

Aquin Catholic Elementary School

Wellness Policy



Wellness Committee Members
Lois Merkes, Head Cook
Vicki Palmer, Principal
Tyler Menke, Teacher
Tim Hollett, Physical Education Teacher
Linda Stoll, Nurse
Vicki Knepper, Parent
Student Council students

Approved by the Board of Education
August 20, 2019

Aquin's Wellness Plan

Aquin strives to educate the whole person; mind, body, and soul". In educating students about the body, they strive to develop "a profound reverence for the great gift of life, their own lives and the lives of others, along with readiness to spend themselves in serving all that preserves and enhances life."

The school governed by the Aquin Catholic School Board strive to maintain a learning and working environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Aquin has developed the following Administrative guidelines for implementation and monitoring of the district's Wellness Policy. Aquin has a developed a local wellness committee comprised of representatives of administration, parents, students and leaders in food, exercise authority and employees. The local wellness committee has developed a plan to implement and measure the wellness policy and monitor the effectiveness of the policy. Annually, the school Wellness committee meets to discuss the current plan. This is communicated to the local Board of Education and the School Improvement Advisory Committee. The principal has been designated as the person responsible for reporting the committee's review of the policy and guidelines and ensuring that the school complies with the policy.

Policy 6145-Policy adopted: September 10, 2005 (Archdiocesan Board of Education)

Revised: November 2, 2011 (Archdiocesan Faith Formation Commission and Archdiocesan Catholic School Board); March 1, 2017 (Archdiocesan Catholic School Board)

Specific Wellness Goals

In order to assure progress with the school wellness plan, specific wellness goals in the areas of Nutrition Education, Physical Activity and other school-based activities have been developed and reviewed annually.

Component 1: A Commitment to Nutrition and Physical Activity

- A Wellness Committee, consisting of food service manager, teachers, nurse, student, and administrator has been created to address nutrition and physical activity issues.

- o Aquin will provide physical education twice a week.
- o PE is taught by a certified physical education teacher

Component 2: Quality School Meals

- Menus will be monitored to assure they meet the nutritional standards established by the U.S. Department of Agriculture.
 - o October 2017 Compliance Visit—Certification Achieved (2014-2015)
 - o Offer vs Serve
 - o Continue wrap as an option for middle school lunch

Component 3: Other Healthy Food Options

- Parents will be encouraged to send healthy snacks for birthday treats or class celebrations.
- Parents will be encouraged to provide healthy cold lunch meals for their child (pop prohibited as a cold lunch beverage).
- Parents will be provided a list of appropriate and healthy snacks for school on our web-site

Component 4: Pleasant Eating Experiences

- Students will be provided enough time and space during lunch to eat and socialize in comfort.
 - o Ensure that students are able to sit with friends, regardless of lunch choice.
 - o Ensure that students have ample time to both eat and socialize.
 - o Physical activity is provided after lunch
- Meals served through the National School Lunch Program will:
 - o be appealing and attractive;
 - o be served in clean and pleasant settings;
 - o meet, at a minimum, nutrition requirements established by local, state and federal law;
 - o offer a variety of fruits and vegetables;
 - o serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and
 - o ensure that a 100% of the served grains are whole grain.

Component 5: Nutrition Education

- Aquin will provide nutrition education as part of the K-8 curriculum and engage in nutrition promotion that:

- Is offered as part of a 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 in subjects as: math, science, language arts, social sciences and elective subjects;
- May include enjoyable, developmentally appropriate, culturally participatory activities, such as contests and promotions,
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- During the school day, adult staff is strongly encouraged to model the wellness guidelines for students;
- May include training for teachers and other staff.
- Conduct a survey of students

Component 6: Marketing

- Parent/Guardian information regarding proper nutrition and physical activity will be provided regularly in school newsletters.
- Post nutrition tips on school websites and have available nutrient analysis of school menus.
- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages.
- May provide information about physical education and other school-based physical activity opportunities;
 - include sharing information about physical activity and physical education through a website, newsletter, other take-home materials, special events or physical education homework.
 - Include nutritional facts for parents in the newsletter.
- Display case in lunchroom
 - Cafeteria News:
 - Activity Tips
 - Upcoming events (both school and non-school) to promote
 - Healthy snack article will be sent to families.

Qualifications of Food Service Staff

- Qualified nutrition professionals will administer the meal programs. As part of Aquin's responsibility to operate the food service program, Aquin will:

- provide continuing professional development for all nutrition professionals;
- provide staff development programs that include appropriate certification and/or training
- programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food to be consumed during the school day or will meet the above nutrition and portion size standards for foods and beverages sold individually. Food sales to individuals for consumption outside of the school boundaries will be allowed. Aquin encourages fundraising activities that promote physical activity. Aquin may assist in providing ideas acceptable for fund raising activities.

Rewards

Aquin will not use foods or beverages, especially those that do not meet the nutritional standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food and beverages (including food served through school meals) as a punishment.

School Sponsored Events

Foods and beverages offered or sold at school-sponsored events outside the school day will encourage healthy alternatives.

Food Safety

All foods made available on campus comply with the state and local food safety and sanitation regulations.

http://www.fns.usda.gov/tn/Resources/servingsafe_chapter6.pdf • For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel. Any use of the food service facilities must be approved in advance by the Director of Food Service.

Aquin Catholic Elementary School Wellness Plan
Adopted October 17, 2006
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Board approved of revisions April 17, 2018
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