

ST. ANTHONY CATHOLIC SCHOOL, HEREFORD
WELLNESS POLICY
November 2011

Nutrition Education Goals

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life. St. Anthony Catholic School will adopt and implement this comprehensive plan to encourage healthy eating habits and physical activity. This plan shall make effective use of school and community resources that will help meet the needs and interests of all students and staff.

- A. St. Anthony School will have a School Health Advisory Committee (SHAC). One of its missions shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.
- B. Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition environment, and physical activity.
- C. Nutrition education and physical education shall be integrated across the curriculum. Guidelines provided by the Texas Catholic Conference and the Diocese of Amarillo Curriculum Guide will be followed. Health fairs will be encouraged as a way to focus attention on the need for good nutrition.
- D. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.
- E. St. Anthony School will offer lunch meals that meet the Texas Department of Agriculture (Food and Nutrition Programs) standards. Students and staff are highly encouraged to promote and participate in this program.
- F. School food service staff that is properly qualified according to current professional standards and regularly participates in professional development activities will administer the Child Nutrition Programs.
- G. Food safety will be a key part of the school foodservice operation.

- H. Menus will meet the nutrition standards established by the Texas Department of Agriculture(Food and Nutrition Programs), conforming to good menu planning principles and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- I. Students will be given the opportunity to provide input on their favorite foods.
- J. School personnel will encourage students to choose nutritious and well-balanced meals. Positive nutrition statements will be provided to students on a weekly basis.
- K. St. Anthony School will provide nutritional information on newsletters to parents that will encourage parents to provide safe and nutritious foods for their children.
- L. School staff shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited. For example, restricting a child’s selection of flavored milk at mealtime due to misbehavior in the classroom.
- M. Special dietary needs will be met according to the Texas Department of Agriculture (Food and Nutrition Programs) guidelines.

Physical Activity Goals

To meet our goal to provide opportunities for students to regularly participate in physical activity and maintain physical fitness, St. Anthony School will use the following guidelines:

- A. Physical education time allotments will follow the Texas Catholic Conference recommendations.
- B. Swimming classes through the Hereford Aquatic Center will be provided to each class kindergarten through sixth grade on a rotating basis. Classes will last approximately two hours.
- C. Recess periods of at least twenty minutes a day will be provided to all students in grades kindergarten through sixth.
- D. Student participation in Physical Education classes cannot be denied as a form of discipline or as instructional make-up time. Recess should not be denied as a form of discipline on a consistent basis.
- E. After-school physical activity programs will be provided in the form of basketball and track for the intermediate students.

- F. Health education that includes physical activity as a main component will be part of the curriculum.
- G. Physical activity will be part of the after school Extended Day program.
- H. Special performances highlighting physical activity will be included as part of the Physical Education program.

Nutrition Standards for All Foods Available on School Campus during the School Day

Student's lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Standards will be established to address all foods and beverages sold or served to students, including those available outside of the school meal programs.

- A. The SHAC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events), implementing the Texas Department of Agriculture (Food and Nutrition Programs) standards.
- B. School staff or parents shall not use food as a reward for student accomplishment. Exceptions for special circumstances may apply with Principal approval.
- C. The nutrition standards should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size. Schools must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the Texas Department of Agriculture (Food and Nutrition Programs).

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

This plan takes into consideration that student wellness encompasses not only the nutrition aspect, but also overall good health. Several other areas merit inclusion in this policy.

- A. Drinking fountains will be available for students to get water at meals and throughout the day
- B. School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- C. Adequate time to eat in a pleasant dining environment will be provided. The minimum eating time for each child after being served will be 20 minutes for lunch.
- D. Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level, and by eating with the students. Parents are highly encouraged to dine with students in the cafeteria.
- E. Creative innovative methods will be used to keep noise levels appropriate.
- F. School personnel will assist all students in developing the healthy practice of washing hands before eating and after restroom breaks.
- G. Teachers and school staff will be encouraged to promote enjoyable, life-long physical activity and nutritional well-being for themselves and the students.

Setting Goals for Measurement and Evaluation

It will be important to monitor the effectiveness of the goals set forth in this policy. The principal will be responsible to ensure that these goals are met.

- A. St. Anthony School will have SHAC meetings annually to discuss Wellness goals and to evaluate the impact of those goals.
- B. Weight/height measurements will be taken at the beginning and the conclusion each school year.
- C. Students promoting wellness will be recognized.

**ST. ANTHONY CATHOLIC SCHOOL, HEREFORD
LOCAL WELLNESS POLICY
November, 2011**

The following committee members participated in the development of this local school wellness policy for St. Anthony Catholic School, Hereford to be in compliance with SEC. 204 of Public Law 108-265.

Linda Aranda	Principal
Jim Hund	School Board Representative
Jamie Davis	Director of Food Services
Karen Hacker	Physical Education Teacher
Patricia Simnacher, R.N.	School Nurse
Farron Urbanczyk	Parent

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ATTACHMENT A

Guidelines for Food and Beverages Offered to Students at School and School Functions

Healthy food choice options should be available to students at any school functions (parties, celebrations, receptions, festivals, sporting events, etc.) Suggested foods are listed below:

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Dry roasted peanuts, tree nuts, and soy nuts
- Low-fat meats and cheese sandwiches (use low-fat mayo)
- Party Mix (variety of cereals, nuts, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips & fat free potato chips with salsa and low-fat dips
- Low-fat muffins, granola bars, and cookies
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits
- Jell-O and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pure ice cold water

Foods to avoid:

- Carbonated and caffeinated beverages
- High sugar content candies and desserts
- High fat foods (French fries, fatty meats, most cheeses, buttery popcorn)
- High sodium foods (luncheon meats, cheeses, chips, pickles)

Concessions stands at school functions should include at least some healthy food choices in their offerings.

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ATTACHMENT B

Foods of Minimal Nutritional Value

The following list of foods or beverages are considered to be of minimal nutritional value. They are to be avoided during the school day. Parents should pay particular attention to them when packing lunches to be brought from home.

- Soda water - any carbonated beverage
- Water ices – any frozen sweetened water with the exception of products that contain fruit or fruit juices.
- Chewing gum
- All candies – any processed foods made predominately from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix (i.e., Kool-Aid)
- Certain chips and snack foods – (List found in attachment A)

Note: Parents packing lunches should consider sending money for milk to be purchased from the cafeteria in lieu of other juices that may be higher in sugar content.

Exemption:

Days that will be exempt from this policy will be specifically designated party days for the school: Halloween, Christmas, Easter Egg Hunt (Pre-School), Valentine's Day, and End-of-Year Picnic.

Parents may bring refreshments for the child's birthday. (Time should be at the end of the day and cleared through the teacher and school office.)

In both of these instances, parents should follow the suggestions in Attachment A and keep the sugar and fat content low.