

St. Elizabeth Ann Seton Catholic School Wellness Policy

Designated Wellness Policy Leadership

St. Elizabeth Ann Seton Catholic School designates the following individuals as local Wellness Policy leaders with the goal and intent of ensuring, to the extent applicable, the school's compliance with the Wellness Policy. The principal or his or her designee shall be primarily responsible for school implementation and oversight of the Wellness Policy, and shall serve as the designated school level wellness coordinator.

Stakeholder Involvement and Community and Family Engagement

District Wellness Committee

The school will convene a wellness committee that will include, when possible, school administrator, teachers (including physical education and science teacher), school food service staff, parents and guardians, School Board members, and other interested members of the community to participate in the development, implementation, and periodic review and updating of the School's Wellness Policy. The school will actively communicate ways in which representatives of the school's wellness committee and others can participate in the development, implementation, and periodic review and updating of the Wellness Policy through a variety of means appropriate for the school including, but not limited to the school website and digital newsletter.

The principal or his or her designee shall determine the number of people on and the composition of the school's wellness committee.

The principal or his or her designee shall select a chairperson to convene and oversee the school's wellness committee.

The school's wellness committee responsibilities shall include:

- a. Monitoring school compliance with the Wellness Policy;
- b. Fostering communication regarding wellness activities;
- c. Providing guidance to staff with respect to possible alternative options to snacks or suggested snacks;
- d. Identifying and promoting professional development opportunities for staff relative to student wellness;
- e. Nutrition promotion through avenues such as the school's web page and school newsletters; and
- f. Making recommendations for changes and updates to the school's Wellness Policy.

School Wellness Coordinator

The school principal, as school wellness coordinator, shall incorporate ongoing school wellness as part of its school improvement process to review school-level issues and provide input on strategies to meet wellness initiatives, in coordination with the school's wellness committee.

The designated school wellness coordinator will oversee the school's wellness initiatives and compliance with the school's Wellness Policy.

The designated school wellness coordinator shall be responsible for ensuring that the nutrition goals, physical activity goals and other wellness related activities are incorporated into the school's planning and implementation process.

Assessment, Revisions and Updates

At least once every three years, the school will evaluate compliance with the Wellness Policy including:

1. The extent to which the school is in compliance with the Wellness Policy;
2. The extent to which the school's Wellness Policy compares to one or more model local school wellness policies/plans; and
3. A description of the progress made in attaining the goals of the District's Wellness Policy.

Such assessments will be completed under the direction of the principal or his or her designee.

The school will assess and update or modify the Wellness Policy at least every three years, based on the results of the triennial assessments and/or 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 school will actively inform families and the public each year of basic information about its Wellness Policy, including its content, any updates to the Wellness Policy, implementation status, the name and contact information of the chairperson of the school's wellness committee, as well as information on how the public can get involved with the school's wellness committee.

The school will actively notify households/families and the community of the availability of the triennial progress report.

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 Wellness Policy. The school will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that the school communicates important school information with parents.

Foods Sold to Students at School

The following nutrition standards and guidelines apply to foods and beverages offered for sale to students on school campus during the official school day:

1. Reimbursable meals offered in any federally-subsidized school meal program shall meet the statutory and regulatory nutrition standards established for such meals.

2. Foods and beverages sold to students outside of the school meal programs shall meet at least the USDA's minimum nutrition standards for such items (also called the "smart snacks" or "competitive food" standards), including all permissible exemptions and exceptions that are identified in the regulations or otherwise expressly allowed by the USDA. These standards apply, for example, to a la carte options in cafeterias, vending machines that are accessible to students and items sold in school stores or snack carts.

3. Both the federal standards and this Wellness Policy allow a building principal, or another administrative-level designee, to approve (to the extent authorized by the Department of Public Instruction) a limited number of exempt student organization fundraisers involving the sale of food or beverage items that do not meet any minimum nutrition standards. DPI currently allows up to two approved exempt fundraisers per student organization per school year, with each such fundraiser lasting no longer than two weeks. However, an approved exempt fundraiser may not take place in the food service area during any school meal period. In addition, an authorized exempt fundraiser must adhere to all other school policies and procedures related to fundraisers.

4. Foods that, with appropriate school approval, are ordered and delivered at school or through a school-related activity, but that are not intended to be (and that due to packaging, preparation requirements, etc., cannot reasonably be) consumed on the school campus (such as a frozen pizza fundraiser) are not subject to any specific nutrition standards or time or location restrictions regarding orders or deliveries under this local Wellness Policy.

Other Food Available at Schools

The following standards and guidelines apply to foods and beverages that are offered or distributed (but not sold) to students on the school campus during the official school day. The District shall inform staff of these standards and guidelines in an effort to provide clarity and assist staff, students, and families in adhering to the school's Wellness Policy.

Beverages

a. Any beverages that do not meet the USDA Smart Snacks in School nutrition standards (or current applicable federal nutrition standards) should not be served or distributed to students during the school day without first receiving documented permission from the building principal or designee.

b. The school must also be aware of and adhere to federal requirements regarding the availability of free drinking water for students.

Classroom Celebrations, Receptions for Special Events, Special Occasions and Other School-Sponsored Meetings and Events

a. School Provided Food. Items of minimal nutritional value that do not meet the USDA Smart Snacks in School nutrition standards (or current applicable federal nutrition standards) may be served or distributed to students with approval by the building principal or his/her designee. Staff shall provide notice to parents prior to the serving or distribution of such food and permit students to bring for his/her own consumption one or more healthy alternatives in conjunction with any items of minimal nutritional value that may be offered.

- b. Parent Provided Food. Staff shall encourage parents and guardians to provide a healthy snack item to be offered in conjunction with any offering of minimal nutritional value.
- c. Dietary Accommodations. As needed and while maintaining an appropriate degree of confidentiality, staff will also make parents, guardians, and students aware of restricted foods to be avoided as a means of accommodating any identified food allergies or similar dietary restriction within the relevant class or other student group.

Food Offered as Part of Curriculum

Whenever feasible, staff will make healthier alternatives to recipes in food that is made as part of a program's curriculum. The food produced may only be consumed by the students who participated in the assignment as part of the class, and may not be sold or given away to any other students.

Teacher-Initiated Rewards or Learning Incentives

Staff will be encouraged to use non-food items as student rewards or learning incentives. In the event staff members feel compelled to utilize food items as an incentive, items that meet the USDA Smart Snacks in Schools nutrition standards (or current applicable nutrition standards) should be considered first and foods of minimal nutritional value should be kept to a minimum.

Food an Individual Student Brings from Home

Nothing in this Wellness Policy attempts to create or modify any school rules for the foods and beverages that a student brings to school for his/her own consumption.

Marketing of Food and Beverages

No school official, employee, or agent shall prospectively authorize or allow the marketing of any foods or beverages on the school campus during the school day that do not meet the minimum federal nutritional standards for foods and beverages that are sold to students outside of the school meal programs.

The prohibition on the marketing of certain foods and beverages established in the previous paragraph is clarified and limited as follows:

1. The limitations on food and beverage marketing do not apply to events or activities that occur on non-school days or outside of the school day for students.
2. The limitations do not apply to materials used for educational purposes in the classroom.
3. The prospective aspect of the limitations means, for example, that any stock on-hand of non-compliant materials may be exhausted and that any noncompliant durable equipment (such as a menu board or a scoreboard in a gymnasium) can continue to be used until it is replaced.
4. The limitations do not categorically prohibit the display or presentation of marketing materials that identify a general brand that is widely associated with specific products that are considered healthy and other specific products that would be considered unhealthy (i.e., that would not meet the minimum federal standards for "competitive food" sold in schools). However, the degree to which a general brand may be more strongly associated with unhealthy products should be considered in evaluating any specific marketing-related proposal.

5. Because the minimum federal nutritional standards for foods and beverages that are sold to students at school and outside of the school meal programs include a provision allowing a limited number of approved, exempt fundraisers, the marketing limitations do not apply to materials that relate to such fundraisers.

6. Although students and staff remain subject to any other applicable school rules, the marketing limitations in this Wellness Policy are not intended to be enforced with respect to personal items, such as clothing worn by a student, a lunch bag, a water bottle or thermos, or the packaging on items that are brought from home for personal consumption.

Nutrition Promotion Goals

The school intends to provide resources and opportunities for students, staff, and others that will help students to recognize, develop, and practice healthy eating habits within the school environment, at home, and/or in other community settings. In promoting a healthy school environment and proper dietary habits for students and staff, the school shall:

1. Provide quality school meals with an emphasis on nutrient dense foods such as lean proteins, whole grains, low-fat dairy products and a variety of fruits and vegetables.
2. Offer access to healthy food and beverage choices during the school day that meet the USDA standards and that may be marketed to students during the school day.
3. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods.
4. Make available nutrition guidelines for all foods and beverages offered and/or available during the school day.
5. Emphasize caloric balance between food intake and energy expenditure (promote physical activity/exercise).
6. Market healthy foods creatively throughout the school day.
7. Partner with community agencies to provide nutrition focused promotional materials to families.

Goals for Other School-Based Activities that Promote Student Wellness

By establishing goals for other school-based activities that promote student wellness within this Wellness Policy, the school attempts to recognize that wellness initiatives can be integrated across a variety of school-related settings and can extend beyond the school food service venues and facilities that are specifically intended for engaging in physical activity. In addition, it is possible to promote student wellness through programs that facilitate parent/family engagement or that involve partnerships or coordination with other public and private entities.

The school will develop, enhance, and continue relationships with community partners in support of the implementation of the Wellness Policy. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the Wellness Policy and its goals.

The school will promote to parents/guardians, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families

will be informed of and invited to participate in school-sponsored activities and will receive information about health promotion efforts.