

**St. George School  
Linn Mo  
Local Wellness Policies  
On Physical Activity and Nutrition**

**Preamble**

As a school community whose mission is to provide a quality Catholic education in a safe and secure environment that promotes the maximum potential in spiritual, academic, emotional, physical and social growth in every students, we believe:

- students in the school have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus/day – in accordance with federal and state nutrition standards;
- students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- students have opportunities to be physically active during and after school;
- schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- school staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- the community is engaged in supporting the work of the school in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- the school will establish and maintain an infrastructure for management, oversight, implementation, evaluation, and communication about the policy and its established goals and objectives.

This Local Wellness Policy (LWP) outlines St. George’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. This policy applies to all students, staff and schools in the specific measurable goals and outcomes are identified within each section below.

**Local Wellness Committee**

**Committee Role and Membership**

St. George School will establish a Local Wellness Committee that meets at least two times per year to develop goals for and oversee implementation of school health and safety policies/programs, including periodic reviews and updates of this LWP.

The Local Wellness Committee will represent all school levels of the elementary include but not be limited to: parents and caregivers; representatives of the school nutrition program physical education teachers; health education teachers; school health professionals, health education teachers, school health services staff , and mental health and social services staff, school administrators and the general public.

Thus, St. George School is committed to providing a school environment that promotes and protects children’s health, well-being, and the ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of St. George School that:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- All students PK- 8th will have opportunities to, support, and encourage to be physically active on a regular basis.
- Foods and beverages sold during the school hours will meet the nutrition recommendation of the *U.S. Dietary Guidelines for American*.
- Food service professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide a clean and safe environment and adequate time for students to eat.
- The school will participate in the National School Lunch program, following the rules and regulations set forth by the Missouri Department of Elementary and Secondary Education.
- The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

**Leadership**

St. George will designate a school wellness policy coordinator, who will ensure compliance with the policy.

Name	Title / Relationship to the School or District	Email address	Role on Committee
Lisa Grellner	St. George School Principal	lgrellner@saint-george-parish.	Assists in the evaluation of the wellness policy implementation
Kim Sallin	Director of Osage County Health Director	kim.sallin@lph.mo.gov	Helps maintain and add insight to current health practices

Denise Coots	Owner and operator of Freestyle	denisecoots@gmail.com	nutritionist
Liz Reinkemeyer	St. George Teacher	ereinkemeyer@saint-george-parish.org	Teacher

Ashley Hoffman	St. George School Teacher	lgrellner@saint-george-parish.	Assists in the evaluation of the wellness policy implementation
Tassie Womack	Parent/Nurse		Parent and nurse

**Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

**Implementation Plan**

Documentation maintained in these locations will include but is not be limited to:

St. George will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will make this information available via the school website [saint-george-parish.org](http://saint-george-parish.org) and through school-wide communications. This will include a summary of the events or activities related to wellness policy implementation. Annually, the also will publicize the name and contact information of the school officials leading and coordinating the Local Wellness Committee, as well as information on how the public can get involved with the Committee.

**Community Involvement, Outreach and Communications**

St. George is committed to being responsive to community input, which begins with awareness of the LWP. St. George School will actively communicate ways in which representatives of the Local Wellness Committee and others can participate in the development, implementation and periodic review and update of the LWP through a variety of means appropriate. St. George School also will inform parents of the improvements that have been made to school meals and compliance with school meal standards.

**Nutrition**

St. George is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, lean protein and fat-free or low-fat dairy, that are moderate in sodium, low in saturated fat, have zero grams’ trans-fat per serving (nutrition label or manufacturer’s

specification), and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of students, help mitigate childhood obesity, model healthy eating habits to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

St. George is committed to offering school meals through the National School Lunch Program (NSLP) are accessible to all students;

- are appealing and attractive to students;
- are served in clean and pleasant settings;
- meet or exceed current nutrition requirements established by local and federal statutes and regulations;
- ensure all qualified students will become eligible for free lunch;
- schools will provide at least 30 minutes for students to eat lunch and sufficient time during the lunch period for every student to pass through the service line;

### **Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals.

### **Water**

To promote hydration, free, potable drinking water will be available to all students throughout the school day and throughout every school campus. St. George will make drinking water available where school meals are served during mealtimes. Additionally, St. George will also always provide the use of water bottles in the classrooms.

### **Competitive Foods and Beverages**

St. George is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards and the DC Healthy Schools Act 2010.

### **Rewards**

St. George School will generally not use foods or beverages as rewards, incentives, or prizes for academic performance or good behavior, nor will the school withhold food or beverages as punishment. Teachers will be encouraged to use activities that promote physical activity as rewards.

### **Third-Party Vendors**

St. George Schools will not permit third-party vendors to sell foods or beverages of any kind to students on school property from midnight on the day school begins to 90 minutes after the school day ends, in accordance with Healthy Schools Act and USDA Smart Snacks Standards.

### **Food and Beverage Marketing in Schools**

St. George is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. St. George strives to teach students how to make informed choices about nutrition, health and physical activity. It is the school's intent to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with this LWP.

As St. George School nutrition services, athletics department, Home and School Association reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by this LWP.

### **Sharing of Food and Beverages**

All St. George School will discourage students from sharing their food or beverages with one another during meal or snack times, given the concerns about allergies and other restrictions on some children's diets.

### **Snacks and Celebrations**

For both individual snack breaks and/or classroom celebrations, St. George School will encourage parents, students and teachers to limit snack sent to school to be:

- Single serving in size;
- Simple and nutritious snacks
- Free from adult serving/handling (sending in birthday treats, please only send in one item per child that is prepackaged from a store)

All students are given the opportunity and encouraged to participate in the milk/ snack program.

The time for snacks and/or classroom celebrations will be at the discretion of the teacher but should be separated from lunch periods and have minimal classroom disruptions.

During the after school, students will provide their own snacks, and to the greatest extent possible, be nutritious in nature, with an emphasis on fruits and vegetables. The primary beverage made available at snack time will be water.

### **Ensuring Quality Nutrition Education, Health Education and Physical Education**

St. George aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education that help students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

#### **Nutrition Education**

St. George will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- is 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 integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- teaches media literacy with an emphasis on food and beverage marketing;
- includes nutrition education training for teachers and other staff; and

#### **Health Education**

St. George is dedicated to providing formal, structured health education, consisting of planned learning experiences that provide the opportunity to acquire information and the skills students need to make quality health decisions. As such, St. George will provide students a comprehensive school health education that address a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional

health, personal health and wellness, physical activity, safety and injury prevention, sexual health, tobacco use, and violence prevention. Health education curricula and instruction should

- is offered at least 45 minutes per week at each grade level, K-5, 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 incorporated into classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- incorporates an age-appropriate sequential health education curriculum that is consistent with District and national standards for health education;
- incorporates active learning strategies and activities that students find enjoyable and personally relevant;
- incorporates opportunities for students to practice or rehearse the skills needed to maintain and improve their health;
- incorporates a variety of culturally-appropriate activities and examples that reflect the community's cultural diversity;
- incorporates assignments or projects that encourage students to have interactions with family members and community organizations;
- requires the health instructors to participate at least once a year in professional development in health education; and
- requires professional development for all teachers in classroom management techniques in the past two years.

Additionally, in an effort to ensure reinforcement of health messages that are relevant for students and meet community needs, St. George will base its health education program, at least in part, will also seek to imbed health education as part of student visits with the Osage County Health Department, nurse, through posters or public service announcements, and through conversations with family and peers.

### **Physical Education and Physical Activity**

St. George acknowledges the positive benefits of physical activity for student health and academic achievement. It is the goal of St. George that students engage in the recommended 60 minutes per day of physical activity. Additionally, recognizing that physical education is a crucial and integral part of a child's education, we will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the students' physical, mental, emotional, and social well-being.

The components of St. George's physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms.

Students shall be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, St. George ensure that:

- students in grades K-8 receive at least 150 minutes per week of physical education
- physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;

- 50 percent of physical education class time is devoted to actual physical activity;
- suitably adapted physical activity shall be provided as part of the individualized education plan (IEP) developed for students with disabilities;
- physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions; and
- physical activity is neither required nor withheld as punishment.

**Pre-Kindergarten (Pre-K) Physical Activity Recommendations:**

Pre-K shall ensure that students receive 90 to 120 minutes of active play daily. These minutes shall consist of a combination of adult-led/structured active play and child-initiated/unstructured active play. St. George School will seek to offer active play outdoors, weather permitting. St. Georgewill ensure that:

- these active play minutes shall be achieved through recess, active transitions (marching, hopping, etc.), and classroom games that involve physical movement;
- recess shall be at least 60 minutes daily and scheduled in more than one block of time (e.g., three 20-minute sessions, two 30-minute sessions);