



ST. AGNES SCHOOL WELLNESS POLICY

This wellness policy formalizes the role that St. Agnes School plays in improving and sustaining the health and well being of children. Living a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition, and appropriate amounts of physical activity. St. Agnes School along with our parents and the community, are working together to insure that coordinated efforts are sustained for optimal success. The wellness policy is comprehensive in nature but by no means exhaustive in the scope of the goals and expectations. St. Agnes School Wellness policy addresses three key components: Nutrition, Physical Activity, and Other Activities that Promote Student Wellness.

I. School Wellness Committee

This group provided oversight in establishing our response and commitment to nutrition standards and education, physical activity education, and other activities that promote wellness. The School will develop a Wellness Committee comprised of school personnel, community members and students to plan, implement and assess ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups within the school community. The committee will meet a minimum of once per year to review goals, oversee policies and programs related to health and wellness, and Membership will be reviewed annually and will continue to reflect our commitment to student wellness. The school will notify families and the public each year about the wellness policy, any updates and the implementation status. This information will be made available via the school website and/or school-wide communications. General committee members include:

1. Darla Hamm – Principal, St. Agnes School
2. Cathy Nelson – St. Agnes School Food Service Director
3. Jamie Heine – St. Agnes School Nurse and Parent
4. Nichole Bohnsack – St. Agnes School Physical Education teacher
5. Kelly Herbster – St. Agnes School Classroom (Health) teacher
6. Kris Gregoire – St. Agnes School Classroom (Health) teacher
7. Sarah Roob – St. Agnes School Advisory Council member and Parent

II. Nutrition

- Child nutrition programs comply with federal, state and local requirements, and they are accessible to all children.
- Teaches consistent health & nutrition education classes, and integrates it into other classroom instruction through subjects such as math, science, language arts, social studies, and religion. This is done throughout the school, classroom, cafeteria, and home. The SD Health Education Standards and the “Sanford *fit*” curriculum are used to teach and are incorporated into instruction.
- All foods and beverages made available on site during the school day (including vending and a la carte) are consistent with EFEA/EFEA-R – Supplemental Food Sales which meet the USDA Healthy Hunger Free Kids Act of 2010. Including the Smart Snacks Standards implanted July 1, 2014.
- Students with special dietary needs (diabetes, celiac sprue, allergies, etc.), will be accommodated as required by USDA regulation.
- Water and cups will be available in the cafeteria.
- Students are allowed to bring and carry water bottles filled with only water with them throughout the day.
- If rewards and incentives are given, healthy choices are expected for rewards and incentives.
- When snacks are provided in classrooms, healthy snacks are expected for all grade levels.
- All fundraisers held within the school will meet the State of South Dakota Fundraiser Policy.
- The School will promote healthy food and beverage choices for all students throughout the school campus, and will encourage participation in school meal programs, such as the National School Lunch Program (NSLP) & the Summer Food Service Program (SFSP).

III. Physical Activity

- The School will promote and provide meaningful age appropriate physical activity in addition to physical education that connects to students’ lives.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- Physical activity will not be withheld from students as a consequence for inappropriate behavior or poor academic performance. Walk & Talk will be utilized for discipline.
- All elementary school students will have supervised recess at least 3 times/day, preferably outdoors, during which students are encouraged to engage in moderate to vigorous activity.
- Recess will occur prior to lunch to ensure appropriate healthful food intake.
- Opportunities for classroom-based physical activities are regularly incorporated into the classroom and other subject areas (Brain Breaks/Fit Bursts/Go Noodle).
- After-school child care and enrichment programs will provide and encourage (verbally and through the provision of space, equipment and activities) daily periods of moderate to vigorous physical activities for all participants.
- The School will promote extracurricular physical activities, such as physical activity clubs, sports, or community/recreation programs.

IV. Other Activities that Promote Student Wellness

- The School will promote the benefits of approaches for healthy eating and physical activity for students, staff, parents and where appropriate, for community members.
- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled as near the middle of the school day as possible to eat, relax and socialize.

- School activities will support healthy lifestyles. Such activities may include physical activity (e.g., walk-a-thon, *fit* Marathon, Fun Run, Jump Rope for Heart).
- Provide enjoyable developmentally-appropriate, culturally-relevant and participatory activities (e.g., contests, promotions, taste-testing, farm visits, school gardens, etc.).

V. Monitoring

- The principal or designee is responsible for monitoring and ensuring that the school complies with this policy. The principal will monitor and ensure that the food service program complies with the nutrition guidelines set forth by the U.S. Department of Agriculture's Food and Nutrition Services and Food Distribution Division Programs.

VI. Assessment

- The principal or designee will conduct an assessment and develop an annual summary report on school compliance. This assessment and report will include information on compliance, the comparison to model school wellness policies, and the progress made on attaining the goals. The report will be made available to the public on the school's website.
- Assess student, parent, teacher and administration's satisfaction with the new policies.
- Confirm that a designated person has the authority to ensure that the school is meeting the policy, collect data and enforce the policy.
- Periodically review how well the policy is being managed and enforced in the classrooms.
- Share the policy and procedures with the school staff, students, parents and community.

VII. Helpful Resources

- Food Guidance from MyPlate: <https://www.choosemyplate.gov/>
- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques: <http://smarterlunchrooms.org/ideas>
- Physical activity during the school day. The teachers will be encouraged to participate in Let's Move! Active Schools: www.letsmoveschools.org/
- Celebrations and parties. The school will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation: https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/celebrations/ and from the USDA: <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-celebrations/>
- Classroom snacks brought by parents. The school will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards: <https://foodplanner.healthiergeneration.org/products/>
- Rewards and incentives. The school will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior: https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/non-food_rewards/
- Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>
- Current nutrition requirements: <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>