

# **IMMACULATE CONCEPTION ST MARY PARISH LUNCH PROGRAM**

## **St Mary School and Catholic Central High School**

### **SCHOOL WELLNESS POLICY**

This campus-wide wellness policy encourages all members of the school community to create an environment that supports lifelong healthy habits, nutrition, physical activity, and wellness. Nutrition influences a child's development, health, well being and potential learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment.

The goals of the policy of Immaculate Conception St Mary Parish are:

- 1. Continue to implement the National School Lunch Program (NSLP) standards set forth by the Healthy, Hunger-Free Kids Act of 2010 and the recommendations from the United States Department of Agriculture (USDA) and Wisconsin Department of Instruction (DPI).**
- 2. Provide a positive environment and appropriate knowledge regarding food and activity.**
  - Ensure that all students have access to healthy food choices during school and at school functions.
  - Provide a pleasant eating environment for students and staff.
  - Allow a minimum of 20 minutes for students to eat lunch and socialize in the designated cafeteria area.
  - Enable all students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food and exercise choices for a lifetime.
- 3. Ensure the school communities make every effort to comply with the School Wellness Policy, including the Smart Snacks in Schools Standards, when using food as part of a lesson, snack, or incentive.**
- 4. Provide students access to nutrient dense foods and encourage the practice of good nutrition by reducing the sale or distribution of foods of minimal nutritional value.**
- 5. Restrict marketing to only food and beverages that meet nutrition standards set forth by the USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule from midnight until 30 minutes after the close of the school day.**

- 6. Integrate and promote a curriculum that teaches and exposes students to the following:**
  - a. The importance of physical exercise, which includes a wide range of physical activities, in order to develop the knowledge and skills that promote lifelong physical activity and fitness.**
  - b. The importance of nutrition education and healthy eating in order to provide tools that promote lifelong healthy eating choices.**

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### **ADMINISTRATIVE PROCEDURE FOR WELLNESS POLICY**

#### **School Nutrition Guidelines**

We strongly encourage the sales or distribution of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. We adhere to the following Nutrition Standards governing the sale and distribution of food and beverage on school grounds from midnight until 30 minutes after the close of the school day.

#### **Food:**

- Any given food item for sale or distribution has no more than 30% fat per serving.
- Any given food item for sale or distribution has no more than 10% of its total calories derived from saturated fat.
- Any given food item does not contain hydrogenated oil and/or trans fats.
- Any given food item that consists of whole grains is at least 50% whole grain by weight or listed as the first ingredient.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower LDL cholesterol and maintain HDL cholesterol.
- Fresh and dried fruits and vegetables make exceptional choices as nutrient-dense foods. Dried fruits and vegetables are exempt from the standards for sugar
- Sale of high-sugar food items is discouraged. (High-sugar foods are defined as foods with more than 35% of weight from total sugar as served or foods that list sugar as the first or second ingredient).
- Rare special occasions may occur when the school principals may allow a school group to deviate from these guidelines.

#### **Beverage:**

- Vending sales or consumption of soda is not permitted from midnight until 30 minutes after the close of the school day.
- Non-fat or low-fat milk, plain water (with or without carbonation), 100% fruit/vegetable juices may be sold or consumed on school grounds and are encouraged for snacks and/or lunches brought to school.
- All drinks must be caffeine-free for elementary school consumption.

- Increased water consumption is encouraged throughout the instructional day. Students may carry water bottles during the day with teachers having discretion in determining classroom use.
- Water is available during lunch periods in close proximity to the cafeteria.

### **Classroom Recommendations for Snacks:**

- Staff is encouraged to use non-food items or activities as classroom rewards in lieu of food items.
- Snacks are encouraged after lunch period has been completed.
- Parents and staff are strongly encouraged to provide students with nutritionally dense snacks. The following are suggestions for healthy snacks:
  - Non/low-fat milk, 100% fruit/vegetable juice
  - Low-fat yogurt, string cheese, cheese slices
  - Fruit, dried fruit (raisins, cranberries, banana chips, etc)
  - Vegetables, dried vegetables
  - Low-fat granola bars, low-fat breakfast bars, unsweetened/low sugar cereal
  - Popcorn, goldfish crackers, graham crackers, pretzels, low-fat trail mix

### **National School Lunch Program (NSLP) Operations:**

- The on-site Food Service Program Directors are **ServSafe Certified** with the State of Wisconsin Department of Agriculture, Trade, and Consumer Protection.
- The child nutrition program ensures that all students have access to the varied and nutritious foods needed to stay healthy and learn well. Our campus requires that food distributed through our lunch program be of high quality.
- The schools strive to increase participation in the available federal Child Nutrition school lunch program.
- In-service training is offered to all food service personnel on a continuous basis.
- Food safety and security is high-level priority, which is achieved by:
  - Any food prepared by food services will follow state food safety and sanitation guidelines (including hand-washing and use of single-serve gloves, hair restraints, food preparation requirements, food-holding temperatures, and serving requirements, etc).
  - A hand-washing station is available in the kitchen and utilized by staff, volunteers, and students before preparing and serving food at school.

## **Fitness, Nutrition Education, and Promotion Guidelines**

### **Physical Activity:**

- Time allotted for physical activity is consistent with research, national, and state standards.
- The Physical Education curriculum is aligned with state and national standards to promote a lifelong physically active lifestyle.
  - Students are required to participate in physical education classes.
  - Additional physical activity opportunities are available for all students in Pre-K – 12<sup>th</sup> grade during the school days.
  - Extracurricular physical activity opportunities are available for students in 5<sup>th</sup> – 12<sup>th</sup> grades.
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### **Education and Promotion:**

- Teachers are encouraged to incorporate a curriculum that includes nutrition education in any relevant subject and in a variety of methods, such as measuring in math, label reading, gardening, MyPlate, etc.
- Food Service Directors and staff will promote nutrition, activity, and lunch participation through many techniques, which include but are not restricted to:
  - Hosting a “Hot Lunch” table at the schools’ open houses
  - Taste testing and menu offerings feedback from students
  - Using smarter lunchroom tactics, which will include re-naming entrees
  - Displaying USDA team nutrition posters
  - Designing and incorporating a social media campaign
  - Supporting health promotion by having family-focused events, which could include employee wellness strategies, family fun night, and/or blood drives

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#### **LEADERSHIP PROCEDURE**

#### **IMPLEMENTATION AND EVALUATION GUIDELINES**

This process is overseen by the Internal Wellness Committee (IWC), comprised of lunch staff, administration, teacher representatives, and community members. The food service directors lead this effort.

- Consider wellness policy goals in planning all school-based activities (such as school events, field trips, dances, and assemblies) to promote a healthy lifestyle.
- Support the health of all students.
- Continue to plan, implement, and maintain or improve nutrition and physical activity in the school environment.
- Continue to encourage elementary school and high school students to participate in before-and after-school physical activity programs.
- Promote the wellness policy guidelines throughout the campus.
- Post the policy on the elementary and high school websites and encourage and promote input from outside sources. Actively inform families and the public of updates to our campus wellness policy.
- Review policy guidelines as needed throughout the school year and evaluate compliance with the policy no less than every three years.