

# BLESSED SACRAMENT SCHOOL



## Local Wellness Policy

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# Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

# Wellness Policy Committee

## **Wellness Policy Leadership**

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## **Wellness Policy Committee Members**

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# Wellness Policy Committee Responsibilities

## **Public Involvement**

Blessed Sacrament School permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, Blessed Sacrament School shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- School website

## **Assessments**

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Blessed Sacrament School shall conduct assessments of the Local Wellness Policy every three years, beginning in 2010 and occurring every three years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the Blessed Sacrament's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the Blessed Sacrament's wellness policy

## **Updates**

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of Blessed Sacrament School. Blessed Sacrament School shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- School website
- Board of Education Meetings

# Records

Blessed Sacrament School shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

## Nutrition

Blessed Sacrament School recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

## Nutrition Standards

### Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

### Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

## Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. Blessed Sacrament School will prohibit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life.

## Fundraisers

All fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being. The school will implement the following non-food fundraising ideas:

- Poinsettia fundraiser
- Clothing Drive
- Boosterthon

## **Nutrition Education**

In accordance with the Illinois Learning Standards, Blessed Sacrament School shall meet all Illinois requirements and standards for Health Education. Blessed Sacrament School shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate.

## **Nutrition Promotion**

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following platforms:

- School website

## **Marketing**

Blessed Sacrament School will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited

to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future.

## Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

## **Physical Education**

In accordance with the Illinois Learning Standards, Blessed Sacrament School shall meet all Illinois requirements and standards for Physical Education. Blessed Sacrament School shall offer Physical Education class as follows:

- Elementary – Students learn, develop, and apply skills needed for participation in personal fitness and activities that contribute to a healthy lifestyle. Grade level Physical Education/Health content includes: Fundamental gross motor skills movement, and health and fitness. Grade K through 5 – 90 minutes per week.
- Middle School – Physical education plays a major role in a student's overall educational experience. All students are required to participate in grade level Physical Education/Health. Grades 6 through 8 – 90 minutes per week.

## **Other Opportunities for Physical Activity**

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Elementary School recess - minimum of 15 minutes per day
- Lunch recess - minimum of 15 minutes per day
- Movement breaks - as needed
- Transitions between class for middle school students

The following opportunities for participation in school-based sports shall be offered to students each year:

- Elementary School - Soccer
- Middle School - Soccer, Baseball, Volleyball, Basketball, Track



## Physical Activity Promotion

The District shall promote physical activity through the participation in the following initiative(s):

- Elementary and Middle School - Activities vary throughout the year and may include: Boosterthon, Pillo Pollo,

## Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, Blessed Sacrament School's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, Blessed Sacrament School commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

Blessed Sacrament School shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- Nutrition Club Activities
- Veggie Smoothie Sales
- Field Day
- Intramural Recess Tournaments
- Roller Skating Events
- Fish Fry Spinach Salad Sale

