducted to ensure compliance, to compare to other model wellness policies, and to evaluate progress toward goals.

#### **Revisions and Updating the Policy**

The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

## **Community Involvement, Outreach, and Communications**

St. Stanislaus School is committed to involving the community and informing them of the wellness policy by:

- Posting the policy on the website
- Collaborating with the local community to provide educational opportunities
- Providing nutritional information for the lunch program
- Communicating information through newsletters, parish bulletin, local media, and emails

## **Nutrition**

### **Nutrition Guidelines**

The school is committed to ensuring that all foods and beverages sold, provided or made available to students on school campus during the school day support healthy eating and create an environment that reinforces the development of healthy eating habits. For that reason, and as required by law, the district has set the following nutrition standards for its meal programs and other foods and beverages provided or made available to students during the school day.

For the purposes of this procedure, the school day is the time period from the midnight before to 30 minutes after the official school day. These meal standards do not apply to food sold at other times, such as evening or weekend events.

### **Nutrition Standards for Meal Programs**

The food sold to students as part of the district's meal programs will meet the requirements of the U.S. Department of Agriculture (USDA).

### **Fundraising Exemption to Nutrition Guidelines**

Unless otherwise prohibited by Board policies or limitations on marketing, the following are exemptions to the rule requiring that foods sold as fundraisers meet USDA standards:

1. Foods sold off campus, outside the school day or to nonstudents do not have to meet the USDA standards.
2. Foods that do not meet USDA standards and are not intended for consumption at school may be delivered during the school day, and order forms for such food may be distributed during the school day, to the extent that these activities otherwise comply with district policies and procedures.

3. Each school building within the district may hold up to five one-day fundraisers per school year on district property during the school day that involve the sale of foods that do not meet USDA standards.

### **Nutrition Standards for Foods and Beverages Provided to Students during the School Day**

All foods and beverages the district provides or makes available to students during the school day will meet or exceed the Smart Snacks nutrition standards.

Food and beverages should not be used as a reward or withheld as punishment.

### **School Meals**

St. Stanislaus school is committed to serving healthy meals to children by following the recommendations as outlined in the USDA National School Lunch Program (NSLP). These meals are accessible to all students, appealing and attractive to children, and are served in clean and pleasant settings.

St. Stanislaus School promotes healthy food and beverage choices through the following:

- Sliced, cut, or dried fruit is available daily.
- Daily fruit options are displayed in a location in the line of sight and reach of students.
- Fruits and vegetable options are displayed in visuals.
- 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 the cooler.
- Menus are displayed in classrooms.
- Weekly menus are posted on the school website and on FACTS for families to view.
- The child nutrition program will accommodate students with special dietary needs.
- Students are given 20 minutes to eat.
- Water is available.
- 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.

### **Smart Snacks**

The LEA does not currently sell food outside of school meal programs. Smart Snacks standards will be followed if ever sold in the future.

## **Water**

Students will have access to safe and unflavored drinking water throughout the school day in every district facility used by students. Free, safe and unflavored drinking water will be available to students during mealtimes in the places where meals are served.

## **Competitive Foods and Beverages**

St. Stanislaus School is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. Nutritious snacks are provided in the Preschool and After School Care program.

## **Celebrations and Rewards**

St. Stanislaus School will encourage parents and teachers to provide healthy foods for celebrations and rewards.

## **Fundraising**

St. Stanislaus School will limit school fundraisers that involve food.

## **Nutrition Promotion**

St. Stanislaus School will promote healthy food and beverage choices for all students as well as encourage participation in school meal programs.

## **Nutrition Education**

St. Stanislaus School aims to teach and encourage healthy eating by providing nutrition education that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is integrated into other classroom instruction.
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.
- Emphasizes caloric balance between food intake and energy expenditure.
- Includes nutrition education training for teachers and other staff.

## **Essential Healthy Eating Topics in Health Education**

St. Stanislaus School will include in the health education curriculum on healthy eating by following the Health Curriculum of Jefferson City Diocese found at the following website: <https://diojeffcity.org/wp-content/uploads/2022/09/2022-DJC-Science-Cover-Page.pdf>.

## **Food and Beverage Marketing in Schools**

St. Stanislaus School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

## **Physical Activity**

### **Physical Education**

All students in grades Pre-K 3-3 will receive physical education for 60 minutes per week. All students in grades 4-8 will receive physical education for 90 minutes per week. Students will spend at least 50 percent of the PE class participating in moderate to vigorous physical activity. St. Stanislaus School will follow the Physical Education Curriculum of the Jefferson City Diocese.

### **Recess/Movement**

St. Stanislaus School will offer at least 20 minutes of supervised recess per day to students in grades 5-8. Students in Pre-K 3- 4 will be offered a minimum of 35 minutes per day. Outdoor recess will be offered when weather is feasible. Teachers will incorporate movement and kinesthetic learning into instruction when possible.

### **Before and After School Activities**

St. Stanislaus School offers opportunities for students to participate in extracurricular physical activity such as Central Missouri Parochial Athletic League. The after school care program encourages daily periods of moderate to vigorous physical activity. Some of the inside activities include running laps in the gym, relay races, volleyball, soccer, basketball, sack races, and limbo. When outside, students play on the playground sets, play football, tag, or kick ball.

### **Staff Wellness and Promotion**

The staff will be encouraged to promote and model physical activity and healthy eating in their own lives.

### **Professional Learning**

All school nutrition program staff will meet or exceed hiring and annual continuing education/training USDA requirements.

When feasible St. Stanislaus 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.

## **Policy Review**

The wellness program coordinators will provide policy revision recommendations to the School Advisory Board as part of the periodic report. The recommendations will be based on analysis of the compliance indicators and comparison of the district's policy to model policies provided, recommended or referenced by the USDA. The School Advisory Board will revise the wellness policy as it deems necessary. Administrative procedures will be revised accordingly.