

**POLICY ON WELLNESS PROGRAMS OF ASSUMPTION B.V.M.**  
(Revised May 2017)

In order to create and maintain an environment which supports and teaches healthy eating habits, encourages physical activity and promotes general healthy life skills, Assumption of the Blessed Virgin Mary School has implemented the following policy which addresses the significant components listed.

**Nutrition Education**

1. All students in pre-school through grade 5 will receive nutrition education designed for their respective grade level that is interactive and teaches the skills they need to adopt healthy eating habits.
2. School faculty and staff will collaborate on school nutrition education to provide consistent nutrition messages.
3. Nutrition education will be integrated into all areas of the curriculum.
4. To complement the classroom education activities, efforts will be made to display nutrition fact cards in the cafeteria for the various food choices available for consumption.
5. Staff development will be provided in nutrition education.
6. ABVM will generally maintain its status as a Team Nutrition School or the equivalent if changes to names are made.
7. Will conduct nutrition education activities and promotions which involve parents, students and the community.
8. Parents and guardians are encouraged to support their children's participation in making healthy nutritional choices at all times.
9. ABVM will maintain the Diocesan Nutrition Standards for all food service programs.

**Incorporation of Food Nutrition into Food Service Programs**

1. ABVM will develop menu offerings which balance all nutritional components consistent with the guidelines under the National School Lunch Program (NSLP) and School Breakfast Program (SBP).
2. ABVM shall incorporate education to inform students of the different food groups of each menu selection.
3. ABVM will solicit and incorporate feedback from students and parents into developing menu offerings which combine nutrition with the likelihood of consumption by students and staff. A periodic survey will be utilized to determine suitability of menu offerings.
4. ABVM will develop menu items which reduce or eliminate the level of preservatives, pre-cooked, heat and serve food and related similar processed foods. In conjunction with this, healthier choice utilization of USDA food items will be incorporated to offer more homemade menu offerings.
5. ABVM may utilize natural and/or organic foods when they are cost competitive.
6. ABVM will adhere to the following nutrition practices and guidelines in that all foods and beverages made available during the school day, to include extended day services, will contribute to meeting the dietary needs of students, and more specifically:
  - A. They are from the five major food groups of My Plate.
  - B. ABVM will work to reduce the overall levels of trans fat, hydrogenated, saturated fat and sugar content.
  - C. They are nutritionally dense.
  - D. Healthy alternatives will be offered at school functions outside of the school day. This includes but is not limited to a la carte and snack offerings, vending machines, snack bars, school stores, concession stands, and any food or beverages served at parties, celebrations and school meetings.

### **Dining Environment**

1. ABVM will provide a clean, safe enjoyable meal environment where students will have adequate time to eat.
2. ABVM will provide enough space and serving areas to ensure students have access to school meals with minimal wait time.
3. Students are encouraged to participate in school meal programs.
4. Lunch will be scheduled as near to the middle of the school day as possible.
5. ABVM will attempt to schedule recess for students before lunch so that children will come to lunch less distracted and ready to eat.

### **Physical Activity**

1. All students in pre-school through grade 5 will be given the opportunity for physical education classes, daily recess periods for elementary school students and the integration of physical activity into the academic curriculum.
2. Teachers shall be encouraged to incorporate physical activity into curriculum in the afternoon due to the fact that there is no additional recess time in the afternoon.
3. Students shall have opportunities for physical activity through a range of before and/or after school programs including, but not limited to intramurals, interscholastic athletics and physical activity clubs.
4. ABVM will provide a quality physical education program that helps develop the knowledge, attitudes, skills, behaviors and confidence needed to be physically active for life.
5. ABVM will work with the community to create ways for students to walk or bike safely to and from school.
6. ABVM will provide training to enable teachers, and other school staff to promote enjoyable lifelong physical activity among students.
7. Parents and guardians are encouraged to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
8. ABVM will work towards ensuring that physical education teachers are state certified.
9. ABVM will make physical activity facilities available for use outside of school hours when possible to offer further opportunities for students and parents to engage in physical activities.

### **School Fundraisers**

1. School fundraisers are a vital part of the overall funding of the educational programs at ABVM.
2. ABVM shall encourage fundraising efforts that support healthy living. This shall include encouraging healthy food items when food items are part of a school fund raiser. It may also include non-food items as part of fund raisers (e.g. school memorabilia). It may also include such activities that include physical activity.
3. ABVM shall identify potential fund raising ideas. Fundraising projects shall be reviewed prior to acceptance to ensure that they meet ABVM objectives and the Wellness Policy.
4. All fundraising products for sale and consumption within and prior to the instructional day will be expected to follow the Diocesan Nutrition standards when determining the items being sold.
5. Items that are sold that do not meet the ABVM Nutrition Standards may be acceptable for student consumption within moderation and on an intermittent basis.

### **Parties and Celebrations**

1. ABVM recognizes that there is a time and place for parties and celebrations; however, moderation and control shall be exhibited.
2. ABVM shall limit celebrations that involve food which does not meet the healthy nutritional objectives of this policy.

3. If parents provide birthday snacks to any students in ABVM the parents/guardians are encouraged to provide snacks which are nutritionally sound and appropriate in size. Teachers shall have discretion on the distribution and consumption of any birthday treats brought in by students or parents.

### **Other School Based Activities**

1. Food and Physical Activity as a Reward or Deterrent
  - A. Food as a reward is discouraged; however, food that is used as a reward should be nutritional. Within moderation, various rewards (e.g. ice cream parties) are allowed for special occasions.
  - B. Physical activity is not to be used as a deterrent or punishment.
  - C. Sufficient nutrition and ample physical activity shall be provided daily; denying student access to nutrition, recess or other physical activities is strongly discouraged.
2. Consistent School Activities and Environment
  - A. Food service personnel shall remain current on nutritional issues.
  - B. Efforts will be made to keep physical activity facilities available for use outside school hours.
  - C. Parents, school staff, students and community members are encouraged to serve as role models in practicing healthy eating and physical activities.
  - D. Students and staff members will have access to drinking water throughout the school day.
3. School Sponsored Events
  - A. As it relates to concession stands at athletic or other events, ABVM will encourage the offering of healthy food and beverage choices in addition to that of traditional "concession fare".
  - B. ABVM will also encourage and promote healthy alternatives for other events (e.g. Sock Hop, Event Parties, Etc.) where food and beverages are served.
4. Website/Newsletter
  - A. ABVM website/newsletter will be utilized to provide a variety of information on all areas of wellness, including nutrition, physical activity and related activities.
  - B. Selected links to other websites shall be maintained on the ABVM website so that users can have quick access to other approved informational sites which meet ABVM's Accepted Use For Computers And Telecommunications Policy.
  - C. The ABVM website/newsletter will inform parents, guardians, staff and students of current health issues and concerns and provide resources for further information.
5. Wellness Fairs
  - A. ABVM will provide a wellness fair or activity on a minimum of every other year. Such a fair or activity shall provide students and parents the opportunity to actively learn about physical and nutritional topics.
6. Staff Education
  - A. ABVM shall provide training to staff in blood borne pathogens and CPR.
  - B. ABVM shall review the health curriculum on a regular basis in a fashion similar to other curriculum.
  - C. Staff members shall exhibit healthy eating habits when in the presence of students.
  - D. Staff shall not hand out candy as rewards or incentives unless it is part of the acceptable in school parties and celebrations which has been pre-approved by the administrator.
  - E. Staff shall be encouraged to substitute other items for candy used in educational projects.