



***St. Aloysius Regional School
Wellness Policy***

St. Aloysius Regional School
186 Franklin St.
Springville, NY 14141
www.staloyisiusregional.com

St. Aloysius Regional School Wellness Policy

PREAMBLE

St. Aloysius Regional School is committed to the optimal development of every student. The 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. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines the school's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students have access to healthy foods throughout the school day 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 before, 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 the school in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The 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 in St. Aloysius Regional School. Specific measureable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership

St. Aloysius Regional School will convene a representative school wellness committee that meets at least two times per year to establish goals and to oversee school health and safety policies and programs, including development, implementation and periodic review and update of this school level wellness policy (heretofore referred as "wellness policy").

The wellness committee membership will include (to the extent possible), but not be limited to: parents and guardians; representatives of the school nutrition program, physical education teachers; health education teachers; school nurse and school social worker services staff, school administrators principal, school board members and the general public. from each school building and reflect the diversity of the community.

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Leadership

The Principal or designee(s) will convene the wellness committee and facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy.

The designated official for oversight is:

Mary Beth Webster
School Principal
mwebster@staloysiusregional.com
716.592.7002

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

St. Aloysius Regional School will develop and maintain a plan for implementation and evaluation of the wellness policy to monitor overall effectiveness; the need to amend the policy and to manage and coordinate the execution of this wellness policy. The plan defines roles, responsibilities, actions and timelines specific to the school; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: www.staloysiusregional.com

Recordkeeping

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

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Wellness Policy
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The school will inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The School will make this information available via the school's website and/or school's Wednesday communication. The School will provide as much information as possible about the school nutrition environment, including a summary of the school's events or activities related to wellness policy implementation. Each year, the School will also publicize the name and contact information of the School officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

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

- The extent to which the school is in compliance with the wellness policy;
- The extent to which the School's wellness policy compares to other model wellness policy; and
- A description of the progress made in attaining the goals of the wellness policy.

The position/person responsible for managing the triennial assessment and contact information is:

Mary Beth Webster
School Principal
mwebster@staloyisiusregional.com
716.592.7002

The School will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The wellness committee will update or modify the wellness policy, as necessary, as 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

The School is committed to being responsive to community input, which begins with awareness of the wellness policy. The School will actively communicate ways in which representatives of the wellness committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means. The 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. The School will use electronic mechanisms, such as email or displaying notices on the 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. The School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The School will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

II. Nutrition

School Meals

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting 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 while accommodating cultural food preferences and special dietary needs.

St. Aloysius Regional School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP). The School is committed to offering school meals through the NSLP and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;

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- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The School offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using the following Smarter Lunchroom Techniques:
 1. Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 2. Sliced or cut fruit is available daily.
 3. Daily fruit options are displayed in a location in the line of sight and reach of students.
 4. Daily vegetable options are bundled into all grab-and-go meals available to students.
 5. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 6. White milk is placed in front of other beverages in all coolers.
 7. A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
 8. Student artwork is displayed in the service and/or dining areas.
 9. Menus are created/reviewed by a Registered Dietitian or other certified nutrition professional. Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
 10. Students are served lunch at a reasonable and appropriate time of day.
 11. Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

- The School will implement the following Farm to School activities:
 1. Local and/or regional products are incorporated into the school meal program;
 2. Messages about agriculture and nutrition are reinforced throughout the learning environment;
 3. School hosts a school garden;
 4. School hosts field trips to farm to table events

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](#).

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students and staff throughout the school day. The School will make drinking water available where school meals are served. All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

The School is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed state nutrition guidelines

1. Celebrations and parties. The school will encourage staff and parents to provide students with healthy options at any event where food and beverages are served to students. Non-food celebration ideas will be strongly encouraged.
2. Classroom snacks brought by parents. The School encourage parents to provide snacks and beverages that meet Smart Snack nutrition standards.
3. Rewards and incentives. The School will encourage teachers and other relevant school staff to use alternates to food for rewards.

Fundraising

St. Aloysius Regional School encourages non-food fundraisers as well as those that promote physical activity during the school day. Only foods or beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers at the school during the school day. A list of healthy fundraising ideas is available on the school website.

Nutrition Promotion and Education

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. The School will promote healthy food and beverage choices for all students throughout the school day, as well as encourage participation in school meal programs. This promotion will occur by using Smarter Lunchroom techniques that guide students toward healthful choices and ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

The School will teach, model, encourage and support healthy eating by all students. Nutrition education will be integrated within the health education curriculum and other instructional areas, as appropriate, in all grades Pre-K to 8. Nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based diocesan health education curriculum that meets state and national standards. Nutrition education is designed to help students acquire:

1. Nutrition knowledge, including but not limited to: The benefits of healthy eating; essential nutrients; nutritional deficiencies; healthy weight management; use and misuse of dietary supplements; and media literacy with an emphasis on food and beverage marketing.

Nutrition related skills, including but not limited to: Healthy meal planning; food safety; interpreting food labels; critically evaluating nutrition information and commercial food advertising; assessing personal eating habits; balancing food intake and physical activity; and setting and achieving goals for healthful eating.

Food and Beverage Marketing in Schools

The 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. The School strives to teach students how to make informed choices about nutrition, health and physical activity.

III. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. The school is committed to providing a quality physical education as the foundation; physical activity before, during and after school; and encouraging staff involvement and family and community engagement. The school will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

All classroom teachers are strongly encouraged to incorporate short movement breaks and kinesthetic learning into the school day to limit prolonged periods of sedentary behavior. All school students in Pre-K through Grade 5 will be offered one daily period of recess for a minimum of 20 minutes. This provision will not apply on days of early dismissal. Outdoor recess will be offered when the weather permits. If indoor recess is necessary, opportunities for physical activity will be offered.

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

Physical Education

The 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. The curriculum will support the essential components of physical education.

In addition:

- All students will be provided equal opportunity to participate in physical education classes. The School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
- All students in each grade will receive physical education for at least 60-90 minutes per week throughout the school year. The physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- The physical education teacher will be required to participate in at least a once a year professional development in education.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades including essential topics related to physical activity to include:

- 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
- Differences between physical activity, exercise and fitness
- 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

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- Opportunities for physical activity in the community
- 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
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess (Elementary) 11/10

St. Aloysius Regional School will offer at least 20 minutes of recess on all days during the school year ***This policy may be waived on early dismissal or late arrival days***. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. Students will be allowed outside for recess except when outdoor temperature is below 20 ° inclusive of wind chill factors, during “code blue” days, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.

In the event that the school or school must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, for physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

The 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. The School recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The School will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The School will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

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

After School Activities

The School offers opportunities for students to participate in physical activity after the school day through a variety of methods. The School will encourage students to be physically active after school by offering physical activity as part of the After School Program, and participating in diocesan sports programs. We also encourage participation in community based sports programs.

Active Transport

The School will support active transport to and from school, such as walking or biking within village limits.

IV. Other Activities that Promote Student Wellness

The School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The 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. Aloysius Regional School encourages integrating content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the School's curriculum experts.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

The School will develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, local food pantry) in support of this wellness policy's implementation. Existing partnerships include Muscles for Meals with the Concord Food Pantry and Jump rope for Heart. New community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The 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.

As described in the "Community Involvement, Outreach, and Communications" subsection, the School will use electronic mechanisms (e.g., email or displaying notices on the school's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

St. Aloysius Regional School will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The School promotes 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. The school will also identify and disseminate wellness resources to support staff wellness.

Professional Learning

When feasible, the School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

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