

Santa Cruz

CATHOLIC SCHOOL

A Family United in Christ

Local Health & Wellness **Policy**

2023-2024

Committee:

- **Principal**
- **Health Coordinator(s)**
- **Physical Education Department**
- **Nutritional Department (*NSB/LP*)**
- **Board Members (parents/staff)**

Sections;

1. **Nutrition Education and Wellness Promotion**
2. **Standards for USDA Child Nutrition Programs and School Meals**
3. **Nutrition Standards for Competitive and Other Foods and Beverages**
4. **Physical Education and Physical Activity**
5. **Evaluation**

Section 1:

Nutrition Education and Wellness Promotion

Santa Cruz Catholic School will implement Health & Nutrition Education for grades Kinder through 8th grade.

Nutritional education will be integrated into the curriculum during Physical Education and other areas of the curriculum as necessary. At each grade level, students will be provided with nutrition education and activities that may consist of taste testing, local farm visits, as well as school health and wellness days. These activities will reinforce the guidelines of the USDA School Meal Program. They will be developmentally appropriate, culturally relevant, and enjoyable.

At each grade level, students will be taught skill-based nutrition education that focuses on health promotion and disease prevention. Students will be taught how to look for and how to read the ingredients of a food item, how to identify the difference between processed foods and whole foods and understand the benefits of plant-based whole foods. Students will be able to find the sugar, fat, and salt content of a food item by reading a Nutrition Facts Label.

Santa Cruz Catholic School will provide a consistent message of health and wellness through our classrooms and our health office newsletters to families and encourage all staff to be role models of healthy eating and daily physical activity.

Family nutrition education will be accomplished in the form of handouts, presentations, events, school newsletters, and through any other appropriate means available to reach parents. Students, parents, and families will be provided the opportunity to give input and feedback on the health and wellness goals of their school.

Attractive posters, banners, and student artwork and projects promoting health and wellness will be displayed in school hallways and common areas. Healthy food choices will be attractive and prominently displayed at all school meals and functions where food will be served.

Santa Cruz Catholic School's Coordinated Health Officer(s) will conduct annual reviews to address the wellness policy.

Stakeholders will consist of, at minimum, the principal, 1-2 school nurse staff member(s), 1-2 members from the school board, the physical education instructor and 1-2 members from the breakfast/lunch program.

Section 2:

Standards for USDA Child Nutrition Programs and School Meals

It is the intent of Santa Cruz Catholic School to participate in USDA School Meals to either promote or provide breakfast and lunch through the Program.

School meals will, at minimum, meet all USDA nutrition standards with increased servings of fresh fruits and vegetables whenever possible.

Clubs and/or meetings for students will not be held during mealtimes unless students are allowed to eat during these meetings.

Students will not be allowed to share food or beverages with other students during mealtimes due to safety regulations. Students must keep their food/snacks to themselves.

If necessary, a special table will be provided as a “food allergy” free zone to accommodate those students with certain food allergies.

Milk sold as part of the school meals program or special milk program will be limited to 1% and skim milk, with chocolate milk being served on Fridays only.

Santa Cruz Catholic School will contract with local public schools or local caterers that follow the USDA School Meals Program to provide school meals to students.

Students are prohibited from leaving campus for lunch.

Students will be provided with a minimum of 20 minutes to eat their lunch in a pleasant, temperature and noise-controlled environment. If schools offer breakfast, students will be provided with a minimum of 10 minutes to eat.

All food service managers, or those individuals providing school meals, will have adequate training in the area of food and nutrition. This professional development will be required annually in the form of Arizona Department of Education training, conferences, videos, and/or written documents, articles, etc.

Nutritional content of school meals will be published and shared with students and parents.

Parents/guardians will not be allowed to bring high-fat, high-salt, and / or high-sugar fast food for their children’s meals.

Section 3:

Nutrition Standards for Competitive and Other Foods and Beverages

Santa Cruz Catholic School does not provide students with access to vending/soda machines. Competitive foods and beverages will not be sold on school campuses during the school day.

Fresh fruits and vegetables that may be available during the school day will be exempt from any competitive food ban.

The sale of food and beverage will be limited to those sold through the school meal program.

It will be encouraged that classroom celebrations be primarily activity-based. All efforts will be made to include healthy food choices following the recommended Arizona Nutrition Standard when food is included in classroom celebrations.

Food rewards or incentives will be prohibited. Withholding food as a punishment will also be prohibited.

Students and staff will have access to refill their water bottle with our various sensor-water fountains before, during, and after school. Water fountains will be cleaned and maintained on a regular basis. Water bottles will be permissible in classrooms.

Section 4:

Physical Education and Physical Activity

Santa Cruz Catholic School will implement Physical Education Standards for grades Kinder through 12.

Students in grades 1-8 will be required to receive 120 minutes/week of physical education per diocesan policy. Kindergarten students will be required to receive 30 minutes/week.

Physical Education classes will have the same student/teacher ratios used in other classes.

The physical education program will be provided with adequate space, shade, water accessibility, and all other safety standards.

Santa Cruz Catholic School will ensure that a safety inspection will be performed annually on all playground sites and sports facilities.

When possible, physical education will be taught by a certified physical education teacher.

All physical education teachers will receive annual professional development training related to physical education and physical activity.

Sports involvement or other activity related academic classes will not take the place of physical education class.

Regular physical activity throughout the school day will be required. Kinder thru 8th grade will utilize classroom “energizers” or similar classroom physical activity breaks during the school day.

When possible, Santa Cruz Catholic School youth sports league will offer boys’ and girls’ volleyball, basketball and for all students in 4th-8th grade.

When possible, Santa Cruz Catholic School will allow community-based organizations to use sport and/or playground facilities outside school hours. Families will be encouraged to engage in physical activities outside school hours using this sport and/or playground facilities.

Physical activity or recess denied as a form of discipline or punishment will be prohibited.

Physical activity being used as a form of discipline or punishment will be prohibited.

All elementary students will have daily recess. Recess that is offered in conjunction with lunch will be encouraged to be taken before lunch. Students that walk or bike to school will be provided with the safest route to school, including crossing guard information when necessary, and will be provided with a safe place to keep their bike. All students that ride a bike to school **must** wear an appropriate bike helmet for safety.

Section 5:

Evaluation

To ensure the implementation of our Local Wellness Policy, the Coordinated School Health Officer will perform an annual review to determine policy implementation.

The Coordinated School Health Officer will report to the principal any changes as necessary. The information will lead to necessary assistance and resources offered at the individual school grade level in regard to wellness policy adherence. The Coordinated School Health Officer will seek assistive training support, and follow-up to ensure LWP implementation.

Santa Cruz Catholic School's Local Wellness Policy will be made available on-line on the school's website and placed in the Parent/Student Handbook as well.

The policy will be reviewed annually by Santa Cruz Catholic School's Local Wellness Committee and make any revisions to the policy annually, if necessary.