

ALL SAINTS CATHOLIC SCHOOL WELLNESS POLICY

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006, all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public.

All Saints is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state, and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

Team members designated to oversee the implementation and evaluation of the policy recommendations include: Principal; Supervisor of Food Services and Cafeteria; Director of Food Services and Finance; Student Council; Falcon Club Representative; School Advisory Council Representative; Athletic Director; Physical Education Instructor; School Counselor; and School Nurse.

Belief Statement

All Saints Catholic School believes . . .

- that children and youth who begin each day as healthy individuals can learn more, learn better, and are more likely to complete their formal education
- that a healthy staff can more effectively perform their assigned duties
- that school staff will act as role models for good nutrition and physical activity.
- that a holistic approach to staff and student wellness will most effectively impact the school environment.

Eating Environment

- Students and staff shall have adequate space to eat meals in pleasant surroundings and shall have adequate time to eat, relax, and socialize. Safe drinking water and convenient access to facilities for hand washing shall be available.
- Lunch periods are scheduled as near to the middle of the school day as possible.
- The cafeteria includes enough serving space so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students.
- Drinking water is available for students at meals.
- Food is not used as a reward or a punishment for student behaviors.

Food Service Program

All Saints Catholic School acknowledges that the feeding of children is primarily a daily responsibility.

- To supplement their efforts, the school shall operate a food service program to ensure that all students have affordable access to nutritious foods they need to stay healthy and to learn well.
- The school shall make efforts to ensure that families are aware of need-based programs for free or reduced-price meals, and eligible families are encouraged to apply.
- The program shall maintain confidentiality of students and families applying for or receiving free or reduced-price meals.
- All food service equipment and facilities must meet applicable local and state standards concerning health, safe food preparation, handling, storage, sanitation, and workplace safety.
- All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans, such as: vending machines, a la carte, beverage contracts, fundraisers, and school parties/celebrations.
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines.
- All food service personnel shall regularly participate in professional development activities that address strategies for promoting healthy eating behavior, food safety, and other topics directly relevant to the employee's job duties.
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement, or positive youth development and are in compliance with local guidelines.
- Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- Classroom snacks feature healthy choices.
- Nutrition education is incorporated during classroom snack times not just during meals.
- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.
- Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

Healthy and Safe Environment

A healthy and safe environment for all, before, during and after school supports academic success. Safe schools promote healthier students.

- School buildings and grounds shall meet all current health and safety standards and are being kept inviting, clean, safe, and good repair.
- School and offices shall maintain an environment that is free of tobacco, alcohol, and other drugs.
- Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- Each work site, school and classroom, shall work to create an environment where students, parents/guardians, and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

Healthy Eating

All students will gain the knowledge and skills necessary to make nutritious and enjoyable food choice for a lifetime. In addition, staff is encouraged to model healthy eating as a valuable part of daily life. The comprehensive plan to encourage healthy eating includes:

- a food service program that employs well-prepared staff who efficiently serve appealing choices of nutritious foods.
- pleasant eating areas for students and staff with adequate time for unhurried meals.
- an overall school environment that encourages students to make healthy food choices.
- opportunities and encouragement for staff to model healthy eating habits.
- services to ensure that students and staff with nutrition related health problems are referred to appropriate services for counseling or medical treatment.
- nutrition guidelines, food pyramid charts, suggestions for healthy food choices and/or other messages related to health and nutrition posted in or near the school cafeteria.
- school lunch periods scheduled so as to provide nourishment within a reasonable time frame from start of the school day.
- recess or snack breaks (brain breaks) scheduled for students as needed to maintain energy levels.
- nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services followed.
- school guidelines for refreshments served at parties, celebrations and meetings during the school day followed.
- decisions based on nutritional guidelines not on profit making.
- drinking fountains and/or water cooler readily available

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduce risk for mortality and development of many chronic diseases as adults. All Saints Catholic School has the responsibility to help students and staff to establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

Nutrition Education

Academic performance and quality of life issues are affected by the choice and availability of good foods. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, preschool through eighth. The nutrition education program shall focus on students' eating habits and will be based on theories and methods proven effective by published research. Nutrition education shall be designed to help students learn:

- Nutritional knowledge, including benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, and safe food preparation, handling and storage.
- Nutrition related skills including planning a healthy meal and understanding/using food labels.
- How to assess one's personal eating habits, set goals, for improvement, and achieve those goals.
- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities 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.
- The school cafeteria will serve as a "learning laboratory" to allow students to apply skills taught in the classroom.
- Nutrition education will involve sharing information with families to positively impact students and the health of the community.
- Newsletters will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Students will be encouraged to start each day with a healthy breakfast.
- School personnel shall not offer food as a performance incentive or reward and shall not withhold food from students as punishment. Guest speakers will be invited to share their knowledge with students and staff. School officials should also share information with parents, students, and staff about community programs that offer nutrition assistance to families.

Physical Activity

- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Policies ensure that state-certified physical education instructors teach all physical education classes.
- Time allotted for physical activity will be consistent with research, national and state standards. Children should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours.
- Provide daily recess period, which is not used as a punishment or a reward.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage lifelong physical activity.

Physical Activity Continued

- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their student's lives.
- The school encourages students and community members to use the school's physical activity facilities outside of the normal school day.
- School encourages families and community members to institute programs that support physical activity.

Physical Education Program

The Diocese of Toledo's Course Study for Physical Education provides a planned, sequential K-8 curriculum with cognitive content and learning experiences in a variety of activity areas such as: basic movement skills; physical fitness; games; and team, dual, and individual sports.

- Quality physical education should promote through a variety of planned physical activities , each student's optimum physical, mental, emotional and social development and should promote activities and sports that students enjoy and can pursue throughout their lives.
- The physical education program shall be formatted to stress physical fitness and encourage healthy, active lifestyles.
- The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient or provide a significant health benefit to students, subject to the differing abilities of students.
- Participation in physical activity shall be required for all students in Kindergarten through Grade 8.
- Discipline will be administered in ways other than depriving a student of recess or physical education class.
- Regularly scheduled sport activities *may* be provided for students through after-school activities sponsored by the Catholic Youth Organization (CYO).
- Students will be encouraged to participate in school and community sports programs, and to be physically active outside of school.

Services for Nutrition-Related Health Problems

The school counselor and school nurse shall consistently promote healthy eating to students and other staff. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.

Social and Emotional Well-Being

Programs and services that support and value the social and emotional well-being of students, families, and staff, to build a healthy school environment..

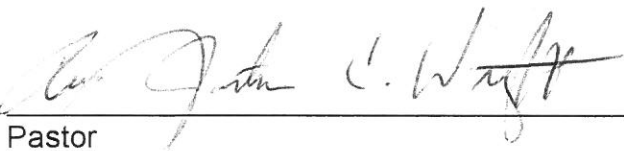
- Students shall be taught to understand and respect the difference in others and how to build positive interpersonal relations.
- Students and staff shall be encouraged to balance work and recreation and to help recognize stressors which may interfere with healthy development.
- A coordinated program of accessible health as well as social and emotional services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, immunization information, emergency care for illness or injury shall be provided, and educational and counseling opportunities for promoting and maintaining healthy individuals shall be provided.
- Counseling and psychological services shall be provided to improve students' mental, emotional, and social health. These services include individual and group assessments, interventions, and referrals.

Staff Wellness

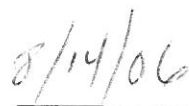
All Saints Catholic School shall provide information about wellness resources and establish a staff committee to support the healthy, safety, and well-being of site staff.

- The school shall be in compliance with drug, alcohol, and tobacco free policies.
- The school shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies, and rules.


This policy has been approved as written by the All Saints Catholic School Advisory Council on August 14, 2006. (See attached minutes for verification.)



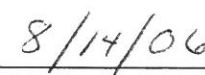
Pastor



Date



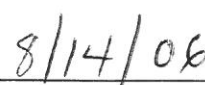
Principal



Date



School Advisory Council President



Date

EVALUATION

The plan for measuring implementation of the wellness policy is as follows:

- Track the weight of students through the school nurse or the physical education program.
- Students eligible for free and/or reduced lunch will be monitored.
- Survey students and/or parents on eating choices, behavior, and physical activity outside of school.
- Students will keep a food/exercise log for a specific week at the beginning of the year and again at the end of the year.
- Some of the physical education classes will monitor their heart rates as part of their physical fitness program.
- The number of students participating in CYO or other extra-curricular activities and the amount of time spent on those weekly will be tracked.
- Cafeteria menus, schedules, units of study and daily plans will be reviewed by the principal and team members.
- The Wellness Committee will revisit the Wellness Policy annually to revise, update, or amend the policy as needed.

All Saints Catholic School - Wellness Policy

Addendum 1

Ohio Revised Code numbers R.C. 3313.814(A), 3313.816, 3313.817, 3314.03(A) (11) (d), and 3326.11; Section 3 states that restrictions on food and beverage sales in schools be implemented by July 1, 2011 including Parochial Schools

Goals:

- Limit access to unhealthy foods and beverages
- Increase daily physical activity
- Raise standard for physical & health education programs
- Implement body mass index screening
- Develop/implement a school health measure on building report card
- Create Healthy Choices Healthy Children Council
- Develop a best practice registry

Beverage Restrictions

Grades K - 4

- 8 ounces or less of low-fat or fat-free milk, including flavored milk that contain no more than 150 calories per 8 ounces
- 8 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces
- Water

Grades 5 – 8

- 8 ounces or less of low-fat or fat-free milk, including flavored milk that contain no more than 150 calories per 8 ounces
- 10 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces
- Water

All Saints school food service program operates the “Traditional Program” and only offers milk for sale. However, in the future if multiple types of beverage are offered in serving line or a vending machine is made available to students All Saints will comply with the beverage restrictions set by the Senate Bill 210 nutrition standards.

Food Restrictions

Restrictions only apply to “a la cart” items, which are individually priced food and beverage items available for sale to students through (1) a school breakfast or lunch program, (2) vending machines located on school property, or a school store.

Restrictions do not apply to foods that are part of a complete meal provided through a federally subsidized breakfast or lunch program and are be sold individually in a serving portion of the same size as in the complete meal (sample – a la cart line in the cafeteria)

All Saints school food service program operates the “Traditional Program” and does not provide a la cart sales. However, in the future if a la cart items are offered in serving line or a vending machine is made available to students All Saints will comply with the act’s nutritional requirements or comply with the most recent guidelines for competitive foods issued by the Alliance for a Healthier Generation in respect to the sale of a la cart food items.

Extended Day K – 8 (after school program)

Although All Saints does not participate in the National After School Care Snack Program, all beverages and snacks sold will follow the same guidelines set by the Senate Bill 210 nutrition standards.

Enforcement

Restrictions must be observed during the regular school day, as well as during periods before or after the school day in which students are participating in school-sponsored extracurricular activities, academic or enrichment programs, or latchkey programs.

Do not affect foods and beverages sold in connection outside of the regular school day or in conjunction with an interscholastic athletic event (held anytime during the day)

Do not apply to vending machines that are accessible only to staff members, such as those in the teacher’s lounge.

Annual Compliance Report

Each school must designate staff to be responsible for seeing that the school meets the food and beverage standards it adopts.

The designated staff will prepare an annual report regarding compliance with the standards, which will be submitted to the Ohio Department of Education (ODE).

Effective July 1, 2011 the All Saints Catholic School Advisory Council, in compliance with the Senate Bill (SB) 210, has adopted this addendum as part of the school Wellness Policy.

Rev. Kent Kaufman

Pastor

Dr. Marie Cloutier Curran

Principal

Marie V. Kraus

School Advisory Council President

All Saints Catholic School – Wellness Policy Addendum 2

All Saints Catholic School is in effort to promote student wellness, Assist in the battle of the childhood obesity issues, and increase healthy nutrition. The Advisory Committee recognizes that good nutrition and regular physical activity affect the Health and well being of the school students. **All Saints Foodservice Staff will strive to promote lifetime wellness, by serving meals that are high quality, nutritious, enjoyable, and economical.**

The Committee however believes this effort to support the student's development of healthy choices. The schools cannot accomplish behaviors and habits regard to eating and exercise alone. It will be necessary for not only staff, but also parents and the public to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Committee sets the following goals in effort to enable students to establish good health and nutrition habits:

Dining Environment

- The school district provides a clean, safe, enjoyable meal environment for all students
- The school district provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- The school district makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.
- The school district encourages all students participate in school in school meals program and protect the identity of students who eat free and reduced price meals.

Time to Eat

- The school district will ensure an adequate time for the students to enjoy eating healthy food with friend in school. The school will also schedule lunchtime as near as the middle of the school day.

Food and Physical Activity as a Reward or Punishment

- The school advisory committee will prohibit the use of food as a reward or punishment in schools
- The school will not deny students participation in recess or other physical activities as a form of discipline or for classroom make-up time.

Consistent School Activities and Environment

- The school district will ensure that all schools' fundraising efforts are supportive of healthy eating
- The school district encourages parents, teachers, school administrators, students, foodservice professionals, and community member to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- The school district encourages and provides opportunities for students, teachers, and community volunteers to practice health eating and serve as role models in school dining areas.
- The school district encourages all students to participate in school meal program The National School Lunch, including School Breakfast programs.

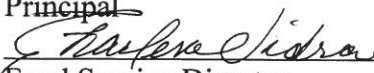
It is our intent of the All Saints Advisory Committee to comply fully with the 42 USC 1751 Section 204, which requires that any local educational agency participating in The National School Lunch Program establish a local school wellness policy and that The Principal with the Foodservice Director shall seek the involvement of parents, students, the school advisory committee, and the public as this All Saints Catholic School wellness policy is developed.

Addendum 2 - It is our intent of The All Saints Catholic School Principal, Foodservice Director and the School Advisory Committee to fully comply with Public Law 111-296-Dec. 13, 2010 124 Stat. 3183 Healthy, Hunger-Free Kids Act of 2010

Effective August 27, 2014 The All Saints Catholic School Principal, Foodservice Director and the School Advisory Committee Chairperson, in compliance with Public Law 111-296-Dec. 13, 2010, 124 Stat. 3183 Healthy, Hunger-Free Kids Act of 2010.



Principal



Food Service Director

School Advisory Committee Chairperson

All Saints Catholic School Principal, Foodservice Director and the School Advisory Committee reserve the right to modify the recommended Policy as it seems necessary.

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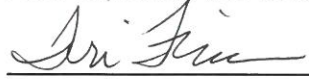
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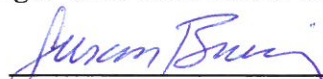
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 Principal


 Food Service Director



 School Advisory Committee Chairperson

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