

St. Augustine School Food and Wellness Policy

Rationale

The goal of Catholic education is the total development of the individual as a responsible member of the family, the Catholic faith community and the global community in which we live. Good health is essential to wholesome growth through the spiritual, mental, physical and social development of the individual as well as the community.

A major theme of Catholic social teaching is to care for the health and wellness of oneself as well as the wellbeing of others. The concept of wellness is the core principle of both health and physical activity. The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health. Healthy eating and physical activity are essential for a healthy weight and are linked to reduced risk for many chronic diseases. St. Augustine School and the community itself have the responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns.

Statement of Policy

St. Augustine School is committed to providing school environments that promote and protect children's health and well being. It is the policy that:

-All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis and school staff will be encouraged to role model healthy eating behaviors.

-St. Augustine will participate in available school meal programs and students will be provided access to a variety of affordable, nutritious and appealing foods that meet their health and nutrition needs, while accommodating the religious, ethnic and cultural diversity of the student body in a safe, clean, and pleasant environment with adequate time to eat.

-Food and beverages served throughout the school will meet, at a minimum, nutritious requirements established by local, state and federal regulations as well as the maximum extent possible, incorporate the *Dietary Guidelines for Americans*.

-St. Augustine will maintain a food safety program that is based on the principles of the Hazard Analysis Critical Control Points (HAACP) system implemented with the intent of preventing food-borne illnesses.

Commitment to Nutrition

Minimum Requirements

General

- Administer Child Nutrition Programs by school food service staff members that are properly qualified according to current professional standards.
- Offer school meal programs using the traditional meal patterns that meet the nutritional standards established by the U.S Department of Agriculture (USDA) and the Ohio Department of Education, Office of Child Nutrition Programs.
- Encourage increased participation in the available federal Child Nutrition Programs(e.g. school lunch, breakfast and milk programs).
- Establish food safety as a key component of all school food operations based on the Food Code requirements for licensed facilities.
- Encourage students to make healthy food choices by emphasizing menu options that feature baked (never fried), whole grains, fresh fruits and vegetables, and reduced fat dairy products.
- Provide school food service staff with routine professional development training opportunities.
- Follow USDA Child Nutrition Program regulations restricting the service of food with minimal nutritional value.
- Ensure water is available to students during meal times at no charge (Drinking fountains).

Nutritional Quality of Foods and Beverages

School Meals

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

- Be appealing and attractive to children
- Be served in a clean and pleasant setting
- Meet, at a minimum, nutrition requirements established by local, state federal regulations.
- Offer a variety of fruits and vegetables.

- Serve only low-fat (1%) white milk and chocolate milk and nutritionally-equivalent non-dairy alternatives (when required).
- Ensure that more than half of the grains are of the whole grain variety.

Commitment to Comprehensive Health Education

Minimum Requirements

Offer comprehensive health education in grades K-8. Include in each grade level, as stated in the Graded Course of Study, the 5 standards related to real life choices; nutrition, growth and development, disease prevention and control, safety and first aid, and health issues and dangerous substances.

Commitment to Physical Activity

Minimum Requirements

- Provide physical education opportunities for all students in grades K-8 and offer a sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Create opportunities for students to voluntarily participate in extracurricular physical activity programs.

Commitment to Healthy School Environment

- Provide a clean, safe, enjoyable meal environment for students.
- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will reinforce these positive messages.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and community at school events (e.g Open houses, dances, etc).
- Ensure adequate time for students to enjoy eating healthy foods with friends. St. Augustine School will allow at least 10 minutes from the time the student sits down until the end of the lunch period.
- Schedule meal periods at appropriate times with no less than three hours between breakfast and lunch. Lunch time as close to the middle of the school day as possible, between 11am and 1pm.
- Make available drinking fountains so that students have access to water at meals and throughout the day.

-
- Refrain from using food as a reward or punishment for student behaviors.
 - Review emergency procedures with parents.
 - Conduct a review of the process toward Health and Wellness Policy goals each year to identify areas for improvement.
 - Review implementation of wellness policy in conjunction with the ongoing OCSAA accreditation process.
-
-