

St. Rose of Lima School
Cuba City, WI
Wellness Policy

PURPOSE:

St. Rose of Lima School is committed to the optimal development of every students. We believe students should have the opportunity achieve person, academic, developmental, and social success.

Our goal is to create a positive, safe, and health conscious learning environment for our students.

This policy outlines St. Rose School's approach to ensuring environments and opportunities for all students to practice healthy eating habits and physical activity behaviors throughout the school day.

SCHOOL MEALS:

St. Rose of Lima School is committed to serving healthy meals to children. Meals will include plenty of fruits, vegetables, whole grains, and fat free and low fat milk, moderate sodium levels, foods low in saturated fat, and zero grams of trans-fat per serving (based on nutrition label or manufacturer's specification).

Our school participates in the USDA National School Lunch Program.

GUIDELINES:

- All school meals are accessible to all students.
- Our school offers reimbursable school meals that meet USDA nutrition standards.
- Drinking water is available to all students throughout the school day including mealtimes.
- Students will be allowed at least 20 minutes to eat lunch beginning from the time they are seated with their lunch.
- Lunch will follow recess to better support learning and healthy eating. All school nutrition program staff will meet or exceed annual continuing education requirements.

NUTRITIONAL GUIDELINES:

- Food Items: Provide food options that are low in fat, calories, and added sugars. It is recognized that there may be special occasions when the school principal may allow deviations from these guidelines.
- Beverage Items: The sale of soda is prohibited during school hours. The sale of milk, water, or 100% real juice is permitted before and during school hours.
- Candy: The sale of candy during school hours is prohibited.
- Fundraising: All fundraising projects must be approved by school administration.
- Classroom Incentives: Teachers are encouraged to consider nonfood items as student incentives.

NUTRITION PROMOTION:

Students and staff will receive consistent nutrition messages throughout the school, classrooms, and gymnasium.

- Promote healthy food and beverage choices using at least ten Smarter Lunchroom techniques. Our school will implement at least one of the following four Farm-to-School activities:
 1. Local and regional products are incorporated into the school meal program;

2. Our school hosts a school garden;
3. School hosts field trips to local farms; and
4. School utilizes promotions or special events such as tastings, that highlight local and regional products.

NUTRITION EDUCATION:

St. Rose School aims to teach, model, encourage, and support healthy eating habits by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will include enjoyable, developmentally appropriate, culturally relevant, and participatory activities such as cooking demonstrations, promotions, taste testing, farm visits, and school gardens.
- Nutrition education will be included in the health curriculum. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, Language Arts, and social studies.
- St. Rose of Lima teaches students nutrition education using up to date nutrition information consistent with Dietary Guidelines for Americans.
- St. Rose School will include the following essential topics in the health education curriculum:
 - Food guidelines from MyPlate.
 - Reading and using WSDA's food labels.
 - Balancing food intake and physical activity.
 - Food safety.
 - Social influences on healthy eating, including media, family, peers, and culture.
 - How to find valid information or services related to nutrition and dietary behavior.
 - Resisting peer pressure related to unhealthy dietary behavior.
 - Influencing, supporting, and advocating healthy dietary behavior in self and others.



NUTRITION PROMOTION:

The health curriculum will educate students to develop knowledge, attitudes, skills and behaviors for life long healthy eating habits and physical activity.

Some topics covered as part of nutrition promotion include: eating habits, nutrients, dietary guidelines, MyPlate serving sizes, labeling weight problems, eating disorders, fad diets, food safety, consumer awareness, food allergies, and food sensitivities.

St. Rose of Lima School will provide students with physical education using age appropriate physical education based on national and state standards. All students will be provided equal opportunity to participate in physical education classes.

All St. Rose of Lima students will participate in physical education classes that meet state standards:

- All St. Rose elementary students in each grade will receive physical education for at least 60 minutes per week.
- All St. Rose middle school students are required to take physical education at one grade level.
- Students will be moderately to vigorously active for at least 50% of the class time.

PHYSICAL ACTIVITY:

Children and adolescents should participate in 60 minutes of physical activity every day. Students will be offered physical activity opportunities throughout the school day (not as a substitute for physical education classes).

- Physical activity during the school day includes: recess, physical activity breaks, and physical education class. Physical education activities should not be taken away as punishment.
- St. Rose of Lima offers at least 20 minutes of recess on most days of the school year.
- Outdoor recess will be offered when weather is feasible for outdoor play.
- The playground offers multiple opportunities for activities during recess.
- In the event that recess must be indoors, teachers promote physical activity to the extent practicable. Our school recommends teachers provide short physical activity breaks during the school day.
- St. Rose School offers opportunities for physical activities after school – volleyball, basketball, and track.

POLICY LEADERSHIP AND REPORTING REQUIREMENT:

The Principal of St. Rose of Lima school will oversee development, implementation, and evaluation of the wellness procedures and is authorized to designate a staff member with the responsibility to assure that wellness initiatives are followed in the school.

POLICY MONITORING AND IMPLEMENTATION:

- St. Rose of Lima School will convene a school wellness committee that meets annually to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness.
- The St. Rose Wellness Committee membership will include (to the extent possible) but will not be limited to: parents, students, physical education teacher(s), teachers, school administrators, and Education Commission members.
- At the start of each new school year, St. Rose School will review, and as needed update the policies listed here.
- The St. Rose of Lima Wellness Policy will be available on the school website.
- **This updated policy will take effect on January 21, 2019 and will be reviewed, assessed, and updated as indicated at least every three years.**