

SAINT CHRISTOPHER SCHOOL STUDENT WELLNESS POLICY

Student Nutrition and Physical Activity (Student Wellness Policy)

Purpose and Goal

Saint Christopher School is determined to create a healthful environment for our students and staff. With a collaboration of the entire school environment, we believe that we can help influence our community to make healthy and positive choices regarding physical activity and nutrition, thus help combat the current obesity and obesity related disease in children and adolescents.

Saint Christopher School recognizes the importance of promoting a healthy school environment with students and staff. Saint Christopher School will provide to students and staff the skills and support to adopt healthy eating behaviors, obtain positive nutritional status, provide increased opportunities for students to engage in physical activity and achieve improved academic success.

Additionally, Saint Christopher School will promote healthful student eating through the provision of a well-balanced and nutritionally sound school lunch program, promote the consumption of appropriate portions of healthy foods and beverages at designated times in classrooms, and encourage increased physical activity for students during and after the school day, where appropriate.

Wellness Guidelines

Saint Christopher School shall undertake the following actions to promote nutrition and health practices for students in school.

Student Nutrition and Physical Activity (Student Wellness Policy) (continued)

Parent/Guardian/Staff Information

Nutritional information should be provided to parents and staff members through newsletters, publications, on-line websites, health fairs, and other activities focusing on, but not limited to:

- Healthy snack ideas
- Healthy lunch ideas
- Healthy breakfast ideas
- Nonfood birthday celebration ideas
- Healthy portion size information
- Food label reading guidelines
- Fun activities to encourage increased physical activity inside and outside of school
- Promotion of the Summer Lunch Program
- Partnering with community organizations who sponsor and provide consistent health messages
- Healthy choice options through substitutions and alterations

Physical Education/Health Wellness Education

The physical education and health curriculum will be standards based in compliance with State and National physical education and health requirements. The curriculum will promote:

- The benefits of physical activity, good nutrition and fitness.
- Physical activity being incorporated into classroom routines when appropriate.
- All physical education classes to include at least 50 percent of moderate to vigorous activity in all or most lessons.
- All elementary school students shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity and provide space, equipment and an environment that is conducive to safe and enjoyable activity.
- Active participation and skill development in physical education will be encouraged and evaluated in all classes.

- Reasonable attempts shall be made to have activity/recess before lunch.
- During inclement weather, efforts should be made to provide an indoor back-up plan for recess.
- Partnering with community organizations who sponsor and provide consistent opportunities for physical activity

Student Nutrition and Physical Activity (Student Wellness Policy)

Guidelines for Food and Beverages Offered to Students at School Functions (continued)

Foods to Avoid (continued)

- Organizations operating concessions at school functions after school or on weekends should include at least some healthy food choices in their offerings.

These foods may not be sold to students on a school campus except during times approved by this policy*.

- **Soda Water**— any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
- **Water Ices** – any frozen, sweetened water such as “...sicles” and flavored ice with the exception of products that contain fruit **or** fruit juice.
- **Chewing Gum** – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- All **Candies** – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix (i.e., Kool-Aid).
- **Certain Chips and Snack Foods** – any that contain more than 9 grams of fat per serving.

Due to their high sodium and fat content, traditional popcorn and pickles may be sold only one day per month. Low-fat popcorn would be acceptable for sale more often.

Any of the above items that are found in the possession of any student during unapproved times will be collected.

***Approved Times for the Availability of Foods of Minimal Nutritional Value**

.....
..... after the end of the regular school day

Student Nutrition and Physical Activity (Student Wellness Policy) (continued)

Fundraising Activities and School Functions

- Encourage nonfood promotional activities.
- Limit food promotions to nutrient dense foods.
- Healthy food options served at events will be in compliance with state mandates.

Guidelines for Food and Beverages Offered to Students at School Functions

At any school function (parties, celebrations, receptions, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices.
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party Mix (variety of cereals, nuts, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips & fat-free potato chips with salsa and low-fat dips (Ranch, French Onion, Bean, etc.)
- Low-fat muffins, granola bars, and cookies
- Angel food and sponge cakes
- Flavored yogurt & fruit parfaits
- Jell-O and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products.
- Pure ice cold water.

Foods to Avoid - Consume only occasionally (recommended no more than once per month)

High sugar content candies and desserts

High fat foods (fried foods like French fries, fatty meats, most cheeses, buttery popcorn)

High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

- In selecting food items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.
- The use of foods of minimal nutritional value (See Attachment B) as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.

Student Nutrition and Physical Activity (Student Wellness Policy) (continued)

Food Service Program (continued)

4. Provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.
5. Conduct student and family food preference surveys to develop and revise school lunch menu items.
6. Maximize use of food service provider resources such as nutritional planning, healthy eating promotions, dietitian consultation, special events, etc.
7. Recognize and accommodate individual students' cultural and medical concerns.
8. When feasible, coordinate participation with local farmers to promote locally grown fruits and vegetables.
9. Provide hand sanitation dispensers outside eating areas.
10. Provide for recycling in cafeteria and schools.

Nutrition Practices in Classroom

- Encourage the consumption of healthy snacks in appropriate portion sizes.
- Eliminate the use of food as either an incentive or a reward for good behavior or academic performance.
- Encourage nonfood alternatives for birthday and holiday celebrations.
- Limit celebration food choices to items listed on Healthy Food Ideas listed in the school policy.
- School staff members shall be encouraged to model healthy eating and physical activity behaviors.
- Snacks offered during meetings, workshops and school functions will meet nutritional guidelines.
- Keep 'junk' food inaccessible and not visible to students.

Student Nutrition and Physical Activity (Student Wellness Policy) (continued)

- Promote positive nutritional standards dealing with healthy lifestyle management, disease prevention, eating disorders, body image, and adequate nutrient intake (such as carbohydrates, proteins, fats), and weight management practices.
- Promote consumer education in developing skills, such as label reading and evaluating influence of media on food selection, enabling students to evaluate food products.

Food Service Program

1. The Principal will review and recommend annually a price structure that encourages healthy choices and maintains the quality of the food service program.
2. Efforts will be made to have student daily lunch period to allow for a seated lunch period of not less than twenty minutes after service.
3. Encourage balanced and nutritionally sound menu choices.
 - Promote pre-cut raw fruit and vegetable offerings.
 - Limit high-fat choices.
 - Efforts will be made to eliminate oil-fried foods.
 - Increase vegetarian choices.
 - Provide drink choices to only include water, milk (2%, 1%, flavored low-fat milk, skim) and 100% juices in appropriate serving sizes.

A la carte items will meet the following criteria:

- All snacks will be listed on Connecticut Healthy Snacks Standards for Foods & Beverages.
- Low-fat, low-sugar, high-nutrient snacks (such as baked chips and crackers, graham crackers, frozen fruit bars, low-fat string cheese, low-fat yogurt, dried fruits) will be promoted.
- Fresh fruits and/or vegetables will be offered daily.