

St. Bartholomew Catholic School

Wellness Policy

Goal and Purpose

St. Bartholomew Catholic School promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the learning environment. The school contributes to the basic health status of children by facilitating learning through the support of good nutrition and physical activity.

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, 77% of children (9 to 19 years) do not meet their recommended dairy intake;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition food and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, parental and community participation is essential to the development and implementation of successful school wellness policies;

Thus, St. Bartholomew Catholic School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Guidelines

1. Nutrition Education

- a. School programs offer students in pre-kindergarten through grade 8 nutrition education that provides the knowledge the students need to adopt healthy lifestyles.
- b. Nutrition education is a component in the school curriculum.
- c. The staff responsible for providing the school-based nutrition and health education programs is adequately trained (i.e. through professional day, professional certification, access to appropriate professional and classroom resources).
- d. The school lunch program serves as a learning laboratory to teach and practice good nutrition.
- e. The school provides nutrition education and encourages healthy eating for families, both within the home and outside. Family members are engaged as a critical part of the team responsible for teaching children about health and nutrition. Nutrition and health information for families is provided by the school.

2. All food served on campus concurs with the intent of promoting student health and reducing childhood obesity

- a. Food and beverages offered over the course of the school week are nutrient dense, including whole grain products and fiber rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
 1. A variety of nutrient dense foods are offered to students at each meal always including low-fat milks, fruits/vegetables, meat/meat alternatives and grains.
 2. Food and beverages served during the school day include a variety of healthy choices that are of excellent quality, appealing to the students, and served at the proper temperature.
 3. Foods and beverages available during the school day should minimize the use of trans fats and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
 4. Salad bars or pre-packaged salads are available daily.
 5. Fruit is available at each meal.
 6. Food and Nutrition Services will encourage consumption of whole grain breads and cereals.
 7. Food and Nutrition Services offer low fat milks.
 8. Foods will comply with the current USDA Dietary Guidelines for Americans:
 - Total Fat shall be limited to no more than 30% of the total calories in the food product (excluding nuts, seeds and nut butters).
 - Saturated Fat shall be limited to no more than 10% of the total calories in the food product.
 - Sugar will not exceed 35% of the total weight of the food product (excluding fruits and vegetables).
 - Conscious effort should be made to limit the sodium content of foods.

9. Guidelines will be provided for parents on packing healthy lunches.
- b. If a la carte, vending, or other food sales are available, they shall include a variety of choices of nutritious foods, such as fruits, vegetables, low fat dairy items, and water.
 - c. Drinking water and hand sanitizing facilities should be conveniently available for students at all times.
 - d. A list of healthy food and non-food alternatives will be made available to parents and teachers for classroom celebrations and rewards. Food served in the classrooms will be obtained from approved sources, per Chapter 64E-11 of the *Florida Administrative Code*.
 - e. Schools will encourage fundraisers that promote health habits such as the sale of non-food and nutritious food items as well as fundraising to support physical activity events.
 - f. Food and beverages sold at events during school hours must be obtained from approved sources, per Chapter 64E-11 of the *Florida Administrative Code*, and reinforce the importance of healthy choices.
 - g. Snacks and rewards provided in after-care programs should reinforce the importance of healthy choices and food alternatives.

3. Physical Activity and Other School Based Activities

- a. The school will provide the opportunity for every student to receive regular, age-appropriate, quality physical education for the required amount of minutes as stated in the district's guidelines.
- b. The school provides daily opportunities for physical activities in which the students are encouraged to participate.
- c. All physical education classes will be taught by certified physical education teachers and designed to build interest and proficiency in skills, knowledge, and attitudes essential to a life-long, physically active lifestyle.
- d. The physical education curriculum will be coordinated with health education curriculum.
- e. Physical education curriculum will provide safe and satisfying physical activity for all students including those with special needs.
- f. The school will provide at least 15 minutes of daily recess on days that they do not have physical education.
- g. The school will not use participation in physical education class or recess as a way to punish or discipline students.
- h. After-school programs will include supervised, age-appropriate physical activities that appeal to a variety of interests.

- i. Schools will disseminate information for parents to help them promote and incorporate physical activity and healthy eating into their children's lives.

Additional School Goals:

1. The school will ensure that students who receive free or reduced priced meals are not treated differently from other students or identified by their peers.
2. All Food and Nutrition Services personnel have adequate pre-training and participate in on-going professional development in the areas of sanitation, school food service essentials, nutrition and quantity cooking.
3. The school will provide menus that meet the requirements of the USDA for school meals, and over the course of a week, meet the nutritional standards recommended by the *Recommended Dietary Allowances* or equivalent.
4. Affective food safety practices are plied to all foods prepared, sold and served through the Food and Nutrition Services of the school.
5. Meals are scheduled as close as possible to the middle of the day. Dining areas will maintain hygienic standards, appear cheerful, and will be appropriately supervised.
6. Families are encouraged to be involved and address food and nutrition issues.
7. We assure that the guidelines for reimbursable school meals shall not be less restrictive.

Evaluation and Accountability

1. The school is responsible for identifying an individual or group responsible for implementation of the School Wellness Policy.
2. The Wellness Policy Committee will convene quarterly to assess whether policies are effective in improving student health. At least one student and one parent will each be a representative on the committee.
3. Wellness Policy Committee will annually determine wellness promotion objectives based on results of the annual Wellness Policy Evaluation and report the effectiveness of the policy and recommended revisions if necessary, to the Principals Advisory Committee of the Archdiocese.
4. BMI screenings are conducted two times per year. In addition, parent and student surveys are administered in September and April of each school year.

Adopted on the following date:
September 18, 2010

Governing Authority for SBCS
Christine Gonzalez
Principal

Wellness Policy Committee Members:

Denise Perera, Assistant Principal
Christine Gonzalez, School Board Member
Cathy Forbes, Food Service Coordinator
Nataly Proctor, Parent
Desiree Boisson, Student Council President
Grace Okerson, Student Council Vice President