

## **St. Francis School Wellness Policy 10/8/15**

[This school wellness policy has been created out of support of our school philosophy of developing the whole child, along with the federal requirement of the establishment of a local school wellness policy by the beginning of the 2006-2007 school year, according to the provisions included in the Child Nutrition and WIC Reauthorization Act of 2004.]

Spiritual growth, emotional well-being, physical health, and intellectual development are each critical components of our mission as a Catholic school, and our larger mission as Christians. This school-wide wellness policy encourages all members of our school community to help create an environment that supports and encourages spiritual growth, emotional well-being, life-long healthy eating habits, regular physical activity, and optimal intellectual development.

We foster spiritual growth through the teaching of Scripture and our Catholic tradition. Children learn to live in the ways of Christ and to follow His example. By providing an atmosphere of Christian love, support, and acceptance, in partnership with the family, St. Francis School encourages children to develop healthy concepts of self-worth as well as an awareness of the dignity and needs of others.

Intellectual development is encouraged through an on-going educational process that emphasizes basic knowledge and skills. Instruction in the academics is part of the learning process.

Physical health includes life-long healthy eating habits, based on sound nutrition education, and regular physical activity. The support and promotion of good nutrition and physical activity contributes to the basic health status of our children and assists in optimizing academic performance. Physical wellness is addressed at St. Francis school in three components: nutrition, nutrition and health education, and physical activity.

### **Nutrition**

Students who practice good nutrition attend school more regularly with minds and bodies ready to take advantage of their learning environment.

### **St. Francis Foodservice National Hot Lunch/Breakfast Program**

- U.S. Government Nutritional Standards are met or exceeded.
- All foods meet or exceed the nutrition guidelines and derive no more than 30% of their total calories from fat over a weekly period as mandated by the federal government.
- A variety of 100% fruit juice and fruit are offered at breakfast every morning.
- Milk is promoted during all meals and is also available to students carrying lunch. Fat-free chocolate, 1 % white, and skim white milk are offered.
- A variety of fresh vegetables is offered every day.
- Whole-grains breads are offered.
- Meals are available at reasonable cost to students and staff.
- Free or reduced prices are available to lower income families.
- Eating environment is pleasant, orderly and well-supervised.
- Serving lines are short and orderly.
- Twenty-plus minutes eating time is allowed after students are seated.
- There is convenient access to hand washing facilities before and after meals.
- There is no competition from vending, ala carte, or fundraisers during meals.

### **Classroom Practices**

- Water consumption is encouraged.  
Grades K-2 have water fountains in classrooms.  
Grades 3-5 have hallway fountains and students may have water bottles in their classroom during warm weather.
- Student Incentives. The use of foods of minimal nutritional value as learning incentives will be kept to a minimum, and healthy food choices or non-food items should be substituted.
- Students are encouraged to bring a daily nutritional morning snack.
- It is recognized that there may be special occasions when the school principal may allow a school group to deviate from these guidelines.

### **Use of Food in Fundraising**

- Encourage healthy foods in fundraising.
- Food items being sold during school hours are limited in frequency of sales and in the number of items available to each student.

### **Health and Nutrition Education**

The federally mandated school wellness policy compels the offering of suggestions for healthy snack options for functions held at school. Please note that it is the goal of our local wellness policy to promote healthy food choices, and not to dictate to school families what items may be brought to school functions.

**School Families**

- Information available to families and staff regarding healthy snack suggestions.
  - Raw vegetable sticks/slices with low-fat dressing or yogurt dip
  - Frozen fruit juice pops
  - Dried fruits (raisins, bananas chips, etc.)
  - Trail mix (dried fruits and nuts)
  - Dry roasted peanuts, tree nuts, and soy nuts
  - Low-fat meats and cheese sandwiches
  - Party mix (variety of cereals, nuts, pretzels, etc.)
  - Low-sodium crackers
  - Baked corn chips and fat-free potato chips with salsa and low-fat dips
  - Low-fat muffins, granola bars, and cookies
  - Angel food and sponge cakes
  - Flavored yogurt and fruit parfaits
  - Jell-O and low-fat pudding cups
  - Low-fat ice creams, frozen yogurt, sherbets
  - Low-fat and skim milk products
  - Fresh fruit and 100% fruit juices
  - Water

**Students**

- Health and nutrition education integrated in the science curriculum.
  - Topics covered in Grades K-2:
    - Food pyramid and nutrition
    - Exercise
    - Sleep and rest
    - Personal hygiene
    - Teeth
    - Personal safety
    - Basic bodily functions
  - Topics covered in Grades 3-5:
    - Food pyramid
    - Basic bodily functions
    - Exercise
    - Sleep and Rest
    - Personal hygiene
    - Germs and disease
    - Body systems
    - Substance use and abuse
    - Personal safety
    - Healthy lifestyles (includes D.A.R.E. program)

**Students and Families**

- Use of educational resources such as speakers, health-care professionals, educational materials and programs.

**Physical Activity**

**Within the School Day**

- Established diocesan physical education curriculum.
- Daily recess (45 minutes Grades 3-5, 60 minutes Grades K-2).
- Annual St. Francis School Walk for Virtues.
- Annual school roller skating field trip.

**Available local extra-curricular athletic activities**

- Klaas-Jonas Swimming Pool - all ages.
- Ellsworth Football Association - grades K-6.
- Ellsworth Basketball Association - grades 1-6.
- Ellsworth Wrestling Association - grades P-5.
- Ellsworth Baseball Association - grades P-5.

**Available other local activities**

- Various local camps.
- 4-H youth softball.
- Church softball league.
- YMCA - Red Wing or River Falls.
- Open gym - Ellsworth Middle and High Schools.
- All-weather walking in area public schools
- Helmer Dance Studio.

**Plan for Measuring Implementation**

**Monitoring**

- The school principal will ensure compliance with the school nutrition and physical activity wellness policy.
- The school food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter annually to the school principal.
- The school will report on the most recent USDA Critical Review Evaluation (CRE) findings and any resulting changes. If the school has not received a CRE from the state agency within the past five years, the school will request from the state agency that a CRE be scheduled as soon as possible.
- The school principal will develop a summary report every three years on school-wide compliance with the school's established nutrition and physical activity wellness policy. The report will be provided to the parish education committee, the parent-teacher organization, and school health services personnel.

**Policy Review**

To help with the initial development of the school's wellness policy, the school wellness committee conducted a baseline assessment of the school's existing nutrition and physical activity environment and policies. The results of this assessment helped identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of this study, the school will review the nutrition and physical activity wellness policy, the environment for healthy eating and physical

activity, nutrition and physical activity education practices, and program elements. The policy will be revised as necessary, and work plans will be developed to facilitate the implementation of policy revisions.

**Wellness Policy Committee Members:**

- Terri Wagner, Food Service Manger
- Donna Place, Food Service Employee
- Mary Gardas, St. Francis School Teacher
- Laurie Krenz, St. Francis School Principal

**Policy Approval:**

\_\_\_\_\_ Date: \_\_\_\_\_  
Father Eric Dadson, Pastor





