

# Sacred Heart Catholic School – Turlock



## Wellness Policy

February 1, 2016

## **Introduction to the Sacred Heart School –Turlock Wellness Policy**

Sacred Heart School is located in the Stockton Diocese and is committed to providing a school environment (classrooms, cafeteria, playgrounds) that promote and protect children’s health, well-being and ability to learn by supporting healthy eating and physical activity. Our intent is to:

- Engage stakeholders, including but not limited to: students, parents, instructional teachers, nutrition service professionals, school health professionals, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing nutrition, health, wellness and physical activity policies.
- All students from Kindergarten through 8<sup>th</sup> grade will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school half an hour before school and half an hour after school, including fundraisers, will meet the state and federal nutrition regulations that pertain to Nutrition Services.
- A qualified child nutrition professional will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students. They will also accommodate the religious, ethnic, and cultural diversity of the student population in meal planning. The school site will provide a clean, safe, and pleasant setting in which to enjoy the meals, including adequate time and seating for all students to eat.
- To the maximum extent possible, our school will participate in available federal school meal programs.
- The school’s nutrition education and physical education program shall be consistent with the expectations established in the state’s curriculum frameworks and as appropriate, shall be integrated into other academic subjects.

## **Background on the Wellness Committee**

Under the Healthy Hunger-Free Act (HHFKA) of 2010, the national child nutrition programs in schools have included a section that specifically addresses Local School Wellness Policies. The objective of HHFKA includes enhancing existing Local wellness Policy requirements, strengthening implementation and assessment of the policies, and expanding public input in both wellness policy development and reporting.

As a result of the new regulations, Sacred Heart began the process of creating a Wellness Policy with a Wellness Committee. The Committee is composed of community stakeholders from diverse backgrounds. The need to incorporate the federal and state objectives (Appendix F: *California Department of Education Local Wellness Policy Requirements*).

The Wellness Committee met , and will plan to meet a minimum of twice per year, to work on policy sections that may need revisions in the future. Using the HHFKA as a guideline , parent survey results and input from the administrator, the committee produced a Wellness Policy that outlines the goals of the school and provides helpful tools and resources through posters, handouts and Thursday Notes to the school community.

The goal of the Wellness Policy Committee is to promote health and wellness, and to convey positive and consistent messages to all students in accordance with current law. We want to support our students and enable them to achieve more by learning healthy behaviors that will benefit them for the rest of their lives.

## **Sacred Heart Catholic School – Turlock Wellness Policy**

Sacred Heart School believes that all students should be educated in learning environments that are safe, drug free, and conducive to learning. According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood is easier than changing unhealthy behaviors during adulthood. Sacred Heart School believes we play a critical role in promoting healthy and safe behaviors to help students establish lifelong healthy behaviors. Research indicates that improving student health and safety can increase students’ capacity to learn, reduce absenteeism, and improve physical fitness and mental alertness.

## **School Health, Safety and Environment**

Sacred Heart will continue to provide and promote a safe environment during the school day and during all school related functions.

### **A. Physical Environment, Health and Safety**

- Students will be taught and reinforced instruction will be provided regarding campus safety and rules. Infractions will be referred to administration accordingly.
- Our school will continue to monitor equipment and grounds and refer potential hazards for repair or replacement promptly.
- Our staff will be informed of and follow safety regulations.
- Our school will continue to promote a drug and substance-free environment and encourage making healthy choices at home and at school.
- Our school will enforce an anti-bullying policy and encourage positive social behaviors and respect for others.

B. Social/Psychological Health

- Our school will create a protocol for detection and referral of students who have potential for harm to self or others.
- Our school will provide access or referrals to health services and mental health services to community resources (i.e. Sierra Vista Child & Family Resources, Jessica's House, ...)

C. Health Services

- Although our school does not have a nurse or health technician, all instructional and office staff are CPR certified and will be fully supportive of our Wellness Policy regulations and will promote health and wellness activities.
- Our staff will promote positive attendance, encourage healthy eating and playing habits and injury protection skills.
- Our staff will provide local community resources for health care and provide basic health education for students and their families.
- Our staff will provide information on nutrition, tobacco cessation and emotional wellness according to specific needs that may arise with parental support.

D. Health Education

- Our school will continue to encourage health education to K-8 grade students that is designed to motivate and encourage students to maintain and/or improve their health, prevent disease and avoid high risk health-related behaviors.
- Our school will incorporate health education curriculum that is consistent with state standards for health education.
- Our school will explore resources and grants for training and materials for updated health curriculum.
- Our school will be encouraged to provide educational events to support and teach healthy choices (i.e. jog-a-thon, Relay for Life, Walking Club, ...)

## **Nutrition**

A. Nutrition Services

Sacred Heart School employs well-prepared staff that efficiently serve appealing food choices of compliant and nutritious foods at lunch. We added a breakfast program that will meet the standards and regulations.

- All foods and beverages available on the school campus will promote optimal health and will meet or exceed guideline regulations.
- All students will have access to free, safe, fresh drinking water during meal times.
- Information for the promotion of nutrition will be provided to parents and students through the school -web page, the menus and the cafeteria.
- The cafeteria will offer fresh fruits, vegetables, whole grains and low-fat dairy products in portion sizes that meet the caloric needs of the child.
- Employees in the cafeteria will receive food safety training a minimum of once a trimester.

B. Food and Nutrition Standards

- Foods offered and served on the school campus will be healthy and meet the Food Regulations Summary.
- Fundraising efforts will support healthy eating by selling food items that are low in fat, sodium and added sugars during the school day (30 minutes before and after school).
- Food safety and sanitation standards must be followed at all school-related events (refer to [www.foodsafety.gov](http://www.foodsafety.gov) for more details). Any persons handling food or utensils will:
  - wash hands properly with soap and water
  - properly hold foods at correct temperatures:
    - cold foods at or below 40 degrees Fahrenheit
    - hot foods at or above 140 degrees Fahrenheit
  - clean and sanitize utensils and work surfaces
  - will not handle food or utensils when sick
  - will not handle foods with bare hands
- In an effort to reinforce the school's nutrition standards, all marketing and advertising of noncompliant foods and beverages through signage, vending machines, logos, school supplies and incentives will be prohibited.
- Classroom celebrations involving food will be limited to after the lunch period.

C. Nutrition Education

The school's nutrition education program shall be evidence-based and will be consistent with the guidelines and regulations designed to build skills and knowledge for maintaining a healthy lifestyle. Nutrition education may be offered through the following avenues: classroom, before or after school programs.

## **Physical Activity and Physical Education**

Physical activity and physical education components are primary goals to provide optimal opportunities for every student to develop the concepts, knowledge and skills for age-appropriate physical activity; maintain physical fitness; participate regularly in physical activities; and understand the short-and-long term benefits of a physically active and healthy lifestyle.

### **A. Physical Education (PE) Standards**

The physical education curriculum will follow the California Standards.

- Students in grades K-5 will participate in moderate to vigorous physical activity.
- Students in grades 6-8 will participate in moderate to vigorous physical activity through PE or interscholastic sport activities.
- Physical fitness tests will be administered in fifth and seventh grades. Students will be encouraged to maintain age and grade level physical fitness levels. Parents will be notified of student results.

### **B. PE and Physical Activity Goals**

Our school will provide students with the opportunity, support and encouragement to be physically active on a daily basis through PE instruction and physical activity programs.

- Our school program encompasses a variety of opportunities for students to use physical activity, including but not limited to PE, recess, health education, Relay for Life, jog-a-thon, walking club, athletic and intramural programs.
- PE is delivered by a well-prepared and well-supported staff member.
- Physical activity programs will be carried out in safe environments that reflect respect for body-size difference and skill levels.
- PE, physical activities and/or recess will never be withheld or used for disciplinary purposes.
- Family and community members will be encouraged and informed to support programs outside of school that promote a healthy and active lifestyle.

## **Family, Staff and Community Involvement**

The administrator or instructional designee will implement strategies for promoting staff wellness and for involving parents, guardians and community members in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

- Staff shall model healthy behaviors at school.
- Community based partnerships to help promote healthy behaviors will be encouraged.

## **Implementation, Evaluation and Monitoring of the Wellness Policy**

The school administrator is charged with operational responsibility to ensure that the school complies with this policy. Annual updates on this policy will be held with the staff to develop internal procedures that ensure compliance with the Sacred Heart Catholic School – Turlock Wellness Policy. Assessment and implementation of the effectiveness of this policy shall also be annual.

The evaluation process shall assess whether the issues identified in the policy are making a difference on student, parent and staff awareness and to identify successes as well as barriers to success. The goal will be to seek actions that will make a positive impact on student health and achievement.