

Sacred Heart Grade School Wellness Plan

Sacred Heart Grade School (hereto referred to as the school) is committed to the optimal development of every student. The School believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. This policy outlines the District'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. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the School have access to healthy foods during their lunch time meal, through reimbursable school meals in accordance with Federal and state nutrition standards;
- 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. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAPEd).

Leadership

The Principal or head Food Director, will facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy.

Implementation Plan

The School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness plan. The plan delineates roles, responsibilities, actions and timelines specific to the school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

Record keeping

The School will retain records to document compliance with the requirements of the wellness plan in the School's office. Documentation maintained in this location will include but will not be limited to:

- The written wellness plan;
- Documentation demonstrating that the plan has been made available to the public.

Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Plan has been made available to the public.

Community Involvement, Outreach and Communications

The School is committed to being responsive to community input. The District will also inform parents of compliance with school meal standards, availability of child nutrition programs. The School will use the office of K-state Extension for quarterly visits on nutrition and physical activity that will help the wellness of the students.

Nutrition School Meals

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and 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 school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices. The School will participate in USDA child nutrition program, including the National School Lunch Program (NSLP), and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using a variety of the following marketing and merchandising techniques: – Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans). – Sliced or cut fruit is available daily. – Daily fruit options are displayed in a location in the line of sight and reach of students. – All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal. – Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- Menus will be posted on the District website or individual school websites
- School meals are administered by a team of child nutrition professionals.
 - Students will be allowed 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).
- Students are served lunch at a reasonable and appropriate time of day.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The School will make drinking water available where school meals are served during mealtimes.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

Goal #1 - The School will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Goal #2 – The School will provide students with an environment that allows students an opportunity to practice healthy eating and physical activity. Nutritional messages will be displayed in the cafeteria as a reminder for students to see the importance and benefits of choosing healthy foods.

Food Safety and Food Security

All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

Physical Education

Goal #1 - The School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

Goal #2 - All students will be provided equal opportunity to participate in physical education classes. The School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Recess

The School will offer at least 20 minutes of recess on all days during the school year. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria. Outdoor recess will be offered when weather is feasible for outdoor play. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.