

St. Michael Catholic School Wellness Policy

Preamble

St. Michael Catholic School is committed to the optimal development of every student. *St. Michael Catholic School* believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes.

This policy outlines *St. Michael Catholic School's* approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at *St. Michael Catholic School* have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of *St. Michael Catholic School* in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- *St. Michael Catholic School* establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff of *St. Michael Catholic School*.

I. School Wellness Committee

Committee Role and Membership

St. Michael Catholic School will convene a representative *St. Michael Catholic School* wellness committee (hereto referred to as the SMWPC) which will meet at least four times a year, one time per quarter, to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this *St. Michael Catholic School Wellness Policy* (heretofore referred as “wellness policy”).

The SMWPC membership will represent all school levels and include, but not be limited to: parents/caregivers (SAC Member); students; representative of the school nutrition program (kitchen manager), physical education teacher; health education teacher; school administrator (principal). To the extent possible, the SMWPC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Principal will convene the SMWPC and facilitate development of and updates to the wellness policy, and will ensure compliance with the policy.

The names, titles, and contact information of these individuals are::

Name	Title	Email address
Kate Hamill	Principal	katehamill@saintmpl.org
Melissa Shimek	Physical Education/Health Teacher	melissashimek@saintmpl.org
Darlene Casey	Kitchen Manager	casey@saintmpl.org
Kirsten Morgan	Middle School Rep.	morgan@saintmpl.org
Beth Gillham	Elementary School Rep.	gillham@saintmpl.org

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

This wellness policy and the progress reports can be found at: www.saintmpl.org

Recordkeeping

St. Michael Catholic School will retain records to document compliance with the requirements of the wellness policy in the main office of the school. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit SMWPC membership from the required stakeholder

groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;

- Documentation of annual policy progress reports for our school;
- Documentation of the triennial assessment* of the policy for our school;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

St. Michael Catholic School will compile and publish an annual report to share basic information about the wellness policy and report on the progress of meeting our wellness goals. This annual report will be published around the same time each year June. This report will include, but is not limited to:

- The website address for the wellness policy;
- A description of our progress in meeting the wellness policy goals;
- A summary of events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated St. Michael Catholic School policy leader identified in Section I; and
- Information on how individuals and the public can get involved with the SMWPC.
- The annual report will be available on the school's website.
- SMWPC will track, analyze, and report on any correlations between improvements in health-promoting environments with education outcomes, such as absenteeism, disciplinary referrals, test scores, average grades, or health measures such as consumption of whole grains, fruits, or vegetables through the school meal programs.

Triennial Progress Assessments

At least once every three years, the SMWPC will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which St. Michael Catholic School's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of St. Michael Catholic School's wellness policy.

The persons responsible for managing the triennial assessment and contact information is the school principal and/or physical education/health teacher.

The SMWPC, in collaboration with St. Michael Catholic School, will monitor its compliance with the wellness policy.

St. Michael Catholic School will actively notify households of the availability of the triennial progress report.



Revisions and Updating the Policy

SMWPC will update the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as St. Michael Catholic School priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach, and Communications

St. Michael Catholic School is committed to being responsive to community input, which begins with awareness of the wellness policy. St. Michael Catholic School will actively communicate ways in which representatives of SMWPC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for St. Michael Catholic School. St. Michael Catholic School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. St. Michael Catholic School will use electronic mechanisms, such as email or displaying notices on St. Michael Catholic School's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. St. Michael Catholic School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that St. Michael Catholic School and individual schools are communicating other important school information with parents.

St. Michael Catholic School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. St. Michael Catholic School will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

St. Michael Catholic School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices.

St. Michael Catholic School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), *Special Milk Program (SMP)*, and the *MN Milk Program*. St. Michael Catholic School includes Smart Snacks for purchase during lunch for grades 5-8 from

11:00 a.m.-12:00 p.m. St. Michael Catholic School is committed to offering school meals through the NSLP and other applicable Federal child nutrition programs, that:

- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (St. Michael Catholic School offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices by following the [Smarter Lunchroom techniques](#):
 - Staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable & fruit options with their meal
 - White milk is placed in front of other beverages in the cooler
 - A reimbursable meal is created and available to students
 - Student artwork is displayed in the service and/or dining areas
- *St. Michael Catholic School will implement the two following Farm to School activities (meets HSP Gold level; mark/circle the four activities the St. Michael Catholic School plans to do):*
 - *Messages about agriculture and nutrition are reinforced throughout the learning environment;*
 - *School utilizes MN Ag*

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. St. Michael Catholic School will make drinking water available where school meals are served during meal times. In addition, students will be allowed to bring and carry (approved) water bottles filled with water with them throughout the day

Celebrations and Rewards

All foods offered will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. St. Michael Catholic School will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. St. Michael Catholic School will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards; and
3. Rewards and incentives. St. Michael Catholic 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.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers during the school day.

- *Schools will use and encourage non-food fundraisers, and promote physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).*
- *Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. Fundraisers outside of school hours are up to the discretion of the fundraising committees. This may include but is not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.*

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

St. Michael Catholic School will promote healthy food and beverage choices for all students throughout the school, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that St. Michael Catholic School may use are available at www.healthiergeneration.org/smartsnacks.

Nutrition Education

St. Michael Catholic School aims to teach, model, encourage, and support healthy eating by students. St. Michael Catholic School will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;

- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons and promotions;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, MN Ag, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

St. Michael Catholic School will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Importance of water consumption
- Importance of eating breakfast
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

St. Michael Catholic School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. St. Michael Catholic School strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on St. Michael Catholic School property that contains messages inconsistent with the health information St. Michael Catholic School is imparting through nutrition education and health promotion efforts. It is the intent of St. Michael Catholic School to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold at school, consistent with the St. Michael Catholic School's wellness policy.

Any foods and beverages marketed or promoted to students at school during the school day will meet the Minnesota *state nutrition standards*.

IV. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and St. Michael Catholic School is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). St. Michael Catholic School will be encouraged to participate in *Let's Move! Active Schools* (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. St. Michael Catholic School will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, St. Michael Catholic School will ensure that its grounds and facilities are safe and that equipment is available to students to be active. St. Michael Catholic School will conduct necessary inspections and repairs.

Physical Education

St. Michael Catholic School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. St. Michael Catholic School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All St. Michael Catholic School **elementary students** in each grade will receive physical education for at least 55 minutes per week throughout the school year along with daily recess and brain breaks. St. Michael Catholic School **middle school students** attend physical education two of the four quarters of the entire school year.

Essential Physical Activity Topics in Health Education

St. Michael Catholic School will include in the health education curriculum the following essential topics on physical activity: health education is taught one quarter during the school year in grades 6-8.

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Recess

St. Michael Catholic School offers 20 minutes of outdoor recess play daily. Recess is before lunch, students return to their classroom to remove outerwear and to use the restroom to wash their hands. When raining, severe weather days or cold weather days (a temperature or wind-chill of zero or below) recess is held indoors.

Indoor recess will promote brain breaks, socialization and activity to the extent practicable. SMWPC will create these guidelines, which must include 20 minutes of indoor recess.


Recess monitors and teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks

St. Michael Catholic School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. St. Michael Catholic School recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class or recess.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible doing their part to limit sedentary behavior during the school day.



St. Michael Catholic School will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

After School Activities

St. Michael Catholic School offers opportunities for students to participate in physical activity after the school day by offering sports, Adventures Plus, and other movement based activities throughout the school year. St. Michael Catholic School encourages students to partake in these activities as a means to both a physically and socially healthy lifestyle.

Active Transport

St. Michael Catholic School encourages students to walk or ride their bike to school.

- Designation of safe or preferred routes to school
- Promotion of safe traveling distances for an elementary school
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students
- Instruction on walking/bicycling safety provided to students
- Crossing guards are used
- Crosswalks exist on streets leading to schools
- Documentation of number of children walking and or biking to and from school

V. Other Activities that Promote Student Wellness

St. Michael Catholic School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. St. Michael Catholic School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes. St. Michael Catholic School will coordinate content across curricular areas that promote student health with the guidance of SMWPC.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the SMWPC.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.



Community Partnerships

St. Michael Catholic School will continue relationships with community partners such as dentists, doctors and counselors in support of this wellness policy's implementation.

Community Health Promotion and Engagement

St. Michael Catholic School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

St. Michael Catholic School will use our website, newsletters, or sending information home to parents, to ensure all families are notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

SMWPC will also focus on staff wellness issues, identify and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff.

St. Michael Catholic School will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. SMWPC will create 3-4 strategies to promote staff wellness. We will promote staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.