

St. Anthony of Padua School Wellness Policy

Introduction:

St. Anthony of Padua, a member of the Diocese of Grand Rapids, is committed to the health and development of all students and to the continuing growth of student knowledge to maintain a healthy lifestyle.

Purpose of Policy

To follow regulations set forth in 2004, which established that all schools receiving federal funds for their meal program form a Wellness policy. The Hunger-Free Kids Act of 2010 expanded upon the policy set forth in 2004.

Requirements of the policy by law

1. Include goals for nutrition education, physical activity and other activities that promote student wellness
2. Establish nutrition guidelines for all foods available on campus during the school day
3. Provide assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations issued by the Secretary of Agriculture
4. Establish a plan to measure the Wellness Policy effectiveness
5. Include constituents, staff and the public in the development of the policy

Goals for the Wellness Policy

- Ensure that our Policy aligns with our mission as a Catholic school
- Ask for and use input from families, staff and students
- Promote and utilize environmentally-safe procedures
- Use of and promotion of local markets and farms
- Emphasize recycling and reduction of waste
- Integrate the health curriculum into the cafeteria experience

Mission

St. Anthony of Padua believes that healthy individuals are defined not only by their physical health, but also by their psychological and spiritual well-being. The overall wellness of an individual is determined by the combination of these three aspects. Through faith, we recognize that our physical being is a gift. It is our responsibility to respect and nurture this gift so that we can fulfill our mission to be disciples of Christ.

St. Anthony of Padua recognizes that there is a link between physical health and a student's ability to learn in school. The school has a duty to provide information on proper nutrition,

activities that promote good health and dietary selections that are suitable to maintaining a good physical well-being.

Further, St. Anthony of Padua recognizes that the experiences of eating together and participating in activities together are fundamental to the development of an individual's social health. These experiences help foster relationships, build the community and nurture the spiritual life of our students.

Wellness Policy Requirements

1. *Include goals for nutrition education, physical activity and other activities that promote student wellness*

Nutrition Education – St. Anthony of Padua encourages all staff (administrators, teachers, food service and non-teaching staff) to communicate the importance of proper dietary choices.

- No student will go hungry
- Financially-sound food service program that provides nutritious meals
- Nutrition education and the eating experience are integrated into the curriculum
- There will be free and safe drinking water throughout the facility, as well as clean locations for hand washing
- Maintenance staff will include the kitchen, cafeteria and food-prep areas as part of their high-priority duties
- Students and staff will participate in recycling programs
- There will be taste testing and proper research of nutrition information for all potential new products

Physical Activity – St. Anthony of Padua recognizes that opportunity for physical activity is beneficial to the overall wellness of students and the community. Such activities promote cooperation, individual achievement and positive self-image in the achievement of a goal. The school's programs will include physical education courses, individual and team sports, band, clubs and extra-curricular activities.

- Physical Education teachers will utilize a curriculum that demonstrates and connects the relationship between physical activity, healthy eating habits and health
- Activities will be adapted for students with a physical disability
- PE teacher will monitor activity during excessively hot or inclement weather conditions

Activities that promote wellness – St. Anthony of Padua believes that learning is cross-curricular and connections can be made among different contents. All staff play a role in helping students understand the importance of their individual wellness. Additionally, it is important that staff stress to students that our actions in the world today will affect the quality of life for future generations. An important part of the activities will be education of the staff to be able to utilize sound practices.

- Teachers and staff are encouraged to participate in classroom activities that promote or integrate nutrition education, gardens, renewable energy, and other sustainable procedures
- Staff, students and visitors will be encouraged to recycle, conserve resources, use biodegradable products and dispose of waste in a sound way
- The students will understand Stewardship as it relates to sharing God's resources.
- Regular professional development will be provided to food service staff that includes the topics of basic nutrition, nutrition education, benefits of local agriculture and will provide excellent school meals
- Staff will be continually informed and educated on decisions made regarding the kitchen and school programs. They will also take part in learning and developing sustainable programs

Waste Reduction – St. Anthony of Padua recognizes that its meal program utilizes fresh food, pre-packaged food and processed food. Because pre-packaged and processed food generates more waste, there will be a shift to utilize more fresh and farm-to-kitchen ingredients in the meals.

- The lunch program will use packaging made of recycled materials and should be recycled
- Meals prepared daily will try to include fresh, unprocessed food items
- The cafeteria will model environmentally sound practices

2. Establish nutrition guidelines for all foods available on campus during the school day

St. Anthony of Padua's Vision, is dedicated to the transformation of students who will live their earthly and eternal lives as humble servants of God. We believe this vision includes helping students and families understand that maintaining healthy eating habits will aid them in this life-long mission. We will accomplish our vision through the following goals in health education, physical education, environmental care and education, classroom content and food service.

- Meals will be planned based on nutrition and USDA-approved products that students will find appetizing and satisfying
- All students that qualify will receive free or reduced-priced meals
- Parents will be encouraged to provide healthy snacks and meals for out-of-school activities
- Nutrition information will be available for all lunch products
- Food service will coordinate meals with local farms and markets

3. Provide assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations issued by the Secretary of Agriculture

The Director of Food Services will continually review the wellness policy to ensure that the policies are not less restrictive than those set by the Secretary of Agriculture.

4. Establish a plan to measure the Wellness Policy effectiveness

As St. Anthony of Padua adopts the wellness policy, the school will develop and uphold a committee that will take an active role in policy effectiveness, recommendations and an overview of out-of-school activities where food is served. The committee will work cooperatively with the food service director in evaluating the operations, and will report to the principal annually on its findings.

The following are to be included in the evaluation process:

- Financial statement and business plan
- Recommendations for delivery and cost effectiveness of the food service providers
- Summary of student preferences
- Description of service and participation
- Report on the goals
- The nutritional value of foods to be served
- Inventory for current equipment and budget for new equipment
- Review of food sales including cost analysis, quantity of local products, fresh products, seasonal products, fruit and vegetable consumption, pre-packaged foods and processed foods

5. Include constituents, staff and the public in the development of the policy

The committee is a group of St. Anthony of Padua stakeholders that aid the review and modification of the wellness policy. The goal is for the committee to meet twice annually. The Committee will be a diverse and inclusive group that will include, but is not limited to the following:

- Principal
- Food service director
- 2 SAP Staff members
- 2 students
- A parent/professional from the community