



ST. EDMOND CATHOLIC SCHOOL WELLNESS POLICY

Wellness

St. Edmond Catholic School strives to educate the whole person in mind, body and soul. In educating students about the body, they strive to develop a profound reverence for the great gift of life, their own lives and the lives of others, along with readiness to spend themselves in serving all that preserves and enhances life.

The school governed by the St. Edmond Catholic School Board of Education strives to maintain a learning and working environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity.

St. Edmond Catholic School supports and promotes proper dietary habits contributing to students' health status and academic performance. Foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed St. Edmond Catholic School nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

St. Edmond Catholic School has developed a local wellness committee comprised of representatives of administration, parents, students and leaders in food/exercise authority and employees. The local wellness committee has developed a plan to implement and measure the wellness policy and monitor the effectiveness of the policy. The committee will report annually to the St. Edmond Catholic School Improvement Advisory Committee regarding the effectiveness of this policy.

Specific Wellness Goals:

- Nutrition Education and Promotion
- Nutrition Guidelines for all Foods Available on Campus
- Physical Activity
- Implementation and Evaluation

NUTRITION EDUCATION AND PROMOTION

St. Edmond Catholic School will provide nutrition education and engage in nutrition promotion that:

- Is offered as part of a sequential, comprehensive, standards-based program, which is part not only of physical education classes, but also part of classroom instruction in other subject areas;
- Includes promotion of enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing;

Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;

- Emphasizes caloric balance between food intake and physical activity;
- Links with meal programs, other foods and nutrition-related community services.

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

General Directives

Food Safety

All foods made available on campus will follow food safety and security guidelines and comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will continue to be implemented to prevent food illness in school. For the safety and security of the food and facility, access to the food service operations should be limited to food service staff and authorized personnel.

Sharing of Foods

St. Edmond Catholic School discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Food Service Department

The St. Edmond Catholic School Food Service Department/Taher will

- Engage students in selecting food offered through the meal program in order to identify new, healthful and appealing food choices. Parent feedback is welcome;
- Share information about the nutritional content of meals with parents and students.

Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of St. Edmond Catholic School/Taher responsibility to operate a food service program, St. Edmond Catholic School/Taher will:

- Provide continuing professional development for all nutrition professionals;
- Provide staff development programs that include appropriate certification and/or training programs for managers and cafeteria workers, according to their levels of responsibility.
- Provide the USDA established-continuing education hours and training for all food service employees.

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to students;
- Be served in clean and pleasant settings;
- Meet nutrition requirements established by local, state and federal law;
- Include a variety of fruits and vegetables and menu choices.

Breakfast

To ensure that all students have breakfast either at home or at school in order to meet their nutritional needs and enhance their ability to learn, St. Edmond Catholic School will:

- To the extent possible, operate the School Breakfast Program;
- Notify parents and students of the availability of the School Breakfast Program;
- Encourage parents to provide a healthy breakfast for their students through newsletter articles, take-home materials or other means.

Free and Reduced-Priced Meals Program

St. Edmond Catholic School will continue to make every effort in eliminating any social stigma attached to, and in preventing the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, St. Edmond Catholic School will:

- Utilize electronic identification and payment systems;
- Promote the availability of meals to all students.

Meal Times and Scheduling

The school will:

- Allow adequate time for students to receive and consume meals and provide a pleasant dining environment;
- Schedule meal periods at appropriate times, e.g., lunch periods scheduled between 10:45 a.m. and 1 p.m.;
- Not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Attempt to schedule lunch periods to follow recess periods (in elementary schools);
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Ala Carte Sales

In grades 7th -12th, all food and beverages sold individually outside the reimbursable meal program will meet the following nutrition and portion size standards and be in compliance with the [USDA's Smart Snacks in School](#).

Beverage and Food

St. Edmond Catholic School will follow the [Smart Snacks in School standards](#) published by the USDA, building on the healthy advancements by ensuring that snack foods and beverages sold to the students in addition to those foods provided through the National School Lunch Program and the School Breakfast Program are also tasty and nutritious. Any food and beverage sold during the school day must meet the nutrition standards. **As defined by the USDA, the school day begins at midnight the night before and goes until 30 minutes after the final bell.**

Only marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus will be allowed.

Other Requirements

- **Fundraisers**
 - The sale of food items that meet nutrition requirements at fundraisers is not limited in any way under the standards by the USDA.

- The USDA standards do not apply during non-school hours, on weekends and at off-campus fundraising events. The school day as defined by the USDA is after midnight the day before the first bell until 30 minutes after the last bell.

Food Nutrition Standards

General Standard for Competitive Food must meet all of the proposed [competitive food nutrient standards](#).

Special Events

Snacks

Snacks served during the school day should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and healthy beverages conforming to this policy. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. A list of healthful snack items to teachers, after-school program personnel and parents will be distributed by the food services director.

Rewards

The school is encouraged to offer nonfood forms of rewards. If food or beverage rewards are used for academic performance or good behavior, they should conform to this policy. The school will not withhold beverages or food (including food served through meals) as a punishment.

Celebrations

The school will evaluate their celebration practices that involve beverage and food during the school day. ~~The occasional monthly birthday celebrations allow each child to receive one cupcake per year.~~ The food used in celebration practices should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and healthy beverages conforming to this policy. A list of healthy celebration ideas is available at the school.

PHYSICAL ACTIVITY

Wellness education is an important and integral part of the education of students at St. Edmond Catholic School.

In compliance with the state mandated [HF2676](#), St. Edmond Catholic School shall ensure that all physically able students in grades K-4 participate in 40 minutes of physical activity daily while all physically able students in 5th grade participate in 30 minutes of physical activity daily. This activity can occur through physical education class, recess, or other classroom activities.

In compliance with the state mandated [HF2676](#), St. Edmond Catholic School shall ensure that students in grades 6-12 participate in 120 minutes of physical activity in a 5 day week. This activity can occur through physical education class, interscholastic sports, participating in an organized and supervised athletic program, or non-school-sponsored extracurricular activity. Non-school activities such as gymnastics, dance, etc., also meet the requirements of the law. When the requirement is to be met through non-school activities, the school shall enter into a written agreement with the parents of the student.

Physical Education

St. Edmond Catholic School will provide wellness education that:

- Includes students with disabilities;
- Engages students in moderate to vigorous activity during at least 75 percent of physical education class time;
- Meets regularly for the scheduled period of time it will allow at the elementary school level and middle school level;
- Is taught by a certified physical education teacher.
- The physical education curriculum shall include an assessment of the physical fitness of students who are physically able using the presidential physical fitness test. ([HF2676](#))

Physical Activity Opportunities after School

To provide opportunities for physical activity outside the regular physical education classes, all elementary, middle and high schools are encouraged to:

- Offer extracurricular physical activity programs, such as open gym (middle and high school);
- Offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special health-care needs;
- Offer information about community agencies such as the Recreation Department to offer a maximum number of physical activity opportunities;
- Publicize and promote participation in community events and programs that involve physical activity.

Daily Recess

Grades TK - 6th will offer recess for students that are preferably outdoors (criteria should be established for when indoor recess occurs). Recess should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

St. Edmond Catholic School will discourage extended periods (i.e. periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, the school will give students periodic breaks during which they are encouraged to stand and be moderately active.

Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class.

Toward that end, St. Edmond Catholic School will:

- Offer integrated health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- Provide opportunities for physical activity to be incorporated into other subject lessons;
- Encourage classroom teachers to provide short physical activity breaks during lessons or classes, as appropriate.

Physical Activity and Punishment

Employees will not use physical activity (e.g., running laps, pushups) or routinely withhold

opportunities for physical activity (e.g. recess, physical education) as punishment. Physical activity may be used as an accommodation for students demonstrating a specific need for activity.

IMPLEMENTATION AND EVALUATION

Communication with Parents

St. Edmond Catholic School will support parents' efforts to provide a healthy diet and daily physical activity for their children. St. Edmond Catholic School will:

- Provide information about physical education and other school-based physical activity opportunities before, during and after the school day;
- Support parents' efforts to provide their children with opportunities to be physically active outside of school;
- Distribute information about physical education and activity via a web site, newsletter, other take-home materials and special events or physical education homework.

Staff Wellness

St. Edmond Catholic School values the health and wellbeing of every staff member and encourages activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

Monitoring

The Administrator will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

The principal will ensure compliance with those policies in the school and will report on the school's compliance to the President;

Food service staff, at the school level, will ensure compliance with nutrition policies within food service areas and will report on matter to the Food Service Director, Director of Operations and Finance, Principal and President.

In St. Edmond Catholic School:

- St. Edmond Catholic School will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If St. Edmond Catholic School has not received a SMI review from the state agency within the past five years, St. Edmond Catholic School will request from the state agency that a SMI review be scheduled as soon as possible; (Last review: April 2025 – Next Scheduled 2027/2028)
- The principals and/or President will develop a summary report annually on compliance with St. Edmond Catholic School's established nutrition and physical activity wellness policies, based on input from school;
- The report will be provided to the St. Edmond Catholic School Board and distributed to all school wellness committee members.

Policy Review

The Administrator will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity at the end of the school year. St. Edmond Catholic School will revise the wellness policies and develop work plans to facilitate their implementation.