



St. Anastasia Catholic School Wellness Guidelines

School's Philosophy

The St. Anastasia Catholic School and Church Community believes each student is a unique child of God, called to achieve excellence by nurturing the mind, **body**, and soul in the image and likeness of God.

Mission

The Saint Anastasia Catholic School and Church Community is committed to providing a safe and nurturing environment rooted in the Gospel of Jesus Christ, where Catholic doctrine and values are integrated with a challenging curriculum.

Through effective and innovative instruction, **a balanced and healthy lifestyle**, and active participation in the Sacramental life of the church, the faculty and staff work together with families to develop foundations on which our children can build their lives.

Inspired by the founding Adrian Dominican nuns in 1927, St. Anastasia Catholic School continues to seek the truth in the Gospel, the wisdom of the Holy Spirit, and the value of all human life.

Introduction

School Wellness Guidelines promote healthy schools by supporting wellness, good nutrition, and regular physical activity. Good health fosters school attendance and participation. Children that are healthy and fit are ready to learn. Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive caloric intake are the predominant causes of obesity. Heart disease, cancer, stroke and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity and obesity, often are established in childhood. Tooth decay affects children in the United States more than any other chronic infectious disease. Fifty-two million school hours are lost annually in America due to dental pain. Tooth decay is one-hundred percent preventable.

The American Academy of Orthopedic Surgeons states that backpacks that are too heavy may injure muscles and joints. This can lead to severe back, neck, and shoulder pain as well as posture problems. The American Occupational Therapy Association, American Chiropractic Association, American Physical Therapy Association and American Academy of Orthopedic Surgeons have similar

recommendations to limit backpack weights to 15 percent of a child's weight.

Thus, St. Anastasia School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, St. Anastasia School commits to the following guidelines:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested St. Anastasia community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All students in grades PK through 8th will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the health and nutrition needs of students.
- St Anastasia will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

School Meals

Meals served through St. Anastasia School Meal Program will:

- be appealing and attractive
- be served in clean and pleasant setting
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- offer a variety of fruits and vegetables throughout the weekly menu
- serve only low-fat (1%) and nutritionally-equivalent non-dairy alternatives, real fruit juice, and water
- ensure that half of the served grains are whole grain
- encourage water consumption and make free water available to students
- encourage parents to provide a healthy breakfast for their children through newsletter articles take-home materials, or other means

Sharing of Foods and Beverages. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

The school food service program will approve and provide all food and beverage sales to students at

St. Anastasia School. Given young children's limited nutrition skills, food in school should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat milk, fruits, non-fried vegetables, baked chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, cereal bars, granola bars, pastries, muffins, bagels, bakery items, small portions of frozen desserts and frozen yogurt.

Beverages Provided by the School

Provided by the School: water, fruit and vegetable juices, and fruit-based drinks that contain 100% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat fluid milk; and nutritionally-equivalent nondairy beverages (to be defined by USDA).

Discouraged Beverages on Campus: soft drinks containing caloric sweeteners; caffeinated teas; fruit based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat chocolate milk (which contain trivial amounts of caffeine).

Foods

A food item sold individually:

- will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined
- will have no more than 35% of its weight from added sugars
- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, baked french fries, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines)

Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- One ounce for cookies
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream

- Eight ounces for non-frozen yogurt
- Twelve fluid ounces for beverages, excluding water
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals
- Fruits and non-fried vegetables are exempt from portion-size limits

Miscellaneous Food Procedures

Fundraising: To support children's health and school nutrition-education efforts, school fundraising activities will not involve candy. St. Anastasia will encourage fundraising activities that promote physical activity.

Snacks: Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The school will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Rewards and Punishments: The school will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Birthday and Classroom Celebrations: The school should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. Celebrations organized outside of the school day, All-School BBQ, Classroom Christmas Parties, and End-of-Year parties will be not be restricted by typical nutritional guidelines and regulations enforced throughout the school year.

Nutrition Education and Promotion.

St. Anastasia aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as

contests, promotions, taste testing, farm visits, and a school garden

- promotes fruits, vegetables, whole grain products, low-fat dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- links with school meal programs, other school foods, and nutrition-related community services
- teaches media literacy with an emphasis on food marketing and inservice for teachers and staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television
- opportunities for physical activity will be incorporated into other subject lessons
- classroom teachers will provide recess time to elementary students as appropriate.

Communications with Parents

The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take home materials, special events, or physical education homework.

Physical Activity Opportunities and Physical Education

Daily Physical Education: All students will receive 2-3 days of physical education per week (60 minutes/week for elementary school students and 80 minutes/week for middle school students) for the

entire school year. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess: On the days that elementary school students (K-5) do not have Physical Education, they will have at least 15 minutes per day of supervised recess, preferably outdoors, during which the teachers should encourage moderate to vigorous physical activity. St. Anastasia should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students should be given periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School: Extracurricular physical activity programs, such as physical activity clubs, intramural programs, and interscholastic sports programs will be offered. Schools will offer a range of activities that meet the needs, interests, and abilities of all students. After-school childcare and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Back Pack Weight

As recommended by the American Academy of Orthopedic Surgeons a student's backpack weight must be limited to 15% of their body weight. Students who must carry more than that weight will be allowed to have a rolling backpack.

Dental Hygiene

The school staff and faculty should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk)