

X0742 – Sacred Heart Catholic School

Elementary Wellness Policies

X0742 – Sacred Heart 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, nutrition education, physical activity and integrated school-based wellness. Therefore, it is the policy of X0742 – Sacred Heart that:

Policies in Place

Nutrition

General Guidelines

All school food service personnel receive required food safety training at a minimum of every 5 years. Continuing education training for all food service personnel meets federal and state requirements.

All school food service personnel receive required food safety training at a minimum of every 3 years.

All school food service personnel receive food safety training annually.

The dining area has seating to accommodate all students during each serving period.

The food service area is clean, orderly, and has an inviting atmosphere that encourages meal consumption.

The dining area has adequate adult supervision.

Food service personnel and supervisory staff use positive communication cues with students to promote consumption of foods served as part of the Child Nutrition Programs.

Adults model healthy eating in the dining areas and encourage students to taste new and/or unfamiliar foods.

The students are allowed to converse with one another at least part of the mealtime.

Mealtime conversation is not prohibited for the entire mealtime as disciplinary action.

The students are allowed to converse during the entirety of the mealtime.

Reimbursable meals and/or parts of a reimbursable meal are not withheld or denied as a disciplinary action.

Content of reimbursable lunch and breakfast is identified near or at the beginning of the serving line.

One or more Kansas food products served as a part of the school meals program and identified at the beginning of the serving line each week.

Breakfast

All school breakfasts comply with USDA regulations and state policies.

At least 3 different fruits are offered each week on three different days. At least one fruit per week is served fresh.

Students have the opportunity to eat breakfast.

District offers at least 15 minutes “seat time” to eat breakfast (not including time spent waiting in line).

Lunch

All school lunches comply with USDA regulations and state policies.

At least three different fruits are offered each week. At least one fruit per week is served fresh.

One additional ½ cup vegetable offered weekly from any of three vegetable subgroups (dark-green, red/orange, dry beans and peas).

Students have at least 15 minutes “seat time” to eat lunch not including time spent walking to/from class or waiting in line.

Students are offered recess before lunch and at least 20 minutes seat time to eat.

During the School Day

Students have access to free drinking water throughout the school day, including during meal service. Hygiene standards for all methods delivering drinking water will be maintained.

Students are allowed to have individual water bottles in the classroom.

Schools provide staff information on non-food rewards.

Schools begin incorporating non-food rewards. The focus of classroom celebrations is not on food.

No meals purchased at fast food outlets are consumed at mealtime in cafeteria.

Other Child Nutrition Programs

Meals and snacks served under the USDA At-Risk Afterschool Meals, Afterschool Care Snack Program, Fresh Fruit and Vegetable Program and/or Summer Food Service Program comply with all federal and state policies.

School participates in one or more of these four programs.

Nutrition Education

Nutrition Promotion

Students provide input on foods offered in the cafeteria.

Students learn about nutrition and some students are involved in helping plan menus annually.

District promotes participation in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) if applicable and to choose nutritious foods and beverages throughout the day. Menus are posted on school website and/or distributed to families via another method.

District allows marketing (oral, written, or graphics) of only those foods and beverages sold on the school campus during the school day that meet the requirements set forth in The Smart Snacks Rule at all times.

Nutrition Education

All students in grades K-12 will have the opportunity to participate in culturally relevant activities, as appropriate, and a variety of learning experiences that support development of healthful eating habits that are based on the most recent Dietary Guidelines for Americans and evidence-based information.

Include nutrition education as part of physical education/ health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development.

District uses qualified personnel or organizations from the community to provide nutrition education to students under the direct supervision of a teacher at least once a year.

Integrate age-appropriate nutrition education into at least one core-subject such as math, science, language arts, and social sciences, as well as into at least one non-core/elective subject.

Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas that are rotated, updated or changed quarterly.

Offer information to families at least once per semester that encourages them to teach their children about health, nutrition and agriculture education and assists them in planning nutritious meals for their families.

Physical Activity

General Guidelines

All students in grades K-12 have the opportunity to participate in moderate to vigorous physical activity every day during the entire school year.

District prohibits the use of physical activity as a punishment. District prohibits withholding physical activity, including recess and physical education, as punishment.

Physical Education

Physical education is taught by teachers licensed by the Kansas State Dept. of Education.

Physical education teachers are licensed and participate in physical education and/or physical activity specific professional development every 2 years.

The physical education curriculum is sequential and consistent with Kansas State Board of Education approved physical education teaching standards for pre-kindergarten through grade 12.

Physical Education teaches basic motor skills, enhances knowledge of concepts related to movement needed to achieve and maintain health for lifetime physical activity.

Elementary students receive 150+ minutes of physical education per week, which includes at least 50% of the minutes engaged in moderate to vigorous physical activity.

Physical education curriculum encourages a multi-dimensional fitness assessment.

Throughout the Day

Elementary school students have at least one supervised recess period of 30 minutes a day (not including time spent getting to and from the playground), with one being offered in the morning. Supervisory staff encourages moderate to vigorous physical activity.

School policy outlines guidance on condition regulating indoor and outdoor recess during extreme weather conditions.

School provides equipment, instruction, and supervision for active indoor recess.

Students that participate in indoor recess are provided moderate to vigorous physical activity opportunities.

Structured physical activity opportunities, in addition to recess and physical education, are encouraged for all students. School staff are encouraged to participate also.

Professional development on integrating physical activity into core/non-core subjects is provided to licensed physical education teachers, and building administrators.

Structured physical activities are approved by a licensed physical education teacher and integrated into health education and at least one core subject, such as math, science, language arts, and social studies, and social sciences, as well as in non-core and elective subjects.

Before & After School

Extracurricular physical activity programs, such as a physical activity club or intramural programs are offered off campus.

An assessment on walking and/or biking to school has been completed to determine safety and feasibility.

School encourages students to walk and/or bike to school with an adult based on a safety and feasibility assessment.

Family and Community

Community members are provided access to the district's outdoor physical activity facilities at specified hours.

Offer information via multiple channels at least once per semester to all families that encourages them to teach their children about physical activity and assists them in planning physical activity for their families.

Integrated School Based Wellness

General Guidelines

Annual staff wellness activities and/or professional development opportunities related to nutrition, physical activity, mental health, and abstaining from tobacco and e-cigarettes are provided to encourage district staff to serve as healthy role models. Staff wellness activities and training may also include additional components of the Whole School, Whole Community, Whole Child Model.

Complete the CDC School Health Index, biannually

Results of the School Health Index are shared with the public.

Annually, offer district-sponsored wellness family activities that address one or more components of the Whole School, Whole Community, Whole Child Model.

Annually partner with local health agencies and community organizations.

Facilitate the integration of a farm to school program and curricular activities including hands-on activities as appropriate to facilitate the nutritional and educational goals in 100% of the schools.

Farm to school activities conducted each semester in one or more schools.

Each semester, culturally relevant health information is provided to families via handouts, postings on the school website, newsletters, presentations, and workshops.

The local wellness policy committee meets at least twice per year.

The school wellness committee makes appropriate updates or modifications to wellness policy based on assessment and an update on the progress toward meeting the State Model Wellness Policy is made available to the public, including parents, students and the community.