

ST. SYLVESTER SCHOOL WELLNESS POLICY

St. Sylvester School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The 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.

St. Sylvester School community adopts this policy on the recommendation of the Wellness Committee and in accordance with federal and state laws and regulations.

To ensure the health and well-being of all students, the community establishes that we shall provide the students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access a reasonable cost to foods and beverages that meet established nutritional guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs for K-8 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

The Principal shall be responsible for the implementation and oversight of this policy to ensure the programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.

The Principal shall annually report to the school community regarding compliance for St. Sylvester School.

Staff members responsible for programs related to school wellness shall report to the Principal regarding the status of such programs.

The Principal of St. Sylvester School shall annually report the 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 school 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
- Feedback received from staff, students, parents/guardians, community members and the Wellness Committee

The Principal 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 that this triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which St. Sylvester School is in compliance with law and policies related to the school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by St. Sylvester School in attaining the goals of this policy.

At least once every three (3) years, the school shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as the school and community needs and priorities change; wellness goals are met, new health science information and technologies emerge; and new federal or state guidance or standards are issued.

St. Sylvester School shall annually inform the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the student handbooks, newsletters, posted area and/or other efficient communication methods. This annual notification shall include information on the school Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy, and a means of contacting Wellness committee leadership.

RECORD KEEPING

St. Sylvester School shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness policy
2. Documentation demonstrating that the school has informed the public on an annual basis, about the contents of the School Wellness policy and any updates to the policy.
3. Documentation of efforts to review and update the School Wellness policy including who is involved in the review and methods used by the school to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results.

WELLNESS COMMITTEE

St. Sylvester shall establish a Wellness Committee comprised of but not necessarily limited to, at least one of the following: Principal of St. Sylvester School, Food Service Manager, Student, Parent/Guardian, Health Professional, Physical Education Teacher, and Members of the Public. It shall be the goal that the committee membership will include representatives of the school and reflect the diversity of the community.

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 that complies with the law.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.

The Wellness Committee maintains access to the Penn State PRO Wellness initiative's Healthy Champion School Program through an annual registration and assessment survey.

ADVISORY HEALTH COUNCIL

- An Advisory Health Council will be established by the Principal to study health issues and to assist in organizing follow-up programs.
- The Advisory Health Council may examine related research, assess student needs and the current school environment, review existing policies and administrative regulations, and raise awareness about student health issues.
- The Advisory Health Council may make policy recommendations to the Wellness Committee related to other health issues necessary to promote student wellness.
- The Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus group; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.
- The Advisory Health Council shall provide periodic reports to the Principal regarding the status of its work, as required.

Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year, as required by law.

NUTRITION EDUCATION

Nutrition education will be provided with the sequential, comprehension health education program in accordance with curriculum regulations and the academic standards for Health Safety, and Physical Education, and Family and Consumer Services.

- Nutrition education shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
- Nutrition education shall provide all students with knowledge and skills needed to lead healthy lives.
- Nutrition education lessons and activities shall be age-appropriate.
- Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.
- School food service and nutrition education classes shall cooperate to create a learning laboratory.
- Nutrition education shall be integrated into other subjects such as math, science, language arts and social sciences to complement but not replace academic standards based on nutrition education.
- Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
- The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. The school shall develop standards for such training and professional development.
- Nutrition education shall extend beyond the school environment by engaging and involving families and the community.

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.

- St. Sylvester School shall promote nutrition through implementation of school activities where possible. Activities may include, but not limited to, a taste-tasting of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to the local Giant Eagle and incorporation of local foods into school meal programs.
- Saint Sylvester School staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.
- St. Sylvester School food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables, and legumes, and to decrease plate waste.
- Consistent nutrition messages by Nutrition Nuggets, a newsletter on healthy foods, exercises and recipes will be sent home each month via the students to carry the message of healthy foods.
- Consistent nutrition message items in classroom lesson plans and school staff avoiding eating less healthy food items in front of the students.
- St. Sylvester School shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

PHYSICAL ACTIVITY

The primary goal for St. Sylvester School's Physical Education and Physical Activity components are:

- To provide opportunities for every student to develop the knowledge and skills for specific physical activities.
- To maintain physical fitness in a safe, adequate environment.
- To ensure students regular participation in physical activity.
- To teach students the short and long term benefits of a physically active and healthy lifestyle, and
- To enhance academic performance.

St. Sylvester School contributes to the effort to provide students' opportunities to accumulate at least 60 minutes of age-appropriate physical activity daily as recommended by the Centers for disease Control and Prevention Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.

- Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.
- Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, clubs, sports programs, shall be provided to meet the needs and interests of all students, in addition to planned physical education.
- A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- Extended periods of student inactivity, 2 hours or more, shall be discouraged.
- Physical activity breaks shall be provided for students during classroom hours.
- Physical activity shall not be used or withheld as a form of punishment.
- Before and After school programs shall provide developmentally appropriate physical activity for participating children.
- St. Sylvester School shall promote physical activity through encouragement of walking.
- Students and their families shall be encouraged to utilize district-owned physical activity facilities, such as playgrounds and fields, outside school hours in accordance with established district rules.

PHYSICAL EDUCATION

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All St. Sylvester School students must participate in physical education.

- Quality physical education program 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 livelong, healthy enhancing physical activity.

- A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, healthy 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.
- A local assessment system shall be implemented to track student progress on Health, Safety, and Physical academic standards.
- Students shall be moderately - 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 educational courses.
- Physical education shall be taught by certified health and physical education teachers.
- Appropriate professional development shall be provided for physical education staff.
- Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.
- Physical activity shall not be used or withheld solely as a form of punishment.

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.

Nutrition professionals who meet hiring criteria established by the Diocese of Pittsburgh and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for the school nutrition staff, as required by federal regulations.

- St. Sylvester School shall provide adequate space for eating and serving school meals.
- Students shall be provided a clean and safe meal environment.
- Students shall be given adequate time to eat: 20 minutes sit down time for lunch.
- Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the school.
- Students shall have access to hand washing, or sanitizing before meals and snacks.
- Access to the food service operation shall be limited to authorized staff.
- Nutrition content of school meals shall be available to students and parents/guardians.
- Students and parents/guardians may be involved in menu selections through various means, such as taste testing and surveys.
- To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness.

- St. Sylvester School shall provide appropriate training to all staff on the components of the School Wellness Policy.
- Goals of the School Wellness policy shall be considered in planning all school based activities.
- Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.
- Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through school programs, communications, and outreach efforts.
- St. Sylvester School shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.
- St. Sylvester School shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the district's healthy learning environment program and applicable laws and regulations.

NUTRITION GUIDELINES FOR ALL FOODS/BEVERAGES AT SCHOOL

All foods and beverages available at St. Sylvester 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 or School Breakfast Programs 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

(In the event St. Sylvester School does get involved with Competitive Foods, the following will be observed:

Competitive foods available for sale shall meet or exceed the established federal nutrition standards. (USDA Smart Snacks in School)

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 the policy, school campus means any area of property under the jurisdiction of the school that students may access during the day.

For purposes of the policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

St. Sylvester School may impose additional restriction on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

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 administrative regulations.

St. Sylvester 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 St. Sylvester School.

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.

St. Sylvester School shall establish administrative regulations to implement fundraising activities including procedures for requesting a fundraiser exemption. Permission must be granted by the Principal.

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 states within the policy.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following shall apply:

1. Rewards and Incentives – Foods and beverages shall not be used for reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message.
2. Classroom Parties/Celebrations- Classroom parties/celebrations with food/beverages shall be limited to no more than one per month in each classroom. Classroom parties shall offer a minimal amount of foods (max 2-3 items) containing added sugar as the primary ingredient (ex. Cupcakes or cookies) and will provide fresh fruits/vegetables and water, 100% juice diluted with water, low fat milk, or nonfat milk.

St. Sylvester School shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff.

MARKETING/ CONTRACTING

Any foods and beverages marketed 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 restrictions.

MANAGEMENT OF FOOD ALLERGIES

St. Sylvester School shall establish regulations to address food allergy management in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

SAFE ROUTES to SCHOOL

- St. Sylvester School shall assess and, to the extent possible, implement improvements to make walking to school safer and easier for students.
- St. Sylvester School shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.
- The Principal of St. Sylvester School shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

References:

School Code- 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S. Sec. 1751 et seq.

School Breakfast Pro Program – 42 U.S. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 11-296

National Food Service Programs, Title 7, Code of Regulations – 7 CFR Part 210, Part 220

www.prowellness.vhost.psu.edu/schools/healthy_champions/schools