



ST. MARY'S SPRINGS

Academy

Preschool † Elementary † Middle † High School

## **St. Mary's Springs Academy Health and Wellness Policy**

### **Policy Preamble**

St. Mary's Springs Academy (hereto referred to as the District) is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. The District believes that we need to create and support health-promoting learning environments throughout our schools, giving students the opportunity to achieve success. This policy outlines the District's approach to ensure all students practice healthy eating and physical activity behaviors throughout the school day.

### **Policy Leadership**

The designated official for oversight of the wellness policy is the District president. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

To assist in the creation of a healthy school environment, the District shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than two times during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy.

The District shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include:

- Administrator
- Board member
- Classroom teacher
- Physical education teacher
- School food service representative
- School nurse
- Community member/parent
- Medical/health care professional
- Nutrition and/or health education teachers
- School counselor

## **Nutrition Standards for All Foods**

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs

### *Standards and Guidelines for School Meals*

The District is committed to ensuring that:

All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (<https://www.fns.usda.gov/school-meals/nutrition-standards/nslp-meal-pattern>)

- All meals are appealing and attractive and served in clean and pleasant settings.
- Lunch shall be served between 10:40am -1:00pm.

In addition, the District's nutrition services shall:

- Notify parents of the availability of the lunch, and surrounding summer food programs and shall be encouraged to determine eligibility for reduced or free meals.
- Restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings.

### *Foods and Beverages Sold Outside of the School Meals Program*

- All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. (<https://www.fns.usda.gov/school-meals/nutrition-standards/smartsnacks> )
- The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

### *Marketing*

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

### *Foods Provided but Not Sold*

The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members., Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

## **Nutrition Education**

The District aims to teach, model, encourage, and support healthy eating by providing nutrition education. The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District.

## **Nutrition Promotion**

The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media. In addition, school nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment.

## **Physical Activity**

The District shall provide students with age and grade appropriate opportunities to engage in physical activity.

### *Physical Education*

Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions. All physical education classes are taught by licensed teachers who are certified to teach physical education.

## **Emotional and Social Wellness**

Our health education program focuses on the goal of "total health," including physical, emotional, spiritual, intellectual, athletic, social development, and overall well-being. In our program, wellness is our aim. Wellness is defined as actively making choices and decisions that promote good health. Staff will provide a comprehensive school counseling program that addresses the social and emotional wellness of each student through assessment, self-reflection and goal setting.

## **Faith and Catholic Identity**

As a Catholic School System, we place our faith in Jesus Christ, who is "the Way, the Truth, and the Life" and who came so that we might have "life in abundance." (John 10:10, 14:6). We believe that the fullness of life and true wellness is only found by drawing close to the Lord through participation in the Sacramental Mysteries of His Body, the Church. We seek the blessed life by imitating His lessons from the Beatitudes and His example of loving service on the Cross. All students, families, and staff are invited to participate in regular opportunities for worship, reflection, service, and education in the teachings of the Catholic Faith.

## **Other School Based Activities that Promote Wellness**

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.

### *Staff Wellness*

The District will implement the following activities below to promote healthy eating and physical activity among school staff.

- Application of Smart Snacks nutritional standards for foods and beverages in vending machines available to staff members.
- Administration of flu shots at school.
- Periodic screening at school for blood pressure, blood cholesterol, body mass index, and other health indicators.
- Annual administration of individual health-risk appraisals to help staff members establish personal health-improvement goals.

### *Community Engagement*

The District shall provide information on how the public can participate in the school wellness committee on an annual basis.

## **Monitoring and Evaluation**

The District wellness policy shall be updated as needed based on evaluation results, District changes, release of new health science information/technology, and/or issuance of new federal or state guidance.

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