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IMMACULATE CONCEPTION SCHOOL

WELLNESS POLICY

APPROVED May, 2017

PREFACE:

Immaculate Conception School in Yuma, AZ, embraces the development of this Wellness Policy, which covers all aspects of a student's development. This Wellness Policy is integrally aligned with the Philosophy and Student Learning Expectations in place at the school. We recognize the impact our school may have on the development of life long health practices conducive to healthy lifestyle choices for our students. We recognize that by working with the students, parents, and community, we can make a difference in the lives of our students.

HEALTH COUNCIL:

The Health Council of Immaculate Conception School:

1. Will consist of the following membership:
 - School administrator
 - Parent volunteers
 - Child Nutrition staff representative
 - Student volunteers
 - School Advisory Board representative
 - Community members (optional)
 - Faculty member(s)
2. Will meet at least twice each year (once each semester)
3. Will review and revise this policy as needed
4. Will make observations and suggestions to improve the health of all Immaculate Conception School constituents.
5. Will ensure implementation and check on the effectiveness of this policy

PART 1: SETTING NUTRITION EDUCATION GOALS

Nutrition education in Immaculate Conception School will follow the Diocese of Tucson Health Curriculum for all K-8 students.

A. Instructional Program Design:

1. Health curriculum standards will be noted in lesson plans per school policy. The health curriculum is designed to help students learn:
 - Nutritional knowledge, including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements and safe food preparations, handling and storage;
 - Nutrition-related skills, including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising;
and
 - How to assess one's personal eating habits, set goals for improvement, and achieve those goals.
2. Nutrition education instructional activities shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable. The program shall engage families as partners in their children's education.
3. Nutrition education shall be embedded in other school disciplines when appropriate.
4. The school health council shall assess all nutrition education curricula and materials for accuracy, completeness, balance, and consistency with the school's education goals and standards. Any programs developed by other corporations shall be examined for inappropriate commercial messages.

B. Staff Qualifications

1. Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned.

C. Educational Reinforcement

1. School instructional staff shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students shall receive appropriate orientation to the relevant policies of the school.
2. School staff members are encouraged to cooperate with other agencies and community groups to provide opportunities for student volunteer work related to nutrition such as donating and preparing nutritious meals for the needy. School officials will disseminate information to parents, students, and staff about community programs that offer nutrition assistance to families.

D. Staff As Role Models

1. School staffs are encouraged to model healthy eating behaviors.
2. Programs that include personalized instruction about healthy eating and physical activity will be provided during staff development activities.

E. Coordination of Programs

1. The food service program shall be closely coordinated with nutrition instruction. The school cafeteria shall serve as a laboratory to allow students to apply critical thinking skills taught in the classroom. Food service staff shall also work closely with those responsible for other components of the school health program to achieve common goals.

F. Nutrition-Related Health Problems and Modified Diets

1. School staff shall consistently promote healthy eating to students.
2. The school food service program will comply with USDA's disability requirements for modified diets.

PART II: ESTABLISHING NUTRITION STANDARDS FOR ALL FOOD AVAILABLE ON SCHOOL CAMPUS DURING THE SCHOOL DAY

While it is acknowledged that the feeding of children is primarily a family responsibility, Immaculate Conception School shall operate a food service program to ensure that all students will have access to the varied and nutritious foods they need to stay healthy and learn well.

A. The Food Service Operation

1. Financial Management

- The food service program shall aim to be financially self-supporting. Profit generation must not take precedence over the nutritional needs of the students. If subsidy of the food service fund is needed, it should not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.

2. Program Requirements

- During school days, the food service program shall offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch Program.
- The school shall encourage all students to participate in these meals.
- The school shall make efforts to ensure that families are aware of need-based programs for free or reduced-priced meals and encourage families to apply. The program will maintain the confidentiality of students and families applying for or receiving free or reduced-price meals.
- The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulations of the state of Arizona as presented in the Arizona Revised Statute 15-242 and the Healthy, Hungry-Free Kid Act of 2010.

- No soda or non-nutritional food vending machines will be operated during the normal school day in student accessible areas.
- The school shall offer a choice of milk, plain and flavored that is either 1% or fat free.
- Nutrition information is available.
- During school - sponsored programs 100% juices and water, may be made available for student consumption according to Arizona nutritional standards.

- Students have access to water always during meals and at all times throughout the day.

- These standards do apply to classroom parties, celebrations, or meetings. (See Arizona Nutritional Standards Revised Statute 15-242)

- Food may not be used as a reward or punishment.

- No fat-fried foods of any kind will be served as part of a qualified meal.

- The amount of food served shall follow the Healthy, Hungry-Free Kid Act of 2010.
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- The school shall continue to offer whole grain bread products.

- The school shall promote consumption of fresh fruits and vegetables by offering such choice daily.

The school will follow USDA Nutrient Guidelines for calories, sodium, fat, and sugar.

- Foods and or beverages sold/served outside the USDA Meal Program shall follow the nutritional guidelines set by USDA.

3. Staffing

- The school shall employ a food service director who is properly qualified.
- Food service employees are required to participate in continuing professional training programs offered by the Arizona Department of Education.

- Dining room supervisory staff shall receive appropriate training in how to maintain safe, orderly, and pleasant eating environments.
- Food service directors and staff are encouraged to inform and collaborate with classroom teachers about the school nutrition-food service environment and nutrition education.
- All food service employees must obtain and maintain a food handler's card or applicable requirements for Yuma County Health Department.
- The food service area must continue to meet applicable local standards concerning health and safety requirements and inspections.

PART III: SETTING PHYSICAL ACTIVITY GOALS

Immaculate Conception School follows the Physical Education Program curriculum developed by the Diocese of Tucson. The school is committed to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthy lifestyle.

A. Recommendations for Physical Activity

1. Physical education courses should be the environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
2. Physical activity should be at a moderate intensity level for duration sufficient to provide a significant health benefit for students.
3. Students will participate in 60 minutes per week of directed physical activity during physical education classes as well as 30-50 minutes during daily recess times.
4. The school shall provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
5. The school will prohibit the use of physical activity as a punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other

classes. The school will promote physical activity breaks during classroom hours.

6. The school will continue to offer after-school sports program for students in grades 5-8, and to promote community sport programs for all students.

PART IV: SETTING GOALS FOR OTHER SCHOOLBASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

Immaculate Conception School is committed to maintaining a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

1. School policy concerning the promotion of student wellness.

- All students will have access to nutritious food in a non-stigmatizing manner.
- The daily schedule will be adjusted to allow for a noon recess of not less than 20 minutes to be enjoyed after eating the noon lunch.
- The daily schedule will allow at least **25** minutes for students to be served and eat in a pleasant environment.
- The school with the Health Council and Advisory Board will make efforts to promote fundraising activities that are in line with this wellness policy.
- Marketing displays will be allowed only if approved by the Arizona Health and Nutrition Services. All posters etc. must increase the appeal of healthful food and beverage items.
- The school will communicate with school families' information concerning health or nutrition topics and welcome their involvement in the school health council and giving input for menu planning etc.

PART 5: SETTING GOALS FOR MEASUREMENT AND EVALUATION

The Immaculate Conception School Health Council will be responsible for overseeing this policy, monitoring and evaluating its implementation.

The Administration will evaluate the policy once a year using WELLSAT: Wellness School Assessment Tool.

The administration will be responsible for reporting the status of the policy to all school stakeholders.

Evaluation will take place at the fall meeting of the year. The non-existent and weak areas will be considered and changed at the spring meeting. It will then be presented to the School Advisory Board for approval.

Policy approved by the School Advisory Board February 2015