St. Pius X School

210 S. Williams Moberly, MO 65270-3432

Wellness Plan of Physical Activity and Nutrition

The primary goals of the St. Pius X School’s wellness program are to promote student health, reduce student overweight/obesity/underweight issues, facilitate student learning of lifelong healthy habits and increase student achievement. The following procedures will guide the implementation of the school’s wellness program.

\*St. Pius X School will engage parents, teachers, food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing the school-wide nutrition and physical activity procedures.

\*All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

\*Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

\*Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. Professionals will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning. Finally, an environment that is clean, safe, and pleasant, along with adequate time for students to eat, will be provided.

\*To the maximum extent practicable, St. Pius X School will participate in available federal school meal programs (including the National School Lunch Program).

St. Pius X 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, as well as with related community services.

**TO ACHIEVE THESE GOALS:**

1. **Wellness Committee**

St. Pius X School Wellness Committee will consist of at least (1) parent, physical education teacher, nurse, principal, and the Food Director. The principal of the school will serve as the wellness program coordinator.  The wellness coordinator, in consultation with the wellness committee, will be in charge of implementation and evaluation of the program. Meetings, records, and votes of the wellness committee will adhere to the requirements of the Missouri Sunshine Law. If you or your child would like to be on the wellness committee please contact the principal.

1. **Nutrition Guidelines**

It is the policy of St. Pius X School that all foods and beverages made available on campus during the school day are consistent with Missouri Food and Nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. St. Pius X School will create procedures that address all foods available to students throughout the school day in the following areas:

1. National School Lunch Program
2. Classroom parties, celebrations, fundraisers, rewards, and school events.
3. Snacks served in after-school programs

**School Meals**

Meals served through the National School Lunch Program will:

1. Be appealing and attractive to children;
2. Be served in clean and pleasant settings;
3. Meet, at a minimum, nutrition requirements established by local, state, and federal agencies;
4. Offer a variety of fruits and vegetables;
5. Serve only low-fat (1%) and fat free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
6. Serve whole grains

St. Pius X School will provide information about the nutritional content of meals with parents and students upon request.

**Meal Times and Scheduling**

St. Pius X School will:

\*provide students with at least 20 minutes to eat;

\*schedule meal periods at appropriate times between 11:15a.m. and 1 p.m.;

\*will provide students access to hand-washing or hand sanitizing before they eat meals or snacks.

**Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal program. As part of the school’s responsibility to operate a food service program, we will provide continuing professional development for all nutritional professionals in the schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

**Sharing Food and Beverages**

St. Pius X School will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

**Fundraising Activities**

To support children’s health and school nutrition-education efforts, St. Pius X School will limit school fundraising activities that involve food and will emphasize the use of foods that meet appropriate nutrition and portion size standards. St. Pius X School will encourage activities that promote physical activity.

**Snacks**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health. Whenever possible, fruits and vegetables will be used as a primary snack and water as the primary beverage. The school will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations.

Marketing of food and beverage items will meet Smart Snack Nutrition standards.

**Rewards**

St. Pius X School will encourage teachers/staff not to use foods or beverages, especially those that do not meet nutritional standards, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals).

**III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion**

St. Pius X School aims to teach, encourage, and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:

\*is offered at each grade level as a part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health;

\*is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

\*includes enjoyable, developmentally appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

\*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 (physical activity/exercise);

\*links with school meal programs, other school food marketing; and

\*includes training for teachers and other staff.

**Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

\*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, such as watching television;

\*opportunities for physical activity will be incorporated into other subjects lessons; and

\*classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

\*Unless this practice is allowed by student’s individual education plans (IEP’s)

**Communications with Parents**

St. Pius X School will support parents’ efforts to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information and provide nutrient analyses of school menus upon request. The school will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages. The school 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.

**IV. Physical Activity Opportunities and Physical Education**

**Physical Education (P.E.) K-8**

All students in grades K-8, including students with disabilities, special health-care needs, and an alternative education setting, will receive daily physical education (or its equivalent at least 60 minutes/ week for K-3 and at least 60-90 minutes/week for 4-8) for the entire school year. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class participating in moderate to vigorous physical activity.

**Recess**

Students in K-4 will have at least 20 minutes a day of supervised recess, preferably outdoors, during which students will be encouraged to participate in moderate to vigorous physical activity through verbal communication and through the provision of space and equipment. The school will discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they will be encouraged to stand and be moderately active.

\*Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool. Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school nutrition standards.

**Physical Activity After School**

St. Pius X School will offer extracurricular physical activity programs (i.e., cross country, basketball, track, cheerleading). A variety of activities will be offered to meet the needs and abilities of students. After-School childcare and enrichment programs will provide and encourage-verbally and through the provision of space, equipment, and activities-daily periods of moderate to vigorous physical activity for all participants.

**Physical Activity and Punishment**

Teachers and other school personnel will be encouraged not to withhold physical activity as punishment. Other alternatives will be engaged to meet the demands of discipline.

**Use of School Facilities Outside of School Hours**

School facilities will be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. Permission and reservations will need to be gained  from school personnel. School policies concerning safety will apply at all times.

**V. Monitoring and Review**

**Monitoring**

The school principal or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies and report on the school’s compliance to the school superintendent or designee. School food service staff will ensure compliance with nutrition policies within school food service areas and will report any matter to the school principal. In addition, the school will report on the most recent USDA School Meals Initiative (SMI),  review findings,  and instigate any resulting changes. If the school has not received SMI review from the state agency within the past five years, the school will request from the state agency that a SMI review be scheduled as soon as possible. A summary report will be conducted every three years by the school principal or designee detailing the school’s compliance with the physical activity wellness policies.

**Review**

St. Pius X School will establish a baseline assessment of the school’s existing nutrition and physical activity environments and procedures. Assessments will be repeated every three years to help review procedures,  assess progress, and determine areas needing improvement. The school will, as necessary, revise the wellness procedures and develop work plans to facilitate their implementation.

Mission: With Christ, In excellence, Through community forever.

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St. Pius X School reviewed and assessed the school wellness plan at the beginning of the 2017-2018 school year. The plan was reviewed by the principal, nurse/parent, cafeteria supervisor, and physical education teacher.

The review team found that St. Pius X School is surpassing the recommended Physical Education minutes for grades K-4. St. Pius X School has 105 minutes of Physical Education a week, along with two 20 minute recesses a day - equaling 200 minutes a week.

The review team found that St. Pius X School is surpassing the recommended Physical Education minutes for grade 5-8. St. Pius X School has 129 minutes a week of Physical Education for grades 5-8. Fifth grade also receives 40-60 minutes a week of recess time.

The review team found that all teachers have been encouraged to add movement activities to their classrooms. This is done at the beginning of each school year by the Principal and periodically throughout the school year as the principal meets with teachers. Some of the activities teachers use are: Go Noodle, class chants, small group activities around the room, movement between classes.

The review team found that St. Pius X School is surpassing the recommendation for healthy food. The principal addresses the need for healthy snacks by not rewarding with food. Kindergarten is purchasing the snacks for the class this year to keep the snacks healthy, Homeroom parents are encouraged to provide healthy snacks on party days. Students are discouraged from sharing food at any time throughout the day.

We will work as a united team to continue our efforts to promote a healthy lifestyle and wellness program at St. Pius X school.

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