

Saint Rose School
Wellness Policy
2023-2024

Policy Intent / Rationale:

Saint Rose Catholic School promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning experience. The school supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential in the classroom.

School Nutrition and Physical Activity Goals:

Goal 1: Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be sacrificed because of a dependence on revenue generated from high-added fat, high-added sugar, and low nutrient foods to support school programs.

Goal 2: Support and promote proper dietary habits contributing to students' health status and academic performance.

All food available on school grounds and at school-sponsored activities during the instructional day should meet the State of Ohio nutritional standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

Goal 3: Provide opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grade KR through 8. Physical activity should include regular instructional physical education classes, in accordance with the State of Ohio and NASPE (National Association of Sports and Physical Education) standards, as well as daily recess activities.

Goal 4: Saint Rose School is committed to improving academic performance.

Educators, administrators, parents, health practitioners, and communities must consider the critical role student health plays in academic stamina and performance and to adapt the school environment to ensure students' basic nourishment and activity needs are met. Saint Rose School is committed to promoting an understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity. Research has demonstrated a positive relationship between good nutrition, physical activity, and capacity of students to develop and learn. Saint Rose School will support this research in their commitment to implement this 2023-2024 Wellness Policy.

I. Student Nutrition

- A.)** The school lunch program will continue to follow the USDA Requirement for Federal School Meals Program.
- B.)** The school food service program will follow the Ohio Department of Education Nutrition Standards (based on “Enhanced Food Based Menu Pattern”) when determining the items on the menu. Items that do not meet these standards will not be incorporated in the school’s menu.
- C.)** A cafeteria environment that provides students with a relaxed, enjoyable climate shall be maintained. The students will have adequate space to eat, pleasant surroundings, adequate time to eat meals (20 minutes), and convenient access to hand washing facilities before meals (bathroom or hand sanitizer dispensers).
- D.)** All fundraising projects are encouraged to follow the USDA and Ohio Department of Education Nutrition Standards (ODENS). There are no bake sales or candy fundraising during school hours.
- E.)** The use of food items as part of a student incentive program is discouraged. Should teachers feel compelled to utilize food items as an incentive, they are required to adhere to the USDA and Ohio Nutrition Standards.
- F.)** The school will encourage parents to provide “healthy” snacks for all classroom activities and parties. Healthy snacks will meet the USDA standards.
- G.)** Saint Rose School takes a comprehensive curricular approach to nutrition in KR through 8th grade. The health benefits of good nutrition should be emphasized and themes should include but are not limited to:
- knowledge of Choose My Plate (or One Great Plate)
 - sources and variety of foods
 - diet and disease
 - healthy snacks and healthy diet
 - major nutrients
 - serving size

- identification and limitation of foods low in nutrient density
- healthy heart choices
- dietary guidelines for Americans
- understanding of calories
- healthy breakfast
- reading food labels
- proper food safety and sanitation

The Toledo Diocesan School Curriculum Guidelines and Saint Rose School Curriculum provide nutrition education to help students learn proper nutrition to encourage a healthy lifestyle. The USDA and IDENS reinforce nutrition education to help students practice these themes in a supportive school environment.

H.) Nutrition education of parents is encouraged and may be provided in the form of:

- handouts
- emails
- articles
- information provided in Building Healthy Kids Newsletters
- any other appropriate means available for reaching parents

I.) Nutrition and physical activity education opportunities will be offered to all school staff. These activities may include, but are not limited to, the distribution of educational and informational materials that focus on nutritional value and healthy lifestyles, health assessments, fitness activities and other appropriate nutrition and physical activity-related topics.

II. Nutrition Standards

A.) Saint Rose School encourages the sale or distribution of nutrient dense foods for all school functions or activities. Nutrient dense foods are those foods that provide students with calorie rich, nutrient content needed to be healthy. Examples of nutrient dense foods are whole grains, fresh fruits, vegetables, and dairy products.

B.) In an effort to support the consumption of nutrient dense foods in the school setting, Saint Rose School has adopted nutrition standards governing the sale of food, beverage, and candy on school grounds. In accordance with state and federal guidelines, Saint Rose School prohibits the sale of food of minimal nutritional value to students within school buildings or on school grounds during school hours. The foods in the category, as defined by federal guidelines, are:

- i. soda (carbonated beverages)
- ii. chewing gum

- iii. candies of the following types: hard candies (including breath mints), cough drops, gum, marshmallows. Licorice, and chocolates.
- iv. all vending machine snacks and drinks

III. Student Physical Activity

Saint Rose School shall provide physical activity and physical education opportunities, aligned with the NASPE standards. Physical Education shall provide students with the knowledge and skills to lead a physically active lifestyle. Saint Rose shall utilize the following implementation strategies:

A.) Physical education classes and opportunities will be available for all students.

B.) Physical activity opportunities will be offered daily during school recess and twice a week in the form of physical education class.

C.) As recommended by the NASPE, school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:

- Expose students to a wide variety of physical activities
- Teach physical skills to help maintain a lifetime of health and fitness
- Encourage self-monitoring so students can see how active they are and set their own goals
- Individualize intensity of activities
- Focus feedback on process of doing your best rather than on product
- Be active role models

D.) Introduce developmentally appropriate components of a health-related fitness assessment (e.g. Physical Best or President's Council) to students at an early age to prepare them for future assessments.

E.) Encourage fitness or activity logged at an elementary level. Assist students to interpret their personal attainments and compare them to national physical activity recommendations of NASPSE:

- Children should accumulate at least 60 minutes and up to several hours of age appropriate physical activity on all or most of the days of the week. Saint Rose School offers Physical Education class twice a week and recess once a day.
- Children should participate in several bouts of physical activity lasting 15 minutes or more each day. Saint Rose School students participate in daily recess for 20 minutes.

- Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness or performance benefits.
- Extended periods (periods of 2 hours or more) of inactivity are discouraged for children, especially during the daytime hours.

F.) Physical Education classes shall be sequential, building from year to year, and content will include movement, physical fitness, personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill, and practice. Saint Rose School's goal will be to comply with the NASPE's recommendation for 150 minutes of physical activity per week for students. Saint Rose students have 70 minutes of physical education and 100 minutes of recess, which totals to 170 minutes of physical activity per week.

G.) Physical Education classes will also follow the content standards established by the State of Ohio as follows:

Standard 1: Demonstrates competency in motor skill and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self expression and/or social interaction.

H.) Saint Rose staff are invited to participate in exercise activities after school, in order to encourage increased activity and stress reduction.

I.) Saint Rose Jr. High students participate in the THOL (Teens High On Life) program, which promotes healthy lifestyles and choices. This program includes a 5K race.

J.) W.E.L.L. class offered to 7/8th grade girls. Focuses on five wellness pillars (sleep, play, faith, nutrition, and movement) that contribute to a healthy life.

IV. Other School Based Activities

A.) Supporting the health of all students is demonstrated by utilizing the health services of the school nurse and health screenings (BP, vision and hearing) when requested.

B.) Supporting the health of the staff is demonstrated by utilizing the health services of the school nurse and health screenings (BP, vision and hearing) when requested.

V. Evaluation

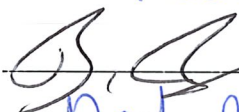
At the conclusion of each school year, an evaluation of the compliance with this policy will be made by the principal and school nurse. This policy will be reviewed and revised by the team members (see signatures below) each year to reflect on ongoing wellness activities and the Wellness Policy for Saint Rose School.

Signatures of the team members involved in developing / updating this policy:

School Nurse:



Principal:



Food Service:

Natalie Penderley

PE TEacher:

Stacy Miller

School Parent:

Michelle Anne

School Board President:

