

Saint Rita Catholic School (hereafter referred to as the District) is dedicated to the optimal development of every student. The District understands that for all students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create and promote safe and healthy learning environments throughout every aspect of the school year.

This policy outlines the District's approach to ensuring environments and opportunities for every student to practice healthy eating and physical activity during the school day, by establishing goals and procedures.

- Students in the District have access to healthy foods throughout the school day: through reimbursable school meals and other foods available in compliance with the Federal and State standards.
- Students receive nutrition education that helps them to develop lifelong healthy eating habits.
- Students have opportunities to be physically active before, during, and after school.
- The District engages in promoting good nutrition and physical activity to support student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of the school environment.
- The community is engaged in supporting the work of the District by creating continuity between school and other settings for the students and staff to practice healthy behaviors.
- The District establishes and maintains a process for management and implementation of the goals and objectives.

This policy applies to all students and staff within the District. Specific measurable goals and outcomes are identified in the sections below.

I. School Wellness Committee

Committee Role and Membership

The District will assemble a wellness committee that meets at least four times per year to establish goals and oversee the policies and programs set forth in the District's wellness policy. They will periodically review the policy and update as needed.

The membership will represent all school levels and reflect the diversity of the community, including PreK through 8th grade and (to the extent possible) parents and caregivers; board members; students; representative of the school nutrition program; physical education teacher; coaches; social services staff; education staff; school administrator; and health professionals.

Leadership

The School Administrator or designee will assemble the District Wellness Committee , facilitate development and updates to the wellness policy, and ensure compliance. The District will designate a school wellness policy coordinator to assist the School Administrator or designee in compliance issues.

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

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of the wellness plan. The plan outlines roles, responsibilities, actions, and timelines for specific goals and objectives.

The Wellness Policy and the progress reports can be found at:
www.stritacatholicschool.com

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy that will include but will not be limited to:

- The written wellness policy;
- Documentation to demonstrate the policy is 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 policy, and that the assessment was made available to the public.

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this wellness policy, including the content and any updates and implementation status. This information will be available via the District's website and newsletter.

Progress Assessments

At least every three years, the District will evaluate compliance with the wellness policy, to assess the progress made in attaining the goals of the policy. Changes and modifications will be made, as needed, to meet the needs of all parties, based on new information and revisions in

State and Federal Guidelines. The public will be informed of any changes via the website, newsletter, or public forum. The District will ensure these communications are culturally and linguistically appropriate to the community.

III. **Nutrition**

The District will participate in all applicable USDA child nutrition programs to ensure they are serving healthy meals to meet the nutritional needs of the children, based on State and Federal guidelines.

In accordance with Federal civil rights laws and U.S. Department of Agriculture (USDA) with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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 staff.

Promote healthy food and beverage choices:

- A variety of sliced or cut fruit is available daily;
- Fresh and/or cooked vegetable varieties offered daily;
- Menus are available on the website and newsletter and posted in the cafeteria;
- Students will be allowed at least 10 minutes to eat breakfast and 20 minutes to eat lunch;
- Participation in Federal child nutrition programs will be promoted to ensure families know what programs are available;
- Nutrition education will be a collaborative effort between nutrition staff, education staff, physical education staff, administration, and parents/guardians, and be age appropriate and culturally relevant;
- The District will teach, model, and encourage healthy eating for personal health and disease prevention;
- The Lunchroom will be a warm and welcoming place for students to receive a nutritious meal, socialize, and rest their minds and bodies while they fuel up to optimize their learning potential;
- To promote hydration unflavored drinking water will be available to all students throughout the school day.

Food and Beverage Marketing in School

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School standards.

IV. Physical Activity

Students should participate in physical activity every school day, including but not limited to recess, classroom physical activity breaks, and physical education. Physical activity **will not be withheld** as punishment for any reason. The school will ensure that a variety of physical activity opportunities are available before, during, and after school, with physical education as the foundation. Staff, family, and community involvement will be encouraged and supported.

To the extent possible, the District will ensure that its grounds and facilities are safe and available for the students to utilize, and will conduct inspections and make necessary repairs.

Physical Education

The District will provide an age appropriate physical education curriculum consistent with State and Federal standards. The curriculum will promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.

All students will be provided the opportunity to participate in physical education classes. The District will make accommodations to allow for participation by all students and will adapt classes and equipment as necessary.

Recess

The school will offer at least 20 minutes of recess each day. *This policy may be waived on early dismissal days or late arrival days.* If recess is offered before lunch, schools will have appropriate hand-washing facilities or hand-sanitizing stations to ensure proper hygiene before eating.

Outdoor recess will be offered, weather permitting. In the event outdoor recess is not feasible, staff will follow guidelines that promote physical activity, to the extent possible.

Recess will compliment, not substitute for physical education class. Recess monitors will encourage students to be active.

Classroom Activity Breaks

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks where they can be physically active or stretch. The education staff will be provided with links, tools and technology resources with ideas for classroom physical activity breaks. Resources are available through the USDA and the Alliance for a Healthier Generation.

Active Academics

Teachers will be encouraged and supported to incorporate movement and kinesthetic learning approaches into instruction, when possible, and do their part to limit sedentary behavior during the school day.

Before and After School Activities

The District will offer opportunities for students to participate in physical activity either before or after the school day through a variety of methods. For example, clubs and competitive and intramural sports teams.

Active Transport

The District will encourage and support active transport to and from school, such as walking or biking.

V. Other Activities that Promote Student Wellness

The District will integrate wellness activities throughout the entire school setting so that all efforts are complimentary, working toward the same goals and objectives: to promote the students well-being, optimal development, and strong educational outcomes.

Community Partnerships

The District will develop ongoing relationships with community partners (e.g. hospitals, colleges, local businesses, etc.) in support of this Wellness Policy.

Family Engagement

The District 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.

Staff Wellness and Health Promotion

The District will implement strategies to support staff in actively promoting healthy eating and physical activity. The District encourages staff membership in health promotion programs that are readily accessible and at little or no cost.

When possible, the District will offer learning opportunities and resources for staff to increase their knowledge and skills in promoting healthy behaviors for themselves as well as their students.