

**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.

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name St. Stanislaus School

Reviewer T.Lloyd, S.Eggen, S.Baker

School Name St. Stanislaus

Date 04/12/2024

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

Yes No I. Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

Administrators School Food Service Staff P.E. Teachers Parents
 School Board Members School Health Professionals Students Public

We have a designee in charge of compliance.

Name/Title:

We make our policy available to the public.

Please describe:

We measure the implementation of our policy goals and communicate results to the public.

Please describe:

Our district reviews the wellness policy at least annually.

Yes No II. Nutrition Education

Our district's written wellness policy includes measurable goals for nutrition education.

We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in: Elementary School Middle School High School

Yes No III. Nutrition Promotion

Our district's written wellness policy includes measurable goals for nutrition promotion.

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition, calorie, and sodium content information with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

We provide teachers with samples of alternative reward options other than food or beverages.

We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program: Before School In the Classroom Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

Yes No **V. Physical Activity**

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

Yes No **VI. Other School Based Wellness Activities**

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on: Nutrition Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling /environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

We are reinvigorating the wellness policy as it has been dormant in previous years. The Wellness team along with the teachers and administration is committed to adhering to the new policy and expanding on it going forward.

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name	Tracie A. Lloyd	Position/Title	Food Service Director
Email	traciel@ststan.net	Phone	573-636-7802