



# St. Maria Goretti Wellness Policy

## Policy Preamble

St. Maria Goretti School is committed to the optimal development of every student. Good nutrition and regular physical activity before, during and after the school day are strongly correlated with positive student outcomes. St. Maria Goretti believes that we need to create and support health-promoting learning environments throughout our school, giving students the opportunity to achieve success. This policy outlines St. Maria Goretti's approach to promote healthy eating and physical activity behaviors for all students throughout the school day.

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## Wellness Policy Leadership

### Policy Leadership

The designated official for oversight of the wellness policy is the St. Maria Goretti administration. Administration shall convene the Wellness Committee and appoint a team to lead the review, updating, and evaluation of the policy.

### School Wellness Committee

St. Maria Goretti shall convene a Wellness Committee that meets at least 4 times during the school year to establish goals and oversee school health policies and programs, including development, implementation, and periodic review and update of this Wellness Policy.

St. Maria Goretti shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders include:

- Administrators
- A teacher/staff member from each unit (K-2, 3-5, 6-8, specials)
- Physical education teacher
- School food service representative
- School Counselor

## **Nutrition Standard for All Foods**

St. Maria Goretti School is committed to serving healthy meals to our students. The school meal program aims to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

### **School Meal Program**

St. Maria Goretti School is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 ([www.fns.usda.gov/school-meals/nutrition-standards-school-meals](http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals)).
- All meals are accessible to all students.
- Withholding food as a punishment shall be strictly prohibited.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students during mealtimes.
- When drinking fountains are not present in the cafeteria, water cups/jugs are available.
- Students are provided at least 15 minutes to eat lunch after being seated.
- All school campuses are “closed” meaning that students are not permitted to leave the school grounds during the school day.
- Menus shall be posted on the school website and will include nutrient content.
- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

### **School Meal Program Participation**

St. Maria Goretti School shall notify parents of the availability of the lunch and shall be encouraged to determine eligibility for reduced or free meals. In addition, St. Maria Goretti will restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings.

### **Food and Beverages Sold Outside of School Meals**

No food and beverages are sold to students during before and after school programs. Concessions may be sold during athletic events, but are not to be regulated by the school Wellness Committee.

### **Foods Offered/Provided but Not Sold**

St. Maria Goretti School encourages that foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations, parties and classroom snacks brought by staff or family members.

Final decisions regarding classroom celebrations and rewards will be discussed on an annual basis within teacher units and conveyed to room parents to achieve health and wellness goals.

### **Fundraising**

The goal of St. Maria Goretti School fundraising during and outside school hours will be to use only non-food fundraisers. There will be no more than 2 food fundraisers per school year, if necessary.

## **Marketing**

St. Maria Goretti School will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

## **Nutrition Education**

At least one experiential nutrition education activity will be implemented in all grade levels at St. Maria Goretti School. Activities will include gardening, cooking demonstrations, and farm and farmers' market tours. Some students participate in school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden-produced food.

## **Nutrition Promotion**

St. Maria Goretti is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout school, classrooms, cafeteria, and school media.

## **Physical Activity**

The following physical activity guidelines are supported at St. Maria Goretti:

- Elementary schools shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).
- Outdoor recess shall be offered weather permitting (lightning, below 0°F, heavy rain, or inclement weather.)
- Recess monitors/teachers shall encourage students to be active during recess.
- Teachers shall incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible.
- Teachers shall offer short (3-5 minute) activity breaks throughout the school day. Resources and ideas are available through:
  - [www.coloradoedinitiative.org](http://www.coloradoedinitiative.org)
  - <https://www.gonoodle.com/>
  - <https://champion.activeschoolsus.org/active-classrooms>
- Opportunities to participate in physical activity shall be promoted throughout the school via weekly announcements and the school website.

St. Maria Goretti shall support active transport to and from school by engaging in the following activities:

- Secure storage facilities for bicycles (bike racks).
- Crossing guards are provided by the Madison Metropolitan School District on main streets.
- Crosswalks exist on streets leading to schools.

- St. Maria Goretti Safety Patrol assist with safe movement of students on school grounds.

## **Physical Education**

The following physical education guidelines are supported at St. Maria Goretti:

- St. Maria Goretti K-5 students shall receive at least 60 minutes of physical education class time per week throughout the school year.
- St. Maria Goretti middle school students shall receive at least 165 minutes of physical education per week throughout the school year.
- St. Maria Goretti middle school students are required to take the equivalent of one academic year of physical education.
- Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions.
- All physical education classes are taught by a licensed teacher who is certified to teach physical education.
- Physical education staff shall receive professional development based on contract and state licensing requirements.

## **Other School Based Activities that Promote Wellness**

As appropriate, St. Maria Goretti shall support students, staff, and parents' efforts to maintain a healthy lifestyle. St. Maria Goretti supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being. Students shall be allowed to bring and carry approved water bottles filled with only water.

### **Staff Wellness**

The St. Maria Goretti Wellness Committee will collaborate with the staff Social Committee to encourage staff wellness.

### **Community Engagement**

St. Maria Goretti School shall inform and invite parents to participate in school-sponsored activities. St. Maria Goretti School shall actively inform families and the public about the content of and any updates to the policy through the school website ([www.stmariagoretti.org/school](http://www.stmariagoretti.org/school)) and weekly newsletters.

## **Monitoring and Evaluation**

The Wellness Committee will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which St. Maria Goretti is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

St. Maria Goretti School shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at [www.stmariagoretti.org/school](http://www.stmariagoretti.org/school).

St. Maria Goretti wellness policy shall be updated as needed based on evaluation results, changes, release of new health science information/technology, and/or issuance of new federal or state guidance.

***Last Policy Revision: April 12, 2018***

***Finalized: July 11, 2018***