



SAINT CHARLES

CATHOLIC SCHOOL

St. Charles School Wellness Policy

St. Charles School promotes a healthy school atmosphere by supporting good nutrition and regular physical activity as part of our total learning environment. St. Charles School supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, St. Charles School contributes to the basic health status of children. Improved health helps to optimize student performance and enhances the potential for every child to succeed.

Components of the Wellness Policy:

- **Community Involvement:** consists of School Administration, The Food Service Director, Staff, and Wellness Committee (The Wellness Committee has formed as a sub-committee under Home & School).
 - **Goals for nutrition education, physical activity, and other school-based activities:** Designed to promote student wellness in a manner that St. Charles deems appropriate based on state and local policies, implementation tools and resources available.
 - **Nutrition guidelines:** For all foods available at St. Charles School during the school day with the objectives of promoting student health and reducing childhood obesity.
 - **Guidance for reimbursable school meals:** St. Charles School must ensure that reimbursable school meals meet all program requirements as set forth in the National School Hot Lunch Program.
 - **A plan for measuring implementation of the wellness policy:** Designation of one or more persons within St. Charles School charged with operational responsibility for ensuring that St. Charles School fulfills their Wellness Policy (Principal, Elementary Coordinator, Middle School Coordinator and Food Service Director).
1. **Community Involvement:** The policy written is based on input from the school administration, the Food Service Director, teachers, discussion at School Advisory meetings and current and past nutrition programs sponsored by the Wellness Committee. Both School Advisory and the Wellness Committee represent parents of the community.
 2. **General Goals:**
 - To provide a comprehensive learning environment that helps students develop and practice lifelong wellness behaviors. The entire school environment should be aligned with healthy school goals to positively influence a student's understanding and beliefs of good nutrition and regular physical activity.
 - To promote proper 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 be healthy and nutritious.
 - To maintain and/or increase the amount of time students are engaged in physical activity. A quality physical education program is an essential component to learn about and participate in physical activity. Physical activity should, be included in a school's education program for all grades K-8. Physical

activity should include regular instructional physical education, co-curricular activities and recess based on grade level. Substituting any one of these components for the others is not appropriate.

- To help improve the academic performance of all students. Educators, administrators and parents need to acknowledge the critical role student health plays in academic performance and adapt the school environment to help ensure students' basic nourishment and activity are met. Research says that there is a positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. Increasing that understanding can help lead to a healthy school environment.

Goals for Nutrition Education, Physical Activity and Other School Based Activities

- Students in grades K-8 will receive nutrition education in the classroom to help them learn healthy eating behaviors. Lessons include:
 - Kindergarten-Dental hygiene; nutrition food pyramid and healthy foods to eat; appropriate touch; five senses; chemical health; good hygiene and health enhancing behaviors to reduce health risks.
 - 1st grade - Taking care of your health, eating right, and exercise.
 - 2nd grade - The human body, how it works; nutrition food pyramid; digestion and the body's digestive system; keeping healthy through exercise, strong muscles, heart and lung health; how much exercise we get; how to keep clean and germ free; how to take care of yourself.
 - 3rd grade -The 6 body systems; how bones and muscles work; how to stay healthy by staying clean; eating healthy food; exercising and staying away from alcohol and drugs.
 - 4th grade -The human body --the digestive, circulatory and nervous system; proper diet; exercise; avoiding drugs and wearing protective gear to keep the body healthy; alcohol/tobacco decisions program.
 - 5th grade - The human body - the respiratory and excretory system; keeping the body healthy by following the food pyramid guidelines; communicable and noncommunicable diseases; clean living habits and respect for each other, getting enough sleep, eating the right foods and the human body. The **D.A.R.E.** (drug education) program is also used.
 - 6th grade -the nervous and endocrine systems, the sense organs and glands associated with each, types of drugs and the effect they have on the body (helpful and harmful).
 - 7th grade Science The discussion of the types of organic compounds (carbohydrates, lipids; proteins and nucleic acids) and where they are found in foods and their function; Metabolism and how it is related to our food intake, physical activity, and age.
 - **Middle School** - What protein, minerals and vitamins are in fruits; the food pyramid; activities such as walking, doing exercises and lifting weights that contribute to good health.
 - 8th grade Science and Religion - digestive, circulatory, respiratory, skeletal, and muscle systems; chemical health unit, personal wellness unit; mental, social and physical health, nutrition, diet and exercise and healthy lifestyles: depression, eating, disorders, stress, relaxation, personality types, friendships/group dating/exclusive dating and their boundaries, food pyramid, food label reading and content, body fat, body mass index, calories, exercise and healthy options and choices.
 - Physical education classes taught by licensed teachers in grades K-4 . Students participate in cardiovascular, strength, and conditioning exercises to promote healthy lifestyles. During the school year, students engage in team and individual lifetime sports activities, all students participate in the President's Physical Fitness program. Each class is at least twice a week for 42 minutes.

- Physical Education classes time allotment:
 - Kindergarten -60 minutes per week
 - 1st grade -50 minutes per week
 - 2nd grade -50 minutes per week
 - 3rd grade -50 minutes per week
 - 4th grade -50 minutes per week
 - 5th grade -85 minutes per week
 - 6th grade -85 minutes per week
 - 7th-8th grades - 85 minutes per week

3. Nutritional Guidelines

- Nutrition information is displayed in the lunchroom. A menu for the hot lunch program is available monthly. Menus are based on the U.S. National School Hot Lunch Program components. All students are encouraged to participate in the intramural sports program for grades 3 and 4 and the Cub and Varsity program for grades 5-8. All are after school or on weekends. All students can participate.
- Nutritional food is recommended for all classroom treats and parties. It is recognized that there may be special occasions when the school principal may allow a school group to deviate from these guidelines. Staff does its best to make the meals served through the National School Lunch Program appealing and attractive to children. They continue to follow the U.S. Government's National Standards.
 - Daily meal portions are 1-2 oz protein, 3/4 cup vegetables, 1/2 cup fruits, minimum 1 oz whole grain rich, 8 oz dairy;
 - Weekly to include 1/2 cup dark green vegetables, 3/4 cup orange/red vegetables, at least a 1/2 cup legumes , 1/2 starchy vegetables
 - Beverages - Milk and water are available for students and staff during lunch time. Milk is served as part of the hot lunch program. B. Students with special health needs may request a milk substitute.
 - St. Charles School does not allow the marketing or advertising of any foods or beverages
 - Dining Environment
 - St Charles School provides a clean and safe, enjoyable meal environment for students and staff. St. Charles School provides enough space and serving areas to ensure all students access to school meals with a minimum wait time. Drinking fountains are available in the school and cafeteria so that students have access to water at meals and throughout the day. The school will make every effort to ensure that families are aware of need-based programs for free or reduced price meals and that eligible families are encouraged to apply. The program will maintain the confidentiality of the students and families applying for or receiving free or reduced-price meals. All families will receive free and reduced price meal application in the summer mailing, also available on the website.
 - Mealtimes - St. Charles students are allowed a minimum of 20 minutes to sit down and eat, more if necessary. (The American Food Service Association recommends at least 20 minutes to eat lunch after sitting down.)
 - St. Charles School schedules lunch periods followed by recess periods. Grades K-4 receive 20 minutes for lunch and 20 minutes for recess each day. Middle school (grades 5-8) receive 20 minutes for lunch and 10 minutes free time.

Qualifications of School Food Service Staff and School Environment

- St. Charles School will ensure that reimbursable school meals meet all program requirements as set forth in the National School Hot Lunch Program. St. Charles School employs a Food Service Director who is properly certified according to local and state requirements. St. Charles School provides opportunities for ongoing professional training for food service staff (to include Department of Education Basic Meal Planning, School Nutrition 101, Cycle Menu, Essentials for School Nutrition, etc).
- Consistent School Activities and Environment
 - St. Charles School encourages parents, teachers, administrators, students and support staff to serve as role models in practicing healthy eating and being physically active both in school and at home.
 - St. Charles School encourages all students to participate in the school's Hot Lunch Program
- Nutritional Activities
 - The school staff and Home and School Council plan nutritional opportunities for students during the school year. Snacks, teaching units, assemblies.

4. Guidance for reimbursable school meals:

- Hot Lunch Program.
- The State reviews our program approximately every 3 years.
- The Hot Lunch Director must submit all reimbursable meal information to the State each month (online) for approval.
- The school office submits free and reduced priced lunch verification to the State each year.

5. Monitoring and Assessment of our policy

The principal of St. Charles Borromeo School, Danny Kieffer, is responsible for overseeing the implementation, review, and assessment of this policy. The Wellness committee will review this policy at the May meeting each school year. At this meeting the committee will go through the policy to assess if it is being followed and if elements need to be added or altered to better serve our students. The Wellness committee manages this process under the direction of the school principal, but all parents may contribute suggestions for consideration.

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