



# *Wellness Policy*

**School Year 2013 -2015**

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***Wellness Policy***  
St Elizabeth Seton School  
2013-2015

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## **Section I. School Health Council**

Nutrition, physical education and general physical and mental wellness are core values that are incorporated in the health curriculum at St Elizabeth Seton School. Students are encouraged to participate in all school health activities including physical education, after school athletics, walkathon and dancing programs. Health curriculum is included in the classroom and through the school health program. Bulletin boards are constructed multiple times throughout the year focusing on a specific wellness topic. In the past, topics included nutritional content focused on heart health, general health and wellness, emotion, social and spiritual health concepts, dental health, healthy lifestyle, and cold and flu prevention. The bulletin boards are focused on students, but parent information is also available or intermittently sent home through the communications envelope, letter from the principle or with individual students.

Health policy changes are provided annually in the Administrative Resource Guide (ARG) provided by the San Jose Diocese Education Superintendent. These policies follow the State of California Education Code curriculum and content regarding physical education and health. St Elizabeth Seton School follows these guidelines to the best of their ability. Specific education code standards can be requested from the Diocese of San Jose.

The administration, faculty and staff participate in providing a school wellness program in a variety of ways. The schools physical education instructor, school nurse and counselors collaborate in an effort to achieve a well rounded wellness program. The faculty will be providing input at each grade level from observed health habits,

monitoring of student's food choices, and overall health appearance of individual students.

The nutritional service staff workers strive to provide several nutritional meals and snacks daily. In addition, several school policies are in place to decrease consumption of candies, sugary beverages and promote health food choices.

After initiating the wellness policy two years ago, the school will be providing a tri-yearly review of the document and policies, include updates and revisions, evaluate outcomes and strategically plan to incorporate all policies and procedures.

### **Strategic Plan** **2014-2015:**

- Conduct a food service survey that will identify parent and student opinions of the quality and variety of foods offered for the lunch program.(Appendix D)
- Summarize data and present to faculty
- Provide opportunities for faculty to discuss food choices within the lunch line.
- Provide (1) nutritional letter to parents with results of summary

## **Section II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

All meals at the school meet the nutritional requirements of the National School Lunch and Breakfast Free and Reduced-priced meal program. Approximately 81% of our students participate in the Free and Reduced-priced meal program.

The following information describes meal preparation, scheduling, school policies and service.

### **Environment/ Appearance/ Access**

- Food services are provided to all students in Pre -Kindergarten through 8<sup>th</sup> grade.
- Currently food is delivered to Pre-K and Kindergarten. All students 1<sup>st</sup> grades through 8<sup>th</sup> grade participate in a cafeteria style lunch line to obtain meals.
- The lunch line environment is cleaned daily and easily accessible. It includes wall art focused on nutritional tips, food pyramids, and various decorations related to good food choices.
- Utensils are packaged individually.
- State standardized meal plans are followed and regular evaluation and review of food products and preparation is enforced.
- Meals are served on recycled plates with dividers to enhance meal presentation.
- Varieties of season fruits and vegetables are served providing a colorful plate.
- Both low fat chocolate and non fat milk are available at the front of the lunch line.
- Hand sanitizer is readily available in all classrooms before meals and snacks.

### **Free and Reduced-priced meals**

- Two weeks prior to the beginning of school, families are supplied with appropriate paperwork to register for meal programs. Throughout the school year families are able to enroll into the meal programs if financial status changes.
- No stigma has been observed regarding enrollment into the free and reduced lunch program. All students are treated equally. After communications between faculty and parents, lower grade students may have lunches from home supplemented to increase nutritional. The families are then charged the appropriate fees.

### **Breakfast**

- School Breakfast Program is served until 7:50 am daily.
- Second Chance Breakfast is served at 10am for all students who missed breakfast at home or are enrolled in the School Breakfast Program.

### **Strategic Plan:**

- During the 2011-2012 school years, fruit was made available for a minimal amount (25 cents or less) for students who consumed breakfast at home, but were hungry at recess time. Apples/Oranges/Banana is provided as is possible.

### **Lunches**

- 1% Milk and 0% (non fat) Chocolate Milk is served.
- All sandwiches are served on whole grain bread.
- 81% of the students participate in the Free and Reduced-priced meal program at the school.
- All students eat lunch together in a supervised covered area on the playground.

### **Meal Times and Scheduling**

- Students have no scheduled time limit for lunch consumption. They are encouraged to finish within a reasonable amount of time so that they have adequate free time to run and play before classes resume.
- Lunch periods are scheduled between 12 noon and 12:50pm.
- The school avoids scheduling activities during the lunch hour, with the exception of Student Council. Where meetings overlap the lunch period students are requested to bring their lunches to the meetings.
- Lunch periods follow recess.
- No lunch is served on minimum days (12 noon dismissal – one time per month on average).

#### **Qualifications of School Food Service Staff**

- All staff is certified by the Health Department to prepare and serve meals at the school.
- The National Registry of Food Safety Professionals.
- California Food Handler Training Certificate Program.

#### **Sharing of Food and Beverages**

- Students are educated about the importance of not sharing food or beverages with other students related to safe classroom practices for students with allergies and preferred diets.
- Teachers and staff supervise students during the lunch period to help control food sharing.
- Teachers and Food Service Staff are provided with a confidential list of students with food allergies per grade at the beginning of each school year and are adjusted during the school year if additions need to be made.

- Peanut free zones are enabled in classrooms with peanut allergies.(Appendix E)

### **Food and Beverages Sold at School**

- Food is not sold at St Elizabeth Seton School.
- No vending machines are on school premises.

### **Portion Sizes**

- St Elizabeth Seton School follows the portion recommendations provided by the Free and Reduced-priced meal program.

### **Fundraising Activities**

- To support the student health program, the school conducts an annual Walk-A-Thon.

### **Snacks**

- A fruit and ½ sandwich are provided in the afternoon by 4pm for students who participate in the after school care program.

## **Section III. Nutritional and Physical Activity Promotion and Food Marketing**

The faculty at St Elizabeth Seton School aim to teach and encourage good nutrition and fitness in each grade through a variety of in class activities in addition to the health

curriculum. The school nurse provides grade appropriate nutrition education as part of the wellness program. The Physical Education Instructor follows the state education code for physical education and provides opportunities for students to participate in after school athletic and fitness programs. Cultural folk dance is one of the after school programs encouraging physical activity.

### **Communication with Parents**

- Parent educational meetings are provided on subjects related to nutrition, sleep / rest cycles, growth and development and physical activity as needed. Written materials are provided periodically to support the wellness program.
- A monthly newsletter *Nutrition Nibbles* is sent home to all families at the school. The newsletter contains health information focusing on nutrition, physical activity, recipe suggestions, and wellness tips.
- School menus are provided in the first week's communication envelope monthly, including both the breakfast and lunch programs. Menus are available at the front office if parents have questions.

### **Food Marketing in Schools**

- All food marketing is provided on the lunch line walls in a child friendly atmosphere.
- Visual materials of the current Food Pyramid is posted on the wall.
- Posters promoting good health / lifestyle choices are present.

### **Staff Wellness**

- The school nurse is available on Mondays and Wednesdays for consultation regarding class room activities, program planning, resources, and personal one on one nutrition education and physical wellbeing.
- Staff is encouraged to participate in a relaxed lunch period.
- Filtered water and herbal teas are available free of charge in the faculty lounge.

## **Section IV. Physical Activity Opportunities and Physical Education**

### **Daily Physical Education**

- All students participate in physical education at the school unless otherwise recommended by the student's physician. See Appendix A.

### **Daily Recess**

- Students are provided with a 15 minute supervised recess daily.
- Students have a choice between playing group games or playing individually on the playground equipment.
- Students are strongly encouraged to be active during recess.

### **Physical Activities before and after school**

- St Elizabeth Seton School provides an after school sports program for 4<sup>th</sup> through 8<sup>th</sup> grade students that includes: football, soccer, basketball and volleyball.
- Extracurricular activities include: cultural dance classes; Boys Scouts; and Girl Scouts.
- After school care program includes: a homework room; and outside play for all students.

### **Physical Activity and Punishment**

- Participation in physical education can be challenging for students who have increased body mass indexes, obesity issues and lack of experience with team sport programs. St Elizabeth Seton School uses encouragement and affirmation as a first line approach to all students lacking the willingness to participate in physical education classes.
- The discipline approach utilized is “participation” not “performance”. Students with behavior issues during physical education are required to walk the grass area if they are not able to participate in the group activity. Students are not asked to sit as a punishment. Activity is encouraged even if minimal.

## **Section V. Monitoring and Policy Review**

### **Monitoring**

The school administrator monitors compliance of the school wellness policy. School Food Service Staff reviews current requirements with the school Office Manager and report concerns. The Food Service Staff also implements changes to current meal service.

### **Policy Review**

The 2010-2011 school year was the initial development of a wellness policy document. Data was gathered and compiled into this report. The assessment reveals areas that need improvement which is highlighted by inserts of a two year strategic plan. Additional assessments will be required and this report will be updated accordingly. Once the initial wellness program is in place a three year review will be conducted to determine compliance, progress and areas in need of improvement. Below are additional items to be placed in the strategic plan for the upcoming 2014-2015 school year.