



ST. AMELIA SCHOOL



Student Nutrition/Wellness Plan

PREAMBLE

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, 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;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Plate;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

To assure our students grow, learn and thrive, St. Amelia School endeavors to:

- provide healthful foods using the *Federal School Meal Programs*.
- provide opportunities for students to be physically active.
- promote good health fostering better student attendance.
- educate our students about healthy lifestyle choices and major risk factors including but not limited to unhealthy eating habits, physical inactivity, obesity and diseases.
- evaluate items sold in school vending machines.
- recognize the importance of community participation as essential to the development and implementation of a successful school wellness policy.

Thus, St. Amelia School is committed to providing a school environment that promotes and protects the health and well-being of our students in an effort to increase their ability to learn by supporting healthy eating, physical activity and educational instruction enabling our students to make healthy lifestyle choices.

Therefore, it is the policy of St. Amelia School to:

- engage students, parents, teachers, food service professionals, health professionals and interested community members to develop, implement, monitor and review nutrition and physical activity policies.
- engage students in Pre-K through Grade 8 in physical activities on a regular basis
- strive to ensure that all food and beverages sold or served at school will meet the nutrition recommendations of the *Federal School Meal Programs*.
- Provide a clean, safe and pleasant setting for student dining as well as adequate time for students to eat.
- Provide access for students to a variety of affordable, nutritious and appealing foods that meet their health and nutritional needs, while being mindful of ethnic and cultural diversity and taking those considerations into the planning and preparation of the meals.

St. Amelia School participates in the following federal school meal programs:

- School Breakfast Program
- School Lunch Program
- Snack Program for After School Care

It is our intent to research and discuss the implementation of the following federal school meal programs:

- Fruit and Vegetable Snack Program
- Healthy Snacks in the Classroom

TO ACHIEVE THESE POLICY GOALS:

School Health Council / Wellness Committee

Component 1: A Commitment to Nutrition and Physical Activity

The St. Amelia School Wellness Committee, made up of a nutritionist, fitness instructor, parents, students, teachers, administrators, health professionals, representatives of the school food program, members of the school board and anyone else deemed necessary, will work to create and strengthen the current food service program by developing, implementing, monitoring, reviewing and revising as necessary the school nutrition services and physical activity policies. The committee will serve as a resource to the school and any other interested schools and/or the community.

Component 2: Quality School Meals

Meals served through the National School Lunch, Breakfast and Snack Programs will:

- be appealing and attractive to the students
- be served in a clean and pleasant setting
- meet, at minimum, nutritional requirements established by local, state, and federal statutes and regulations
- offer a variety of fruits and vegetables²
- serve only low-fat (1%) and fat-free milk³ and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- ensure that half of the served grains are whole grain^{3,4}

St. Amelia School should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, St. Amelia School will:

- continue to operate the School Breakfast Program.
- to the extent possible, plan serving times around the bus schedules and utilize methods to serve school breakfasts that encourage student participation.
- notify parents and students of the availability of the School Breakfast Program.
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-Priced Meals

We will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.⁵ Toward this end, we implemented an electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students.

Meal Times and Scheduling

St. Amelia School:

- Provides students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Schedules meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10:15 a.m. and 12:30 p.m.
- Will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- Will as often as possible, schedule lunch periods to follow recess periods (in elementary schools)
- Provides students access to hand washing or hand sanitizing before they eat meals or snacks
- Takes reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk)

Qualifications of School Food Service Staff

Staff, properly trained in nutrition information, will administer the school meal programs. St. Amelia School will provide continuing professional development for all food service staff. Continuing education programs should include appropriate certification and/or training programs for the cafeteria manager and workers, according to their levels of responsibility.⁶

Sharing of Foods and Beverages

St. Amelia School will discourage students from sharing their food 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 à la carte (snack) lines, fundraisers, school stores, etc.

Elementary Grades: The school food service program will approve and provide all food and beverage sales to students in the elementary grades. Given young children's limited nutrition skills, food at this level should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle/Junior High: In middle/junior high grades, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through à la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Beverages

Allowed: Water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA).

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 sugars⁸
- Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, french fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, 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; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; 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).⁹

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 à la carte entrées 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.

Fundraising Activities

To support children's health and school nutrition-education efforts, St. Amelia School fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. We will encourage fundraising activities that promote physical activity. The Wellness Committee in conjunction with the administration will make available a list of ideas for acceptable fundraising activities.

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. We 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 Wellness Committee will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. St. Amelia School will pursue funding reimbursements through the National School Lunch Program for providing snacks during the after-school program.

Rewards

We 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,¹⁰ and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

We will 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 (above). The Wellness Committee will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances)

Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

Component 3: Nutritional and Physical Activity Promotion & Food Marketing

Nutrition Education and Promotion

St. Amelia School aims to teach, encourage, and support healthy eating for our students. We strive to 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 school gardens
- promotes fruits, vegetables, whole grain products, low-fat and fat-free 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
- includes training for teachers and other 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 short physical activity breaks between lessons or classes, as appropriate

Communications with Parents

St. Amelia School will support parents' efforts to provide a healthy diet and daily physical activity for their children. We will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. We will 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 Wellness Committee will provide parents with a list of foods that meet the suggested snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, we will provide opportunities for parents to share their healthy food practices with others in the school community.

St. Amelia School will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day as well as 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.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, we will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).¹¹ School-based marketing of brands promoting predominantly low-nutrition foods and beverages¹² is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include vending machine covers promoting water, pricing structures that promote healthy options in à la carte lines or vending machines, sales of fruit for fundraisers, and coupons for discounted gym memberships.

Staff Wellness

St. Amelia School highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. We will establish and maintain a staff Wellness Committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative and employee benefits specialist. (The staff Wellness Committee could be a subcommittee of the school Wellness Committee.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school Wellness Committee.

Nutrition Education

St. Amelia School will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing the following standards for:

a) Classroom teaching:

Health Education: St. Amelia School will teach the NYS Functional Knowledge for Health Education listed in Appendix A at the elementary and intermediate levels listed in Appendix A.

Family and Consumer Sciences: St. Amelia School will teach NYS FACS Standards, CDOS Standards and the Nutrition and Wellness (NW) content topics as listed in Appendix D.

b) Education, marketing and promotion links outside the classroom:

The school cafeteria will serve as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom. The Food Service Staff will encourage students to make healthy food choices each day.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

Students will be encouraged to start each day with a healthy breakfast.

Encourage participation in the “Think Breakfast” Program.

c) Teacher training

Component 4: Physical Activity Opportunities and Physical Education

Physical Education (P.E.) Pre-K – Grade 8

All students in grades Pre-K through 8th, including students with disabilities and special health-care needs, will receive physical education class (or its equivalent of 80 minutes/week for elementary school students and 80 minutes/week for middle school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activities.

Daily Recess

All students will have at least 10 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Exception...on days when formal Physical Education classes or Dance classes are held.

We will strive to 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, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity During School

The school will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

Where applicable the school will have students perform physical activity at a level that is considered to moderate (60% of heart rate maximum) to vigorous (80% of heart rate maximum) in grades k-12.

Physical Activity Opportunities Before and After School

We will strive to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs, and interscholastic sports programs as appropriate. St. Amelia School will strive to offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care 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.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

Safe Routes to School

The Wellness Committee in conjunction with administration will assess and, to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, we will work together with local public works departments and the Tonawanda Police Department in those efforts. The school will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Component 5: Monitoring and Policy Review

Monitoring

The principal or designee will ensure compliance with established school nutrition and physical activity wellness policies. At St. Amelia School, the principal or designee will ensure compliance with those policies.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the principal. In addition, the school will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The principal or designee will develop a summary report every three years on school compliance with the established nutrition and physical activity wellness policies. That report will be provided to the school board and also distributed to all school Wellness Committee, Home School Association and school health services personnel.

Policy Review

To help with the initial development of the district's wellness policies, St. Amelia School in conjunction with the Wellness Committee, will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies.¹³ The results of that assessments will identify and prioritize needs and establish goals for improvements.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, we will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. St. Amelia School will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Component 6: Student Activities

Movin & Groovin - Pre-School, Kindergarten, Grade 1 - Several times during the year, students participate in an Extra-Curricular activity which lets students move to music in a variety of settings.

100 Mile Club

Outside Walks

Yoga

Fitness Classes

Dance Classes

Field Day

Race for Education

Footnotes

² To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

³ As recommended by the *Dietary Guidelines for Americans 2005*.

⁴ A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

⁵ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

⁶ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

⁷ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210).

⁸ If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

⁹ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

¹⁰ Unless this practice is allowed by a student's individual education plan (IEP).

¹¹ Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

¹² Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

¹³ Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.

Appendix A: Functional Knowledge for Physical Activity and Nutrition (PAN)

Elementary	Intermediate
<p>PAN.E.1 Regular physical activity and healthy eating behaviors are essential components of a healthy lifestyle and reduce the risk of developing many diseases.</p> <p>PAN.E.2 Individuals begin to acquire and establish healthy eating and physical activity behaviors during childhood and adolescence.</p> <p>PAN.E.3 Individuals need healthy food and regular physical activity to feel good and grow.</p> <p>PAN.E.4 The Dietary Guidelines for Americans and Food Guide Pyramids assists individuals with healthy food choices.</p> <p>PAN.E.5 Individual eating patterns, food preferences, and food-related habits and attitudes vary by culture.</p> <p>PAN.E.6 Although most young people are physically active, many do not engage in the recommended levels of physical activity.</p> <p>PAN.E.7 Children need to be physically active before, during and after school.</p> <p>PAN.E.8 To prevent dental cavities, children and adolescents should drink fluoridated water, use fluoridated toothpaste, brush and floss their teeth regularly and consume sugars in moderation.</p>	<p>PAN.I.1 Regular physical activity and healthy eating increases one's energy level, assists with managing stress and/or weight, reduces the risk of illness and disease and increases academic achievement.</p> <p>PAN.I.2 Healthy workouts include a warm up, workout, and cool down phase.</p> <p>PAN.I.3 Individuals can resist pressures that discourage healthy eating and regular physical activity practices.</p> <p>PAN.I.4 Culture, media and social influences impact physical activity and dietary patterns.</p> <p>PAN.I.5 Individuals can influence and support others to engage in healthy eating and physical activity.</p> <p>PAN.I.6 Physical injuries can be prevented by having adult supervision, following safety rules, and properly using protective clothing and equipment.</p> <p>PAN.I.7 Tobacco use adversely affects fitness and physical performance.</p>

Appendix B: National Health Education Standards

Standard 1 - Health Concepts - Students will comprehend concepts related to health promotion and disease prevention.

Standard 2 - Access Health Information & Services: Integrated Learning - Students will demonstrate the ability to access valid health information and health-promoting products and services.

Standard 3 - Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks. (NHE 3. Practice Healthy Behaviors)

Standard 6 - Goal Setting and Decision Making - Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

Appendix C: NYS Health Education Standards

Standard 1: Personal Health and Fitness (NYSHE 1. Personal Health and Fitness)

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Appendix D: NYS Family & Consumer Science Standards, and CDOS Standards: Home and Career Skills Learning Standards

Intermediate or Middle School Level

Standard 1: Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Key Idea: Students will use an understanding of the elements of good nutrition to plan appropriate diets for themselves and others. They will know and use the appropriate tools and technologies for safe and healthy food preparation.