

St. Brigid Catholic School
Wellness
Policy

Revised and Adopted January 2016



Wellness Policy Statements:

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 death in the United States, and major risk factors for these diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, only 62% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendation from the Food Guide Pyramid;

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

Therefore, St. Brigid Catholic School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activities.

- I. We pledge to engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing our school nutrition and physical activity policies.
- II. We pledge to offer our students opportunities, support, and encouragement to be physically active on a regular basis.
- III. We will educate and encourage families to provide nutritious snacks for the mid-morning or mid-afternoon breaks.
- IV. We will seek alternatives to using food as a reward for behavior or outstanding work.
- V. We will educate and encourage our room parents and parent volunteers to serve nutritious snacks and foods during classroom holiday parties.
- VI. We will let the students have water bottles at their desks or in their classroom for frequent hydration breaks.
- VII. We will provide clean, safe, and pleasant settings and adequate time for students to eat lunch.

VIII. We will participate in the National School Lunch Program and encourage the parish to subsidize the expenses of this program whenever needed to the extent the parish budget allows.

To Achieve these Policy Goals:

A. School Health Committee members will be selected to help develop, monitor, and update the wellness policy. The SHC (School Health Committee) will be comprised from the School Committee, school staff, community health care providers, school administration, and food service director.

B. Nutritional Quality of Foods Served

Meals served through the National School Lunch Program will;

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables
- Serve only low-fat (1%) and fat-free milk and nutritional-equivalent non-dairy alternatives,
- Ensure that half of the served grains are whole grain.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students if asked.

National School Lunch Program (NSLP) Applying for Free and Reduced Price School Meals

Our school will send school meal applications home at the beginning of each school year. Applications will be available at any time throughout the school year. We will provide parents with an application upon request.

1. Meal Times and Scheduling

- Lunch period will be kept at 20 minutes minimum for all grades. More time will be given to complete their meals if necessary.
- Lunch period will be approximately between 11:05—12:15 each day. Times may vary per grade level depending on the MPS specials yearly schedules.
- If student council meetings are scheduled during the lunch period, the students will take their lunches to the meeting.

- Younger students (K & 1st grade) will be given recess before lunch
- We will provide access to hand washing or hand sanitizing before meals and snacks are served

2. Qualifications of School Food Service Staff

- Qualified nutrition professionals will administer the school meal program. Continuing professional development and certification will be given to the necessary food service workers at our school.

3. Sharing of Foods and Beverages

- We will discourage students from sharing food and beverages during lunch and snack time.

4. Food Allergies and special dietary needs

- All staff will be given a list of students that may have food allergies. Staff will also be aware of students with special dietary needs.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the nutrition and portion standards.

Snacks

- Parents are encouraged to send healthy snacks for their child's morning and/or afternoon break. Parents will be furnished a list of suggested healthy snacks. A list of suggestions will be attached as an addendum to the Wellness Policy. Staff will not take away snacks or say anything to the child about their snack that was sent from home if it was not on the suggested list.
- The school will not make available for student use vending machines for beverages or snacks.

Rewards

- Our school will not use foods or beverages, especially those that do not meet the nutrition standards for foods or beverages as rewards for academic performance or good behavior.

Celebrations and Classroom Holiday Parties

- Classroom party celebrations will have an emphasis on activities, crafts, and healthy snacks. Room parents planning the parties will be reminded to have smaller portions, limited selections, and healthy treats for the students.
- Birthday party treats provided by the parents will be at the parents discretion.

Nutrition Education Goals

- Nutrition education topics shall be integrated into classroom learning using the Michigan Department of Education Health Education Program. This is a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
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- Nutrition and other wellness posters will be displayed in our cafeteria.

Physical Activity Promotion

- Physical education classes are provided by a certified physical education teacher from Midland Public Schools. Class times are determined by Midland Public Schools and are taught in our school building or weather permitting outside.
- Outdoor daily recess is provided.
- The alternate to indoor classroom recess will be using the gym for recess time, schedule permitting.
- Teachers also have access to the school gym for activities, parish schedule permitting.
- Physical activity is not used as a punishment e.g. running laps, push-ups, or with holding noon recess as a punishment. Students that must stay indoors for morning recess is because of tests or missing work, not as a punishment.
- Students enrolled in our after-school program receive physical activities in the gym or outside daily.
- After school programs are promoted and linked to community resources; soccer, baseball, softball, football, basketball, cheer leading, etc.
- The parish facilities outside of school hours will be available upon request as the parish schedule will allow. The parish facilities reservation form must be completed and returned to the maintenance department for scheduling purposes.

Monitoring and Review

The principal will ensure compliance with established nutrition and physical activity wellness policies.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the principal.

The School Committee and other interested parents and parties will be given the opportunity to review and revise the Wellness Policy.

The Wellness Policy will be on the school's webpage and can be accessed at www.stbrigid-midland.org.

Please refer to this site for a list of approved school snacks.

www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator

Continuing Goals

Educate students, families, and teachers on nutrition standards and updates.

Provide posters and bulletin board space that promote healthy food and activity choices

Continue to offer our students more variety on the veggie/fruit bar for lunch

Signature Lines

Review/Updates