

**St. Catherine's High School**  
**1200 Park Avenue**  
**Racine, WI 53403**  
*Updated September 3, 2012*

**Wellness Policy on Physical Activity and Nutrition**

**PREAMBLE:** Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the past two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 – 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, schools and school districts around the country are facing significant fiscal and scheduling constraints;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, St. Catherine's High School is committed to providing school environments that promote and protect health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of St. Catherine's High School that:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis.

- Implementing the new nutrition standard changes for meals served through the National School Lunch Program:  
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>
- These update the nutrition standards created in 1995 based on the Dietary guidelines for Americans and will phase in over the next couple of years. Changes will begin with the 2012-2013 school year. They include the following;
  - *One food-based menu planning approach and same age/grade groups requirements.*
  - *Fruits and vegetables are now considered two separate food components in the meal pattern.*
  - *All students must select a ½ serving of fruit or vegetable as part of the reimbursable lunch under the Offer versus Serve provision.*
  - *Weekly requirements established for whole grain in ranges plus a daily requirement.*
  - *All grains offered during the school week must be whole grain-rich on the third year of implementation.*
  - *Only fat-free (flavored and unflavored) and unflavored low-fat milk may be served.*
  - *Calorie minimum and maximum limits for specific age groups set for meals.*
  - *Limits set on sodium and are age group specific.*
  - *Meals must be trans-fat free. And limits set on saturated fat.*
- St. Catherine’s High School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

**TO ACHIEVE THESE POLICY GOALS:**

I. School Health Committee

St. Catherine’s High School will work within a school committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee also will serve as a resource to the school for implementing those policies.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

**School Meals** -- Meals served through the National School Lunch Program will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat(1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by the USDA); and
- Ensure that half of the served grains are whole grain.

St. Catherine’s High School will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, St. Catherine’s will share information about the nutritional content of meals with parents and students. This information will be made available on the

school website, cafeteria menu boards, placards, or other point-of-purchase materials in the near future.

**Free and reduced-priced meals** – St. Catherine’s will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals.

**Meal Times and Scheduling** – St. Catherine’s will:

- Provide students with at least 20 minutes after sitting down for lunch;
- Schedule lunch between 10:30 am and 12:30 pm;
- Not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g. orthodontia or high tooth decay risk).

**Qualifications of School Food Service Staff** – Qualified nutrition professionals will administer the school meal programs.

**Sharing of Foods and Beverages** – St. Catherine’s will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns regarding allergies and other restrictions on the diets of some students.

**Foods and Beverages Sold Individually** – All foods and beverages sold individually outside the reimbursable school meal program (including those sold through a la carte snack lines, vending machines, student stores, or fundraising activities) during the school day, or through after-school programs, will meet the following nutrition and portion size standards:

**Beverages**

- Allowed: water or seltzer water without added caloric sweeteners; 100% fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (as defined by USDA);
- Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas, fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (containing trivial amounts of caffeine).

**Foods**

- A food item sold individually will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined; and will have no more than 35% of its weight from added sugars; and will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes;

- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at the school location where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the fat and sodium guidelines noted above.)

**Portion Sizes**

- Foods and beverages sold individually will be limited to portion sizes of: one and a quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit; two ounces for cereal bars, cookies, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items; four fluid ounces for frozen desserts including, but not limited to, low-fat or fat-free ice cream; six ounces for non-frozen yogurt; twelve fluid ounces for beverages, excluding water; and the portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

**Fundraising Activities**

- As often as possible, fundraising activities will not involve food or will use only foods that meet the nutrition and portion-size standards noted above. Fundraising activities that promote physical activity will be encouraged.

**Snacks**

- Snacks served during the school day or during after-school programs will make a positive contribution to the students’ diet and health, with an emphasis on serving fruits and vegetables as the primary snack and water as the primary beverage.

**Rewards**

- St. Catherine’s will not use foods or beverages (especially those not meeting the nutrition standards for foods and beverages sold individually) as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

**Celebrations**

- St. Catherine’s will limit celebrations that involve food during the school day to no more than one party per class per month. Parties should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually.

**School-sponsored Events**

- St. Catherine’s will encourage those selling foods and beverages at school-sponsored events outside the school day to offer only those meeting the nutrition standards for foods and beverages sold individually.

III. Nutrition and Physical Activity Promotion and Food Marketing

**Nutrition Education and Promotion** – St. Catherine’s will provide nutrition education and engage in nutrition promotion that:

- Offers a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is not only part of health education classes, but also classroom instruction in other subjects as well;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure through physical activity and exercise;
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

**Integrating Physical Activity Into the Classroom Setting** – At St. Catherine’s:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities; and
- Opportunities for physical activity will be incorporated into other subject lessons.

**Communication with Parents** – St. Catherine’s will support parents’ efforts to provide a healthy diet and daily physical activity for their children. St. Catherine’s will offer and post in the future, nutrition tips on the school websites, and provide nutrient analyses of school menus. We will also encourage parents to pack healthy lunches and snacks and to refrain from including foods and beverages that do not meet the nutrition standards for individual foods and beverages. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community.

St. Catherine’s will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents’ efforts to provide their children with opportunities to be physically active outside of school.

**Food Marketing in Schools** – School-based marketing will be consistent with nutrition education and health promotion. St. Catherine’s will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. We will prohibit the school-based marketing of brands promoting predominately low-nutrition foods and beverages. We will encourage the promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.

**Staff Wellness** – St. Catherine’s highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

#### IV. Physical Activity Opportunities and Physical Education

**Physical Education** – All students at St. Catherine’s will receive physical education classes, taught by a certified physical education teacher. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

**Physical Activity Opportunities Before and After School** – St. Catherine’s will offer interscholastic sports programs as well as extracurricular physical activity programs. We will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

**Physical Activity and Punishment** – At St. Catherine’s, teachers and other school personnel will not use physical activity or withhold opportunities for physical activity as punishment.

**Use of School Facilities Outside of School Hours** –The School spaces and facilities of St. Catherine’s will be available to students, staff, and community members at various times before, during, and after the school day, on weekends, and during school vacations. Those facilities will also be made available to community agencies and organizations offering physical activity and nutrition programs. Availability is subject to the school policies concerning safety, as those policies will apply at all times.

#### V. Monitoring and Policy Review

**Monitoring** – The principal of St. Catherine’s or his designee will ensure compliance with established nutrition and physical activity wellness policies, and will report on the school’s compliance to the school’s Board of Directors.

The food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal.

**Policy Review** – Every year, St. Catherine’s High School will review its nutrition and physical activity policies; its provision of an environment that supports healthy eating and physical activity; and the elements of its nutrition and physical activity policies and programs. We will, as needed, revise the wellness policies and develop work plans to facilitate their implementation.