

Sacred Heart Catholic School Wellness Policy 2017

Sacred Heart Catholic School is committed to the optimal development of every student. SHCS believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Nutrition Education

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat to meeting the nutrition needs of school children within their calorie requirements. 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 special dietary needs.

We are committed to offering school meals that:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in clean and pleasant setting
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Promote healthy food and beverage choices
- Provide many choices for fruit and vegetables each day

Other:

- An alternate entrée is offered each day
- Daily announcements are used to promote and market menu options
- Menus are posted on the school web site and OrderLunches web site
- Menus created by a registered dietitian at Taher Catering
- Special dietary needs may possibly be accommodated by Taher Catering
- Students in grades K-8 receive nutrition education that teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the school lunchroom as well as in the classroom.

Physical Activity

Students are given opportunities for physical activity during the school day through physical education classes for at least 60-90 minutes per week, at least one daily recess period for elementary and middle school students, and the integration of physical activity into the academic curriculum. A variety of playground equipment is available, along with a playground structure. The physical education teacher also teaches the students games specifically to be used at daily recess times.

The physical education program will promote student physical fitness through individualized fitness and activity assessments such as the Presidential Youth Fitness Program and programs such as Fuel 60.

Students will be moderately to vigorously active for at least 50% of class time during most of all physical education class sessions.

All physical education classes are taught by a licensed teacher who are certified to teach physical education.

Students are given opportunities for physical activity through a range of after-school programs including, but not limited to, Kids Club, intramurals, interscholastic athletics, and physical activities.

Other school-based activities designed to promote wellness

The goal is to create a total school environment that is conducive to healthy eating and being physically active.

Topics in Health Education

Health education will be required in all grades. Middle school students will take a health education course in 6th, 7th and 8th grade. The health curriculum will include:

- The physical, psychological or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process.
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, and body composition
- Phases of an exercise session that is, workout and cool down

Lunchroom Environment

Sacred Heart Catholic School provides a clean, safe, enjoyable meal environment for students.

Sacred Heart Catholic School provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.

Sacred Heart Catholic School makes drinking fountains available and allows students to fill their individual water bottles, so that students can get water at meals and throughout the day.

Sacred Heart Catholic School encourages all students participate in school meals program and protect the identity of students who eat free and reduced price meals.

Time to Eat

Sacred Heart Catholic School will ensure at least 20 minutes will be scheduled each day for lunch.

Sacred Heart Catholic School will schedule lunch time as near the middle of the school day as possible.

Non-program foods

Pop machine- Students may not purchase pop during the school day. Students may purchase pop from 2:40-9:00 pm (30 minutes after the school day ends).

No food will be sold during the school day for snacks, class parties, or rewards.

Consistent School Activities and Environment

Celebrations and parties. SHCS will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. School-wide parties may include Halloween and Christmas, but not limited to. Other celebrations may include Kindergarten Muffins with Moms, Donuts with Dads, and other designated events.

Sacred Heart Catholic School will ensure that all schools' fundraising efforts are supportive of healthy eating.

Sacred Heart Catholic School will provide opportunities for on-going professional training and development for teachers in the areas of nutrition and physical education.

Sacred Heart Catholic School will prohibit the use of food as a reward or punishment in classrooms.

Sacred Heart Catholic School sponsors two food drives each year to provide food for the community food shelf.

Sacred Heart Catholic School sponsors the Robbinsdale Birdtown Kid Fun Run and School Marathon to promote a healthy lifestyle.

The school pop machine is only available to students from 2:40-9:00 pm. No snacks are sold after school.