

St. Francis of Assisi School Wellness Policy

The following Wellness Policy has been modified and adapted from the Des Moines Diocesan Policy #712, "Nutrition and Physical Activity Wellness Policy" for local use at St. Francis of Assisi School in West Des Moines, Iowa.

EDUCATIONAL PROGRAMS

Nutrition and Physical Activity Wellness Policy

St. Francis of Assisi School and the St. Francis of Assisi School Board promote healthy students by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. St. Francis of Assisi School supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

St. Francis of Assisi School provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

St. Francis of Assisi School supports and promotes dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school's nutrition practices. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

St. Francis of Assisi School established a local Wellness Committee in 2008. The committee had the responsibility of developing and implementing the St. Francis of Assisi School Wellness Policy based on the Diocesan Schools Board Wellness Policy recommendations. The Student Improvement Advisory Committee (SIAC) is responsible for the ongoing evaluation of our policy. School Administration will report annually to the St. Francis of Assisi School Board regarding the effectiveness of the Wellness Policy.

SPECIFIC WELLNESS GOALS

Nutrition Education and Promotion - Appendix A

St. Francis of Assisi School will provide nutrition education and engage in nutrition promotion. To accomplish this goal,

- A baseline assessment of nutrition education currently provided has been conducted. Based on this assessment, a sequential and interdisciplinary nutrition education curriculum has been developed which addresses age appropriate topics covered in each grade level. Nutrition education may be integrated into other areas of the curriculum such as, but not limited to, math science, language arts, social studies, PE, and guidance;

- The staff responsible for nutrition education will effectively deliver an accurate nutrition education program as outlined. Preparation will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- Nutrition education information will be an appropriate, approved and/or recommended curriculum.
- The School Lunch Program, complying with federal, state, and local requirements, will promote fruits, vegetables, whole-grain products, low fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices.

Physical Activity- Appendix B

Physical Education

St. Francis of Assisi School will provide physical education that:

- is taught by a licensed physical education teacher;
- currently shall be taught in grades 1-5 a minimum of once per week;
- currently shall be taught in grades 6-8 a minimum of twice per week; and
- shall be in compliance with the physical activity requirements as established by the Health Kids Act effective July 1, 2009

Recess

Elementary and middle school students should be provided recess periods during the school day as allowed per curriculum schedule, and preferably be offered outdoors, if able.

Physical Activity and Punishment

Staff members and employees should not use physical activity (ex. running laps, push-ups) or withhold opportunities for physical activity (ex. recess, physical education) as punishment.

Other School-Based Activities that Promote Student Wellness - Appendix C

Integrating Physical Activity into Classroom Settings

Students need opportunities for physical activity beyond recess and physical education classes in order for them to fully embrace regular physical activity as a personal behavior. Toward that end, St. Francis of Assisi School will:

- offer classroom health education that complements physical education;
- discourages sedentary activities such as watching television, playing computer games, etc. as part of the school day; and
- encourages classroom teachers to provide activity breaks between lessons and classes, and to use additional recess time as a reward, as appropriate/possible during the school day.

Communication with Parents

St. Francis of Assisi School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will:

- encourage parents to pack healthy sack lunches and snacks and to refrain from including beverages and food that do not meet nutrition standards; and
- provide parents with a list of foods that meet the school's snack standards, and suggestions for non-food related items for celebrations/birthday treats, rewards, and fundraising activities.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. Our school will promote healthy foods, including fruits, vegetables, whole grains and whole-grain products, and low fat dairy products.

After School Programs

St. Francis of Assisi Kids Care Program will encourage physical activity and healthy habit formation. The Kids Care program will abide by the healthy snack and physical activity requirements under its certification through the Department of Health and Human Services.

Staff Wellness

St. Francis of Assisi School values the health and well-being of every staff member and will work to support personal efforts by staff to maintain a healthy lifestyle.

Water

To promote hydration St. Francis of Assisi School will ensure free, safe, unflavored drinking water is available to all students throughout the school day. The school will make drinking water available where school meals are served during mealtimes. Students will be allowed to bring and carry (approved) water bottles filled with water with them throughout the day.

Nutritional Guidelines for All Foods Available on Campus - Appendix D

School Meals

Meals served at St. Francis of Assisi School through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, the nutrition requirements established by local, state, and federal law;
- offer a variety of fruits and vegetables, preferably fresh when available/ affordable;
- serve low fat or non-fat dairy products

Schools should keep record of information about the nutritional content of meals so that it can be made available to parents, students, and staff.

Breakfast

To ensure that students have breakfast, either home or at school, in order to meet their nutritional needs and enhance their ability to learn, St. Francis of Assisi School will:

- operate a breakfast program, to the extent possible or deemed necessary;
- notify parents and students of the availability of the School Breakfast Program, if available

Free and Reduced-Price Meals

St. Francis of Assisi School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals. Toward this end, St. Francis of Assisi school utilizes an electronic identification and payment system.

Qualifications of Food Service Staff

All school nutrition program directors, managers and staff at St. Francis of Assisi School will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). St. Francis of Assisi School will maintain training records that demonstrate compliance.

Sharing of Foods

St. Francis of Assisi School will, to the extent practical, discourage students from sharing foods/beverages with one another during meal or snack times, given concerns about communicable disease, food allergies, and other restrictions on some children's diets.

Food Served/ Sold Outside of Meals (ex. a la carte sales)

St. Francis of Assisi School Wellness Policy will address the following circumstances, keeping foremost in mind nutrition guidelines promoting student health, and reducing the incidence of childhood obesity;

- The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet or exceed the USDA Smart Snacks in School nutrition standards.
 - ***Beverages: Allowed***
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk or milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
 - Elementary size limit is 8 ounces, middle school 12 ounces. There is no limit for plain water.
 - Beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances

Foods

A food item sold individually:

- Be a “whole grain-rich” grain product or
- Have a first ingredient a fruit, vegetable, a dairy product, or a protein food: or
- Be a combination food that contains a least ¼ cup of fruit and/or vegetable: or

- Snack Items have a calorie limit equal to or less than 200 calories. Entree items have a calorie limit equal to or less than 350 calories
- Snack items will have a sodium limit of less than or equal to 200 mg. Entree items will have a sodium limit of equal to or less than 480 mg
- Total fat will be equal to or less than 35% of calories. Saturated fat will be less than 10% of calories and trans fats will be zero grams
- will have no more than 35% of its weight from added sugars

Classroom Snacks

St. Francis School recognizes the importance of snacks as a way for students to maintain energy and focus academically during the school day. To this end, classroom snacks will be purchased through the food services department or from an approved list of snacks. Snacks purchased through food service will meet or exceed the USDA Smart Snacks requirements.

Food Served as Rewards or in Celebrations

Teachers/staff will be encouraged to use non-food items for student rewards/incentives and for school based celebrations. All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Homeroom parents will be provided with a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.

Foods Served at School-Sponsored Events Outside of the School Day (Concessions Stand, etc.)

Concessions stands at St. Francis of Assisi school sponsored events outside of the school day will offer some items which meet the above mentioned nutrition and portion size standards as healthy choice alternatives.

Fundraisers

St. Francis of Assisi will encourage the use of only non-food fundraisers, and those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.). Fundraising during the school day will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standard. The school day is defined as midnight before to 30 minutes after the school bell.

Food Safety

St. Francis of Assisi School will develop standards which address food safety and sanitation policies and procedures that need to be followed when the school lunch program facilities are used by non-School Lunch program employees in order to maintain food safety and sanitation standards as outlined by the schools HACCP program.

Plan for Measuring Implementation - Appendix E

Monitoring

The implementation of this wellness policy will be measured as follows:

- The Director of Nutrition Services will be responsible for ensuring that nutrition services meet the guidelines of this policy.

- Administration will ensure nutrition education goals and physical activity goals are included in the school curriculum.
- Administrators will monitor the implementation of the policy at the building level.
- The SIAC Committee will annually review the successful implementation of this policy and the identified wellness policy goals. A triennial assessment will be conducted every 3 years to identify compliance with the wellness policy, how the wellness policy compares to model wellness policies and progress made in attaining the goals of the wellness policy.
- St. Francis of Assisi School will permit parents, students, representatives of the school nutrition services program, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of this policy. The school will inform and provide updates at least once a year about the content, school compliance, and progress towards goals of this policy.

Policy Review

To help with implementation of the Diocesan Schools Board Nutrition and Physical Activity Wellness Policy, St. Francis of Assisi School will conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas of improvement. As part of that review, the Diocesan Schools Office will review the Nutrition and Physical Activity Wellness Policy, its goals and practices, and the provision of an environment that supports healthy eating and physical activity. The Diocesan Schools Office, and individual schools within the Diocese, will collaborate to review the wellness policy and goals, and develop work plans to facilitate future implementations.

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