

SANTA CLARA OF ASSISI CATHOLIC SCHOOL
DALLAS, TEXAS

WELLNESS POLICY - PLAN

January

2023 1. Nutrition Education

- a. Definition – Nutrition Education is “any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being.” (ADA 1996)
- b. Goal - The primary goal of nutrition education is to influence students’ eating behaviors.
- c. Classroom Teaching:
 - i. Each grade level will develop or articulate one or more specified nutrition related learning outcomes, which will focus on students’ building skills for making prudent food choices.
 - ii. Nutrition education will take place in every grade level and may be:
 - 1. formal or informal
 - 2. Integrated with another subject area (such as science or P.E.)
 - iii. Nutrition Education will :
 - 1. follow the standards and/or curricula of a generally accepted nutrition educational organization such as the Academy of Nutrition and Dietetics, The U.S. Department of Agriculture, the Texas Department of Agriculture, The Academy of Nutrition and Dietetics, the Texas Cooperative Extension Service or the Centers for Disease control, or
 - 2. Utilize a formal nutrition curriculum such as CATCH, or nutrition education integrated into curricular science or health.
 - 3. be culturally congruent with the student population
- d. Education, marketing and promotions outside classroom:
 - i. The school should utilize opportunities for providing nutrition education outside the classroom such as:
 - 1. Cafeteria-based nutrition education (posters, menus, table art, etc)
 - 2. Student nutrition-related poster contests, displays, art projects, etc.
 - 3. Nutrition-based activities (drama, songs, games, etc.) We will not display any food items that do not meet the Dietary Guide lines for Americans 2015.
- e. Teacher training:
 - i. Teachers will be encouraged to seek out opportunities for professional preparation and ongoing professional development for teaching nutrition.

2. **Physical Activity**

- a. Goal - The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthy lifestyle.
- b. The time, frequency and intensity of physical education classes will be determined by Texas Catholic Conference Education Department guidelines for physical education at each grade level.
- c. Physical education student teacher ratio will be no more than 35 students per each physical education staff person per class when possible.
- d. Classroom health education will reinforce 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, playing video games and computer activities.
- e. Standards for physical education will be based on Diocese of Dallas curricular standards and/or Texas Education Agency standards.
- f. Planned P.E. activities should be based on the premise that each student should be taking an active part in physical movement and activity during the entire P.E. period.
- g. Recess periods, during the school day, in which physical activity is encouraged, are promoted. The school should provide balls, hula-hoops, jump ropes, etc. during recess periods to encourage physical movement.)

3. **Nutrition Standards for all foods available on School Campus during the School Day.**

- a. Goal - The primary goal for nutrition standards for foods available on the campus during the school day is to influence students' lifelong eating habits through setting and observing standards which address all foods or beverages sold or served to students, including those available outside of school meal programs. Standards should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size.
- b. Santa Clara of Assisi Catholic School participates in the Federal School meal programs. The school must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the Texas Department of Agriculture guidelines.
- c. **The school meal program should:**

1. make nutritional content of meals prepared in the school and of foods sold in the school available to parents and students.
 2. offer a variety of fruits and vegetables
 3. serve only low fat (1%) and fat-free milk¹ and nutritionally equivalent non-dairy alternatives (to be defined by the USDA)
 4. ensure that all of the served grains are whole grain²
 5. ensure that portion sizes are consistent with the *Dietary Guidelines for Americans 2015* set forth by the Texas Department of Agriculture.
- d. **A la carte, vending machines, food concessions and student stores** are not a component of the SCCS breakfast/lunch program
 - e. Foods and beverages offered to students during **after-school programs, field trips, parties, celebrations, meetings or school events** should be consistent with the *Dietary Guidelines lines for Americans 2015* of the Texas Department of Agriculture food service programs. All foods outside the reimbursable meal will be smart snack approved, unless of an exempt day.
 - f. Food Rewards (i.e. “pizza, parties, popcorn parties, etc.) and food related fundraised should be restricted to six exempt days per school year.
 - g. **Food-service staff** will have at least two hours of professional preparation and/or ongoing professional development annually.
4. **Other School-Based Activities Designed to Promote Student Wellness**
- a. Goal – The goal of school-based wellness activities is to create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.
 - b. Students who have special food needs (i.e. diabetics, students with allergies) are able to meet their dietary needs in the school in a non-stigmatizing manner.
 - c. Time allotted for student meals is at least 20 minutes after sitting down to eat.
 - d. The physical setting in which students eat is clean, pleasant, and comfortable for the size of the student, well lit and has adult supervision.
 - e. Students should have access to hand-washing facilities or hand sanitizing before they eat meals or snacks.

¹ As recommended by the *Texas Department of Agriculture School Lunch Program Guidelines 2010*.

² A whole grain is one labeled as a “whole” grain or with whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice and oatmeal.

- f. The school should communicate with parents about health and nutrition-related topics. Parent-teacher presentations and the use of menus, newsletters, and posters containing nutritional information are encouraged.
- g. Staff wellness activities should be promoted in the school, including promoting healthy snacks in the teacher's lounge, encouraging physical activity, nutrition education (guest speakers, a "tip-of-the-week", etc.) and stress management strategies.

Parent/school organizations and school advisory councils should be involved in promoting wellness policies and practices in the school, including funding when appropriate. We will Assess the Wellness Policy every 3 years to ensure compliance.

5. **Measurement and Evaluation**

Yearly measurement of Height and Weight are recommended for students and recorded on the health card. Documentation of Acanthosis Nigricans is done according to guidelines set up by the State of Texas and recorded on the health card, negative/positive findings documented along with the results (outcome) from referral to the student's health care provider.

Implementation: SCCS Food Service Director shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

Evaluation: SCCS shall comply with federal requirements for evaluating this policy and the wellness plan.

Public Notification: SCCS will annually inform and update the public about the content and implementation of the wellness policy, by posting on the website copies of the wellness policy, the wellness plan, and the required implementation assessment.

Records Retention: SCCS will retain all the required records associated with the wellness policy, in accordance with law and the school's records management program



Santa Clara of Assisi Catholic School

WELLNESS AND HEALTH POLICY (Established August 2022)

WELLNESS

Santa Clara of Assisi Catholic School shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

DEVELOPMENT OF GUIDELINES AND GOALS

Santa Clara of Assisi Catholic School shall develop nutritional guidelines and wellness goals in consultation with the local school health Advisory Council and with involvement from representatives of the student body, school food service, school administration, the board, parents and the public.

NUTRITION GUIDELINES

Santa Clara of Assisi Catholic School shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal and state regulations and guidance and that all foods available on each campus are in accordance with the Smart Snack Regulations.

WELLNESS GOALS: NUTRITION EDUCATION

Santa Clara of Assisi Catholic School shall implement, in accordance with the law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

WELLNESS GOALS: PHYSICAL ACTIVITY

Santa Clara of Assisi Catholic School shall implement, in accordance with the law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

WELLNESS GOALS: SCHOOL-BASED ACTIVITIES

Santa Clara of Assisi Catholic School establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities.

IMPLEMENTATION: Santa Clara of Assisi Catholic School shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

WELLNESS GOALS:
MARKETING Santa Clara of Assisi Catholic School shall promote only food and beverages that meet federal and state regulations.
No Marketing of food or beverages that do not meet Smart Snack guidelines of NSLP/SBP standards will be allowed in the cafeteria.

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