

Assumption BVM School Student Wellness Policy –
Updated October 2019

Purpose

Assumption BVM School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The school administration is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Authority

To ensure the health and well-being of all students, the school administration establishes that the school shall provide to students: A comprehensive nutrition program consistent with federal and state requirements. Access at reasonable cost to foods and beverages that meet established nutrition guidelines. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.

Delegation of Responsibility

The Principal or designee shall be responsible to monitor the schools programs and curriculum is compliant with this policy, related policies and established guidelines or Diocesan regulations. The Principal or designee shall report to the Diocesan official regarding compliance in his/her school. Staff members responsible for programs related to school wellness shall report to the Principal or designee regarding the status of such programs. The lunch staff shall periodically report to the Principal on the school's compliance with law and policies related to school wellness. The report may include: Assessment of school environment regarding school wellness issues. Evaluation of food services program. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines. Listing of activities and programs conducted to promote nutrition and physical activity. Recommendations for policy and/or program revisions. Suggestions for improvement in specific areas.

Guidelines

The Principal or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall include: The extent to which the school is in compliance with law and policies related to school wellness. The extent to which this policy compares to model wellness policies. Progress made in attaining the goals of the wellness policy. August 2019 37 At least once every three (3) years, the school shall update or modify this policy as needed. The school shall annually inform and update parents/guardians and students/staff, about the contents, updates and implementation of this policy via the school website, student handbooks and/or other efficient communication methods.

Wellness Committee

The school shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School administrator, food service representative,

parent/guardian/school community, the physical education teacher and students. The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy.

Nutrition Education

The goal of nutrition education is to teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement. Assumption BVM School aims to teach, encourage, and support healthy eating by students. Schools should provide education and engage in nutrition promotion. Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives. Nutrition education lessons and activities shall be age-appropriate. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Consistent nutrition messages shall be disseminated and displayed throughout the school, classrooms, cafeteria, homes, and community. Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.

Physical Activity

The school shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. Age-appropriate physical activity opportunities, such as outdoor and indoor recess, shall be provided to meet the needs and interests of all students, in addition to planned physical education. August 2019 38 A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained. Extended periods of student inactivity, two (2) hours or more, shall be discouraged. Physical activity is an essential part of strengthening and conditioning and as such should not be perceived as a form of punishment.

Physical Education

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided. Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity. A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health enhancing physical activity shall be implemented. A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program. Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards. Students shall be moderately to vigorously active as much time as possible during a physical

education class. Documented medical conditions and disabilities shall be accommodated during class. Safe and adequate equipment, facilities and resources shall be provided for physical education courses. Appropriate professional development shall be provided for physical education staff.

Other School Based Activities

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day. School shall provide adequate space, as defined by the school, for eating and serving school meals. Students shall be provided a clean and safe meal environment. Meal periods shall be scheduled at appropriate hours. Shall have access to hand washing or sanitizing before meals and snacks.

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in school during the school day shall be offered to students with consideration for promoting student health and reducing obesity. Foods and beverages provided through the National School Lunch Program shall comply with established federal nutrition standards. Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

Competitive Foods

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers. Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch. For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

Fundraiser Exemptions

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations. The school may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.

Non-Sold Competitive Foods

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the school. August 2019 40 If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

1. Rewards and Incentives: Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.). If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:
2. Classroom Parties and Celebrations: a. Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties.
3. Shared Classroom Snacks:
 - a. Shared classroom snacks are not permitted in school.

The school shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the school website, student handbook, newsletters, posted notices and/or other efficient communication methods.

Marketing/Contracting

Any foods and beverages or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with administrative regulations. Exclusive competitive food and/or beverage contracts shall be approved by the administration, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.