

**ST. LOUIS CATHOLIC SCHOOL**

**WACO, TEXAS**

**STUDENT WELLNESS PLAN**

**Purpose and Goal:**

The link between nutrition and learning is well documented. Healthy eating habits are essential for students to achieve their full academic potential, as well as complete physical and mental growth. Good nutrition is necessary for lifelong health and well-being, and is undeniably linked to the reduced risk of early mortality and the reduction of the development of many chronic diseases as adults. Schools have a responsibility to help students and staff members establish and maintain lifelong healthy eating patterns. Well-planned school nutrition programs have been shown to positively influence these eating habits.

All St. Louis Catholic School students shall possess the knowledge and skills necessary for making nutritious and enjoyable food choices for a lifetime. In addition, staff members are encouraged to model these healthy eating habits, as well as promote physical activity as a valuable part of their daily lives. St. Louis Catholic School shall prepare, adopt and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff members, taking into consideration differences in cultural norms.

**Component 1: A Commitment to Nutrition and Physical Activity**

- A. St. Louis Catholic School shall appoint a School Health Advisory Committee. One of its missions shall be to address nutrition and physical activity issues and to develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often, if necessary. This committee will consist of the following:
  - The Principal of St. Louis Catholic School
  - Representative from the Parent's Association
  - Food Service Director
  - Athletic Director
  - School Nurse
  - Teachers
  - Students
- B. The principal will address concerns including the kinds of foods available on campus, sufficient mealtimes, nutrition education, and physical activity.
- C. Nutrition education shall be integrated school-wide, and physical activity will be encouraged daily.
- D. The school food service staff will participate in making decisions and setting guidelines that will affect the school nutrition environment.

## **Component 2: Quality School Meals**

- A. St. Louis Catholic School participates in the National School Lunch Program and offers students nutritionally balanced lunches daily. Free and reduced-price lunches are available based on financial need. Information about a student's participation is confidential.
- B. The Child Nutrition Program will be administered by school staff members who are properly trained according to current professional standards and who regularly participate in professional development activities.
- C. Food safety will be an integral part of the school food service operation.
- D. Menus will meet the nutrition standards established by the Healthy Hunger-free Kids Act of 2010, U.S. Department of Agriculture and the Texas Department of Agriculture. The menus will conform to good planning principles, and will feature a variety of healthy choices that are tasty, attractive, of excellent quality, and that are served at the proper temperature.
- E. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- F. School personnel, along with parents, will encourage students to choose and consume full meals.

## **Component 3: Other Healthy Food Options**

- A. The St. Louis Catholic School Health Advisory Committee will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered during parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events). See Attachments A and B.
- B. St. Louis Catholic School will provide parents with nutritional information encouraging them to serve safe and healthy foods to their children.
- C. All foods sold to students for consumption during the school day on school campus will be compliant with the Smart Snacks guidelines.
- D. St. Louis will permit the six allowed exempt days.  
See Attachment A .

## **Component 4: Pleasant Eating Experiences**

- A. Facility design will be given priority in renovations and new construction.
- B. Drinking fountains are available for students to get water at meals and throughout the day.
- C. School personnel will assist all students in developing the healthy practice of washing hands before eating.
- D. School personnel will schedule lunch times so that students do not spend too much time waiting in line.
- E. Tutoring sessions, pep rallies, assemblies, club/organization meetings, and other activities will not be scheduled during meal times.
- F. Adequate time to eat lunch in a pleasant dining environment will be provided. The minimum eating time for each child after he/she is served will be 20 minutes.
- G. The school will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating

proper conduct and voice level. Parents will be encouraged to dine with students in the cafeteria.

- H. Creative, innovative methods will be used to keep noise at the proper level.

#### **Component 5: Nutrition Education**

- A. St. Louis Catholic School will follow health education curriculum standards and guidelines set by the Texas Catholic Conference Education Department. The school will link nutrition education activities with the school health program.
- B. Students in pre-kindergarten through grade 8 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into the core curriculum areas of math, science, social studies, and language arts.
- C. Nutrition education will be offered in the school dining room and in the classroom, with coordination between school food service staff and teachers. Teachers may display posters, show videos, and offer websites that encourage healthy eating habits.
- D. St. Louis Catholic School will conduct nutrition education activities and promotions that involve students, parents, and the community. The school nutrition team responsible for educational activities will include food service staff members, teachers, students, administration members, and school organization leaders.

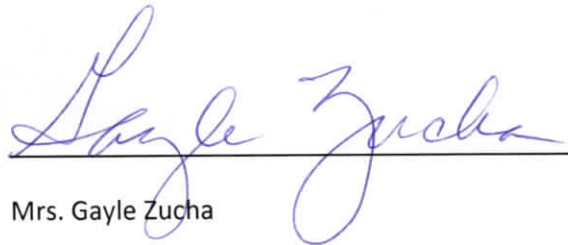
#### **Component 6: Marketing and Assessment**

- A. A triennial assessment of the program will be conducted by the principal, with the first assessment being June 2020. The assessment will review the number of participants and evaluate the need for any policy changes along with the impact of the program. Resources used to help with this assessment are: <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/local-school-wellness-policy-process/assessment-needs-assessment> The USDA Local Wellness website, [www.fns.usda.gov/tn/local-school-wellness-policy](http://www.fns.usda.gov/tn/local-school-wellness-policy) also provides hyperlinks to assessment resources located on the Institute for Child Nutrition, Alliance for a Healthier Generation, and Centers for Disease Control and Prevention (CDC).
- B. Prior to each school year, current marketing information displayed will be reviewed against current Competitive Nutrition Standards for compliance and updated as necessary.
- C. St. Louis Catholic School is a member of the Multi-Region Purchasing Co-Op which organizes and administers the child nutrition cooperative purchasing and commodity processing program for member CEs. The Co-Op ensures that all federal, state and local guidelines are met. St. Louis Catholic School, as a member of the Co-Op, agrees to attend and/or access online trainings provided by TDA on management of USDA Foods program for the latest information on the program.

#### **Component 7: Record Retention**

- A. Wellness policy checklists and revisions will be maintained on file at St. Louis Catholic School, with committee member rosters, for five years.

The St. Louis Catholic School Student Wellness Plan was reviewed, and will become effective immediately and continue to be in effect until reviewed and/or revised if needed at the beginning of the next school year, 2020-2021.



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Mrs. Gayle Zucha

St. Louis Catholic School Assistant Principal

1-16-2020

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Date

Policy Originated: May 12, 2008

Policy Reviewed: October 25, 2019

Policy Revised: January 16, 2020



#### Fundraiser Exempt Day Process

St. Louis Elementary school will allow six exempt fundraisers per year for the Sweet Shop to operate. These will be our six allowed exempt fundraisers for the year and will occur one day each in the months of September, October, November, January, March, and April. However, the Sweet Shop may not be accessible to the students during the meal service period in the food service area where school meals are served and consumed.

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