

**Section A: Members of Wellness Input Group (Public Involvement)**

St. Mary School Board promotes healthy students by supporting wellness, good nutrition and regular physical activity as part of the total learning environment.

St. Mary School Board supports a wholesome environment where students learn and participate in healthy dietary and lifestyle practices with the need to improve health and develop life-long wellness behaviors.

The School Board has approved specific wellness goals to promote this type of learning environment. To reach these goals, the school gained input from a representative group comprised of school board, parents, local leaders in food/exercise, students and school employees.

**Section B: Assurances**

Parents were surveyed the spring of 2015 regarding their interest in the availability of a breakfast program. The results showed surprisingly insufficient interest in utilizing a breakfast program although a few indicated that they supported the idea for other parents if they would choose for their children.

The lunch program follows the regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and the National School Lunch Act.

Meals served through the National School Lunch Program will:

- be appealing and attractive to students;
- be served in clean pleasant settings;
- meet at a minimum the nutrition requirements established by local, state and federal law;
- provide foods rich in fiber, including fruits and vegetables;
- serve 1% milk with the option of low fat free milk and nutritional equivalent non-dairy alternatives as defined by the USDA;
- ensure that all grains served are 100% whole grain.

Adequate time and appropriate scheduling for school lunch will be provided for all students. Lunch ordinarily is served between 10:55 -11:30 or as planned on days of adjusted schedules. St. Mary School will schedule meal periods at the appropriate times and give student sufficient time to eat 20 minutes for lunch; discourage sharing of food by students; provide hand sanitizing time before meals and, when necessary, accommodations for tooth-brushing regimens after meals.

**Qualifications of Food Service Staff**

Qualified nutrition professionals administer the lunch program. The school will:

- provide continuing professional development for nutrition professional;
- provide staff development programs for cafeteria workers according to their levels of responsibility.

### Reimbursable School Meals

The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and National School Lunch Act.

### Section C: Nutritional Guidelines

Snacks served during the school day in accordance with children's diets and health with an emphasis on serving fruits and vegetables, and an exception for birthday treats and special occasion at teacher discretion.

### Section D: Goals to Promote Student Wellness

1. Nutrition Education Goal: The school will provide nutrition education at each grade level as part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote their own health. Good nutrition will be promoted in the lunchroom with posters and signs as useful.

2. Physical Activity Goal: Minimal daily physical activity is allocated in the master schedule for each grade level. The school promotes moderate to vigorous physical activity during physical activity.

All students have access to a physical education program that follows an age-appropriate sequence. The physical education class will be scheduled weekly on the K-6 master schedule. All students, regardless of needs or health issues, in grades K-6 for the entire school year; taught by a licensed homeroom teacher where students are engaged in moderate or vigorous activity for at least 50 percent of the time.

Note - Iowa law now requires elementary students, K-5, to have 30 minutes of physical activity per day. This requirement can be met through a combination of PE, recess, classroom and other activities, but can be met with a combination of PE, school and non-school sponsored athletics, and other activities where the body is exerted.

St. Mary School should provide recess for students that is at least 20 minutes a day, preferably outdoors, where moderate to vigorous physical activity is encouraged.

St. Mary School, where possible, discourages: extended periods of inactivity, both in the classroom and out, sedentary activities and the use of physical activity (e.g., running laps, pushups) as punishment. School employees will not use physical activity or withhold physical education class as a disciplinary measure to correct student behavior.

### 3. Other School-Based Activities to Promote Student Wellness Goal

### Section E: Integrating Physical Activity into Classroom Settings

Students need opportunities for physical activity beyond the physical education class. Teachers will provide short physical activity breaks, such as activities ranging from stretching exercise and movement activities in the classroom to extended or additional physical opportunities available in the community outside of the instructional day.

### Section F. Implementation of the Wellness Plan

The principal will ensure compliance with the School Wellness Plan in the school and will report on this to the diocesan superintendent. The school food service staff will ensure compliance with nutrition policies within food service areas and report this matter to the principal.

Progress of the Wellness Plan will be measured by student training to run laps in Grades 5-6 each spring for a total of a mile. The faculty and food service staff will do an annual review of the School Wellness Plan.

#### Other school-based activities that promote student wellness

St. Mary School will provide health education: that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle; time for physical activity to be woven into other content areas; and short physical activity breaks between lessons or subjects, as needed.

St. Mary School will communicate with parents to the extent possible by: posting nutrition tips on school web sites, and encouraging parents to pack healthy lunches and snacks; providing information about physical education and physical activity; and supporting parents' efforts to provide their children with opportunities to be physically active outside of school.

St. Mary School will establish and maintain a staff wellness committee composed of at least one staff member, dietitian or other health professional, recreation program representative, and employee benefits specialist; develop, promote, and oversee a multifaceted plan, based on input solicited from employees, to promote staff health and wellness developed by the staff wellness committee. St. Mary School provides a wellness coaching program for all employees.

**PLAN FOR MEASURING IMPLEMENTATION Monitoring:** St. Mary School principal will ensure compliance with established school system-wide nutrition and physical activity wellness policies; the Principal will ensure compliance with those policies in the school.

Food Service Director will ensure compliance with nutrition policies within food service areas and will report on this matter to the Principal; St. Mary School will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school district has not received a SMI review from the state agency within the past five years, the school district will request from the state agency that a SMI review be scheduled as soon as possible; the Principal will develop a summary report every three years on school system-wide compliance with the established nutrition and physical activity wellness policies, based on input from schools within the school district; and present this to the board.

#### Policy Review:

St. Mary School reviews this policy every year.

Legal References: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq. 2005 Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.,

Iowa Healthy Kids Act- 2009 Cross Reference: 504.6 Student Activity Program  
710 Food School Services

Approved *Lyndee M. Edge* Date 8-16-18

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