

# Santa Cruz

## CATHOLIC SCHOOL

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A Family United in Christ

### Local Wellness Policy

October, 2019

#### Main Committee Members:

- Angelina Schmidt, M.E.d., *School Principal*
- Diana Portillo, *School Nurse*
- Yanira Noriega, *Food Service Manager*
- Erica Otero, *Business Manager*
- Trisha Bautista, *AZ Health Zone/University of Arizona SNAP-Ed*
- Katie Christopher, *AZ Health Zone/University of Arizona SNAP-Ed*
- Other board members include (*parents, parish participants, teachers, and other community members are invited*)

#### Sections of the Local Wellness Policy:

- I. Wellness Policy Goals
- II. Nutrition & Physical Activity Standards
- III. Wellness Policy Implementation, Monitoring, Accountability, & Community Engagement



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### Local Wellness Policy

Last Updated: 10-25-19

#### I. Wellness Policy Goals

*The following are Santa Cruz Catholic School's Goals for Nutrition Promotion:*

- Continue to promote participation in meal programs such as the National School Lunch Program and School Breakfast Program, as they apply.
- Continue to share lunch menus via school website and/or Facebook site to ensure that the public are notified.
- Aim to provide consistent health and wellness messaging as well as provide staff members with tools on how to serve as healthy eating and active living role models to students.
- Aim to implement at least five Smarter Lunchrooms Movement (SLM) techniques to encourage healthy eating behaviors in the cafeteria. The SLM techniques that will be used are as follows:
  - Display attractive posters, banners, and student artwork to enhance the cafeteria atmosphere and prompt students to select healthy food items served.
  - Place fruits, vegetables, and other healthy food items in attractive bowls and/or place at convenient location (i.e. keeping food items at eye level) for students to choose easily.
  - Encourage cafeteria staff to greet students upon entering the service line and throughout meal service.
  - Ensure that cleaning supplies or broken/unused equipment are not visible during meal service.
  - Display the monthly lunch menu in the main office for parents, families, and other community members to see.

*The following are Santa Cruz Catholic School's Goals for Nutrition Education:*

- Continue to teach students with skill-based nutrition education that focuses on health promotion and chronic illness prevention.
- Ensure that a form of evidence-based nutrition education will be taught in all grade levels.
- Provide teachers/staff with appropriate nutrition education tools, trainings, and resources to integrate nutrition concepts with other subjects like math, science, language arts, social sciences and electives.
- Continue to provide nutrition education in the classrooms in collaboration with the AZ Health Zone – Cooperative Extension – Nutritional Sciences, a Supplemental Nutrition Assistance Program-Education (SNAP-Ed) agency based at the University of Arizona.
- Ensure that nutrition education provided to students include the following topics: relationship between healthy eating and personal health and chronic illness prevention, food guidance on the MyPlate, reading nutrition labels, eating a variety of foods each day, and more).
- Ensure that nutrition education will include hands-on experiential learning such as: Taste test activities and school garden activities.

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### *Goals for Physical Activity:*

- Aim to provide physical activity opportunities to students throughout the school day that will help them to achieve the recommended 60 minutes of physical activity time per day.
- Ensure that all teachers/staff do not withhold recess or use physical activity as form of punishment.
- Ensure that teachers/staff have access to resources that will help them implement alternative ways to discipline students.
- Aim to expand Comprehensive School Physical Activity Program (CSPAP) to coordinate before, during, and after school physical activity opportunities by doing one or more of the following:
  - Integrate physical activity opportunities in after care.
  - Participate in small walk or bike to school events/activities.
  - Work with classroom teachers to ensure that brain energizers are incorporated in their day-to-day schedules.
- Ensure that students receive age-appropriate physical education, consistent with national and state standards for Physical Education; students will be moderately to vigorously active for 50% of class time during most or all physical education sessions.
- Use the Arizona Recess Toolkit to encourage students to be active during recess periods.

### *Goals for Other School-Based Activities that Promote Student Wellness:*

- Continue to plan wellness-related efforts (i.e. Community Wellness Nights) at least once per year to include physical activity and healthy eating opportunities, information, and resources for students and their families.
- Continue to partner with community organizations to help foster collaboration with nutrition and physical activity efforts.
- Encourage classroom teachers and other school staff members to model healthy eating and active living behaviors to foster a healthy school environment/culture.

## **II. Nutrition & Physical Activity Standards**

### ***School Meals***

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 while accommodating cultural food preferences and special dietary needs.

- Santa Cruz Catholic School will continue to participate in the National School Lunch Program. Meals served to students shall follow the [USDA standards for School Meals](#) which also complies with the state and national standards.*
- All meals will, at a minimum, meet all the USDA nutrition standards (or Smart Snacks Standards) with increased servings of fresh fruits and vegetables.*
- Free, potable water will be available to all students during meal periods.*
- Additional standards include:*

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- I. *Students will be provided with a minimum of 20 minutes after being seated to eat their lunch in a pleasant, temperature and noise-controlled environment. If Santa Cruz Catholic School offers breakfast, students will be provided a minimum of 10 minutes to eat.*
- II. *All food service managers or individuals designated to provide/serve school meals shall receive adequate training in the area of food, nutrition, and food safety handling.*
  - i. *Santa Cruz Catholic School will require completion of trainings using the Arizona Department of Education's resources, webinars, written documents, conferences, and other training materials.*
  - ii. *Additionally, school cafeteria managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.*
- III. *Parents/community members will not be allowed to bring high-fat, high-salt, and/or high-sugar content foods for their students' meals as well as classroom celebrations. Parents shall also receive information about free and reduced-priced meal qualifications and privacy protections for students via school website or upon request.*
- IV. *Clubs and/or meetings will not be held during meal times unless students are allowed to eat during such meeting/activity.*
- V. *Students will not be allowed to share food or beverage with other students during meal times to prevent food safety issues; exceptions could be made for sealed and packaged items available for students on shared-tables, if applicable.*
- VI. *If necessary, a special table will be provided as a "food allergy" free zone to accommodate students with specific food allergies.*
- VII. *Milk sold as part of the school meal program or special milk program will be limited to 1% and skim milk; flavored milk (i.e. chocolate milk) will not be served.*
- VIII. *Students will not be allowed to leave campus premises during lunch.*
- IX. *Nutritional content of school meals will be shared with students, their parents, and other community members via Facebook.*

### **Competitive Foods and Beverages**

Note: *Competitive foods and beverages* are sold outside of and in competition with federally reimbursable meal programs. At a minimum, schools must ensure all foods and beverages sold on campus, during the school day defined as midnight to 30 minutes after the end of the school, meet the USDA Smart Snack guidelines for grades K-12. Santa Cruz Catholic School shall limit the sale of food and beverages outside the school meal programs.

- e. *Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.*

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*Santa Cruz Catholic School shall not provide students with access to vending or soda machines. Competitive foods and beverages shall not be sold on school premises during the school day.*

*Fresh fruits and vegetables that may be available during the school day shall be exempt from any competitive food ban. The sale of food and beverage shall be limited to those sold through the National School Lunch Program.*

*Finally, students, staff, and all of Santa Cruz Catholic School members shall have access to free drinking water from working, clean drinking fountains before, during, and after school hours. Drinking fountains shall always be maintained and remained clean for consumption. Water bottle use shall also be permissible in classrooms.*

### **Celebrations and Rewards**

Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines.

*Santa Cruz Catholic School shall prohibit the use of food as form of reward and withholding food or participation in recess/lunch as form of punishment shall also be prohibited.*

f. *These guidelines apply to (check all that apply):*

- School-sponsored events
- Celebrations and parties
- Classroom snacks provided by parents
- Classroom rewards and Incentives

### **Fundraising**

g. *Fundraising that involves food items that do not meet the Arizona Nutrition Standards shall not be allowed to be sold on campus premises during school hours. Fundraisers that promote branded food products shall be discouraged. Fundraising activities that promote physical activity, healthy eating, and community engagement shall be fostered instead by the Santa Cruz Catholic School community.*

### **Food and Beverage Marketing in Schools**

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often include an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. All products marketed on the school campus must, at a minimum, meet the Smart Snacks guidelines.

- h. *Santa Cruz Catholic School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.*
- i. *Santa Cruz Catholic School is also committed to encouraging students to make informed choices about their health, nutrition, and physical activity.*

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### **Physical Education**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP).

Santa Cruz Catholic School is committed to fulfilling the following standards for Physical Education:

- a. *Students shall receive age-appropriate, sequential physical education curriculum consistent with national and state standards. Physical Education shall promote the benefits of being physical active and shall help students develop skills to engage in life-long healthy habits.*
- b. *Students shall be encouraged to be moderately to vigorously active at least 50% of class time during most or all of the Physical Education session.*
- c. *All Physical Education classes shall be taught by a licensed teacher certified to teach physical education and shall cover essential topics of physical activity as much as possible. Staff providing physical education shall also receive proper training and professional development.*
- d. *Physical activity shall not be used as form of punishment and shall only be used to encourage or reinforce positive behaviors.*

### **Before & After School Activities**

- a. *Students shall be encouraged to engage in physical activity opportunities before or after school time; Santa Cruz Catholic School shall continue to have opportunities such as (walk-a-thons and other fitness-based activities) after school time that also encourages the participation of families and community members.*

## **III. School Wellness Committee**

### **Committee Role and Membership**

Santa Cruz Catholic School will convene a representative district wellness committee that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

Santa Cruz Catholic School has designated one or more school staff members who have the authority and responsibility to ensure that the school complies with the local wellness policy.

- a. *Santa Cruz Catholic School's committee will aim to meet at least quarterly.*
- b. *In addition to the main committee members described at the beginning of this local wellness policy, Santa Cruz Catholic School will also invite classroom teachers, other school staff members, students, parents, and other parish members. Santa Cruz Catholic School plans to ensure that the committee will include a diverse representation of school and community members.*
- c. *Santa Cruz Catholic School committee will notify parents, community members, and the rest of the school community about the meeting via newsletter and school Facebook account.*

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#### **IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

##### ***Implementation of the Wellness Policy***

*Santa Cruz Catholic School shall coordinate with the AZ Health Zone – Cooperative Extension – Nutritional Sciences to ensure that action plans are within specific timelines and according to who will be responsible to implement changes. Finally, the school shall use the Arizona Department of Education’s Activity & Assessment Tool to measure compliance to this local wellness policy. The school shall also retain important documentation of compliance with the wellness policy.*

##### ***Leadership***

*Santa Cruz Catholic School has designated one or more school staff members who have the authority and responsibility to ensure that the school complies with the local wellness policy. The principal and school nurse will continue to lead efforts around the enforcement, monitoring, and implementation of this local wellness policy. The principal and school nurse shall also lead efforts in inviting other school staff members, parents, and community advocates to attend meetings dedicated to school wellness policy implementation.*

##### ***Triennial Progress Assessments***

*At least once every three years, Santa Cruz Catholic School will assess their written wellness policy in partnership with the AZ Health Zone – Cooperative Extension – Nutritional Sciences. The school will also evaluate compliance with their wellness policy and assess progress toward meeting the goals of the school wellness policy using the Arizona Department of Education’s School Level Activity & Assessment Tool. Additionally, the school will compare their policy to an established wellness policy (i.e. Alliance for a Healthier Generation’s model wellness policy) at least once every three years.*

##### ***Revisions and Updating the Policy***

*Santa Cruz Catholic School will update or modify the wellness policy as appropriate or when progress is identified upon completion of wellness policy assessments.*

##### ***Notification of Wellness Policy, Policy Updates and Triennial Assessment***

*Santa Cruz Catholic School will inform families and the public each year of any updates to the wellness policy and every three years of their compliance with the written wellness policy. These announcements will be made during Community Nights and newsletters sent to parents and community members. The wellness policy will also be available on our website and shared via school Facebook.*