

# **LOCAL WELLNESS POLICY**

**All Saints Catholic Academy  
Albany, New York**

**September 2014**

All Saints Catholic Academy promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of our total learning environment. We support a healthy environment where students learn and participate in positive dietary and lifestyle practices. By doing so, we contribute to the basic health status of our students.

We provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, will be aligned with healthy goals to positively influence our students' understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

All Saints Catholic Academy supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school's nutritional standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety, and packaging to ensure high-quality meals.

We will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals.

We have established a local wellness policy committee that includes the principal, our director of food services, a member of our school board, a parent, a member of the community, our physical education teacher, and our school nurse. The principal will monitor implementation of our Local Wellness Policy and will report annually to our school board regarding the effectiveness of this policy.

Our Wellness Policy includes specific goals in three areas:

**Nutritional Education**

**Physical Activity**

**Other School-based Activities that are designed to promote student wellness**

## **NUTRITIONAL EDUCATION**

All Saints Catholic Academy will provide nutritional education and engage in nutritional promotion that:

- Is offered at each grade level as 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 when possible, in subjects such as math, science, language arts, and the social sciences.
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutritional practices.

- Emphasizes caloric balance between food intake and physical activity.
- Links with our meal programs.

## **PHYSICAL ACTIVITY**

### ***Daily Physical Education***

All Saints Catholic Academy will provide physical education for Nursery – 8 that:

- Is formally conducted twice weekly with our physical education teacher.
- Is offered informally, whenever practical, on an ongoing basis with each classroom. This will include, but not be limited to, some recess time each day outdoors after or before lunch when weather and time permit.
- Encourages class visits to the local park during the school day when weather and curricula allow.
- Includes an annual “year end” Field Day where classes, under the direction of our physical education instructor, compete with one another and themselves in a variety of field events.
- Nursery – Grade 8 students participate in the annual Race for Education. This event counts the amount of laps students run or / and walk.
- Grade 5 and 6 students compete against other students from the Albany public and private schools in the annual PAL Track Meet.
- We have a fenced in playground for N – Kindergarten, unfenced playground for grades 1+ and a grass field area for students and an indoor gymnasium that is devoted to physical activity during inclement weather.

### Physical Activity and Punishment

- Employees should not use physical activity as punishment.

### Physical Activity after School

- Our after school care program (Aftercare) will include physical activity as part of their regular routine. Students use the field and playgrounds daily during after care, weather permitting. The gymnasium is used during inclement weather.
- Grades 3-8 can complete in the fall Cross Country Friendship League XC Meets.

## **OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS**

### ***Integrating Physical Activity into Classroom Settings***

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 the physical education class. Toward that end, All Saints Catholic Academy will:

- Offer classroom health education for all grades that complements 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.
- Discourage sedentary activities such as watching television, playing computer games, etc.
- Encourage opportunities for physical activity to be incorporated into other subject lessons.

- Encourage classroom teachers to provide occasional short physical activity breaks between lessons and classes.
- School PTO hosts an annual wellness days that encompasses nutrition, physical activity and healthy choice making.

### OPTIONAL ISSUES

#### *Communication with Parents*

All Saints Catholic Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children. We will:

- We will monitor what foods children like and dislike on an ongoing basis to be sure they are getting food that they like and are healthy choices
- Encourage parents to pack healthy lunches and snacks and to refrain from beverages and foods that do not meet the established nutritional standards for individual food and beverages.
- Provide parents a list of foods that meet snack standards and ideas for healthy celebrations, parties, and rewards.
- Provide occasional opportunities for parents to share their healthy food practices with others in the school community.
- Support parents' efforts to provide their children with opportunities to be physically active outside of school.
- Encourage sharing information about physical activity and physical education through our school website and School Reach email blasts, and other take-home materials.
- Send home all community promotional materials that promote physical activity.
- Make available the monthly menu, F/R forms, order forms on the school website [www.ascaalbany.org](http://www.ascaalbany.org)

#### *Staff Wellness*

All Saints Catholic Academy values the health and well-being of every staff member and will encourage activities and policies that support personal efforts by staff to maintain a healthy lifestyle. We will work with our Director of Food Services, school nurse, and physical education instructor, to foster these activities and policies.

### NUTRITIONAL GUIDELINES FOR ALL FOODS AVAILABLE AT SCHOOL

#### *School Meals*

Meals served through the National School Lunch Programs will:

- Be appealing and attractive to children.
- Be served in a clean and pleasant setting.
- Meet at a minimum, nutritional requirements established by local, state, and federal law.
- Offer a variety of fruits and vegetables.

- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).
- Ensure only whole grains are served.

### *Free and Reduced-Priced Meals*

All Saints Catholic Academy will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. We will promote the availability of meals to all students.

### *Meal Times and Scheduling*

All Saints Catholic Academy will:

- Strive to provide students with at least 20 minutes after sitting down for lunch.
- Schedule lunches between 11:25 and 12:45. Students will not be scheduled to have tutoring, club or other meetings during this time, unless they are allowed to eat during such activities.
- Strive to provide an outdoor recess time before or after each lunch period.
- Allow children to access hand washing or sanitizing before they eat meals or snacks.
- Take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

### *Qualification of Food Service Staff*

A qualified nutritional professional will administer our meal programs. As part of our responsibility to operate a food service program, All Saints Catholic Academy will encourage the professional development of our Food Services Director through attendance at workshops and training programs provided in our area. The food Service Director is Food Safe Certified.

### *Sharing of Foods*

All Saints Catholic Academy discourages students from sharing their foods or beverages with one another during meal or snack times, given the concerns about possible contamination, allergies, and other restrictions on some children's diets.

### *Signage*

There is to be colorful and engaging nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, classrooms, hallways, gymnasium, and/ or bulletin boards that are frequently rotated, updated or changed.

### *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, with an emphasis on serving fruits and vegetables along with other healthy foods and drinks. Pre-packaged "junk food" should be eliminated.

### *Rewards*

All Saints Catholic Academy will use reasonable judgment in using foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through meals) as a punishment.

### *Celebrations*

All Saints Catholic Academy will evaluate our celebration practices that involve food during the school day. We understand that on special occasions, cakes or cookies may be appropriate. We will disseminate a list of healthy party ideas to parents and teachers.

### *School-Sponsored Events*

Foods and beverages offered or sold at school-sponsored events outside the school day will generally meet the nutritional standards for meals or for foods and beverages sold individually.

### *Food Safety*

All foods made available on campus will adhere to food safety and security guidelines.

- All foods made available in our kitchen and classrooms will comply with the state and local food safety and sanitation regulations.
- For the safety and security of the food and facility, access to the food service operations are limited to child nutritional staff and authorized personnel.
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### *Availability of Water*

- Fluoride tap water is freely accessible to all students throughout the school day.
- Continuous building maintenance ensures that all water fountains are freely accessible to students.
- Nursery and PreK students have access to water during all snack and meal times.
- K-8 students may freely access water fountains throughout the school day and lunch times.
- Students of all grades are encouraged to have a refillable water bottle with them in class, and are encouraged to drink and fill as needed.
- All students are encouraged to bring water bottles to P.E. class.
- Liquids other than water are banned in refillable water bottles in classrooms.

### *Monitoring*

The principal will ensure compliance with established school nutrition and physical activity wellness policies. The Director of Food Services will ensure compliance with nutritional policies within the food service area and will report on this matter to the principal.

### *Policy Review*

To follow up on this initial School Wellness Policy, All Saints Catholic Academy will review our policy every five years and make any changes that may be appropriate. The Principal may make changes to the policy prior to this five year review if, in his/her opinion, it is necessary.

### **Local Wellness Policy Committee**

Principal – Traci Johnson  
Director of Food Services –Lester Rosenweig (SSA)  
School Board Member – Rev. Tom Lawless  
Physical Education Teacher –Matt Shaw  
School Nurse – Liza Kirchgraber  
Parent – Jean Dillon  
Community Member – Joseph Conway