

Saint Gabriel Parish School Wellness Policy

Revised 11/2024

Purpose of the Wellness Policy

Saint Gabriel Parish School is committed to the optimal development of every student. The school believes that for students to have (the “School”) 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. 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 while minimizing commercial distractions.

School Meals

School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer’s specification); and to meet the nutrition needs of school children within their calorie requirements. Saint Gabriel Parish School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP).

1. School meals are accessible to all students.
2. School offers reimbursable school meals that meet USDA nutrition standards.
3. Drinking water will be available to all students throughout the school day, including during mealtimes.
4. Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
5. K4, K5, 5, 6, 7 and 8th grade lunch will follow the recess period to better support learning and healthy eating habits. 1, 2, 3, and 4th grade will eat before recess due to a two period lunch program.

However, K5-4 does have an extra recess time during the day.

6. All school nutrition program staff will have met the hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

If there is other food available at school, we will meet the below procedures. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.

<https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/LWP%20Summary%20-%20Final%20Rule.pdf>

1. The foods and beverages sold outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.
2. All foods offered at school will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal, but shall not exceed more than one exemption per class.
 - School will provide a list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas (Healthy Party Ideas);
 - School will provide parents a list of foods and beverages that meet Smart Snacks nutrition standards;

- School will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

3. Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout school, classrooms, gymnasium, and cafeteria. The school will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

1. Promote healthy food and beverage choices using at least ten Smarter Lunchroom techniques.

2. School will implement at least one of the following four Farm to School activities:

- School participated in adopt a cow program
- Local and/or regional products are incorporated into the school meal program
- School hosted a school garden
- School hosts field trips to local farms throughout the year
- School utilizes promotions or special events, such as tastings, that highlight the local/regional products.

3. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food advertising and marketing includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees message boards, scoreboards, or backboards.
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment.

Nutrition Education

School aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

1. Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as promotions, taste-testing, farm visits, and school gardens.

2. Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the Wisconsin Model Academic Standards for Nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.

3. The school teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. The District will include in the health education curriculum the following essential topics on healthy eating:

- Food guidance from MyPlate
- Reading and using USDA's food labels
- Balancing food intake and physical activity
- Food safety
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behaviors.

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. All students will be provided equal opportunity to participate in physical education classes.

1. All students will participate in physical education that meets or exceeds state standards.
 - All elementary students in each grade will receive physical education for at least 60 minutes per week throughout the school year.
 - All students are required to take physical education at Saint Gabriel unless a written note from a doctor is provided.
2. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
3. All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.
4. Waivers, exemptions, or substitutions for physical education classes are not granted.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. The School will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

1. Physical activity during the school day (including but not limited to recess, physical activity breaks, Walking Hawks, yoga, mile club, or physical education) will not be required or withheld as punishment for any reason.
2. The elementary school will offer at least 20 minutes of recess on all or most days during the year.
 - Outdoor recess will be offered when weather is feasible for outdoor play. Indoor recesses will take place in the gym.

- Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and provide group games, led by staff such as Walking Hawks, Gaga Ball, other walk, run, and ball activities.
- In the event that the school must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable. Such things include stretching, a walk around school and gym areas. Playground equipment provided such as balls, jump ropes, and soccer nets.

3. The school recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times. Activity break ideas are available through Active Schools WI.

4. The school offers opportunities (e.g., including activity club sports, basketball, volleyball, track, open gym) for students to participate in physical activity before and/or after the school day.

5. They will support active transport to and from school, such as walking or biking.

Other Activities that Promote Student Wellness

Saint Gabriel will integrate wellness activities across the entire school setting, not just in the cafeteria/Parish Hall, school gym, other food and beverage venues, and physical activity facilities. Saint Gabriel 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. Saint Gabriel will continue relationships with its community partners, including Soles walk and our local health centers, in support of this wellness policy's implementation.

1. The School will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.

2. The School promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.

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

Policy Monitoring/Implementation

1. Saint Gabriel will convene a school wellness committee that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of our wellness policies.

2. The wellness committee membership will represent all school levels including elementary and middle school and include parents, students; representative of the school nutrition program will include school nutrition director; physical education teacher; health education, athletic department, teachers; school health professionals and mental health and social services; administrators such as the principal, secretary, health professionals including dietitians, doctors, nurses, dentists; and the general public.

3. The committee members including school principal and nutrition director will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the school within the school community in meeting wellness goals.

4. The school will actively notify households/families of the availability of the annual report through the School Gazette, Family/Student Handbook, Welcome Back Packet and website.

5. The wellness committee (as stated in #2 and 3 above) will update or modify the wellness policy based on the results of the annual progress reports, 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 wellness policy will be assessed and updated as indicated at least every three years.

Tools and Resources for a Healthy Future

To help promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals meet Federal school meal standards.

1. <https://www.healthyeating.org/products-and-activities/programs-services/professional-development-advising/smarter-lunchrooms-movement>
2. <http://www.fruitsandveggiesmorematters.org/>
3. <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

• Supplemental Nutrition Assistance Program

1. <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>
2. <https://www.fns.usda.gov/csfp/commodity-supplemental-food-program>

• Food Distribution Programs

1. <https://www.fns.usda.gov/usda-foods>
2. <https://www.fns.usda.gov/snap/recipient/eligibility>

• Child Nutrition Programs

1. <https://wicworks.fns.usda.gov>
2. <https://www.ers.usda.gov/topics/food-nutrition-assistance/child-nutrition-programs/national-school-lunch-program/>

Physical health-promoting

1. <https://odphp.health.gov/healthypeople>
2. <http://www.actionforhealthykids.org/what-we-do/parents-for-healthy-kids>
<https://www.actionforhealthykids.org/what-we-do/>
3. <https://www.cdc.gov/healthy-schools/about/index.htm>
4. <https://letsmove.obamawhitehouse.archives.gov/eat-healthy>
5. <https://www.noodle.com/articles/what-is-project-based-learning>
6. <https://youtu.be/scA9DGWIKxM> online safety skills

Health-promoting mind/stress relief

1. <https://www.myplate.gov/>
2. <http://pbskids.org/lunchlab/http://www.letsmove.gov/active-schools>
3. <http://palousemindfulness.com/MBSR/week0.html>

4. <https://storage.trailstowellness.org/trails-2/covid-19-resources/self-care-during-covid19.pdf>
5. <https://www.youtube.com/watch?v=dGpK74qL4yg> Thoughts, Feelings and Actions: Self-Regulation in Early Childhood
6. <https://www.youtube.com/watch?v=r3-5HvIn0lo> Introduction to Self-regulation
7. <https://youtu.be/4vAr4B3I6RM> Supporting Students and Staff with anxiety
8. https://www.discoverdairy.com/adopt-a-cow/#msdynttrid=Ik0ilrYMMzzR_CNidqx67z6x0q_wM8zJ9Uvqjh1ONL4

Smart Snacks

1. <https://foodplanner.healthiergeneration.org/>
2. <https://www.momables.com/10-healthy-classroom-snacks/#vegetable-snacks>
3. <http://pbskids.org/lunchlab/>
4. <https://www.momables.com/10-healthy-classroom-snacks/#bite-size-healthy-snacks>
5. <https://www.momables.com/10-healthy-classroom-snacks/#best-fruit-snacks-for-school>

Program to Feed Kids in Wisconsin

1. <https://www.fns.usda.gov/news-item/usda-022920>
2. <https://www.feedingwi.org/programs/>

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Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any

USDA office, or write letters addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: program.intake@usda.gov.

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