

St. Catherine of Siena Early Childhood Education Center School Wellness Policy

Policy Intent/Rationale:

St. Catherine ECEC promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The school supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential in the classroom.

School Nutrition and Physical Activity Goals:

Goal 1: Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be sacrificed because of a dependence on revenue generated from high-added fat, high-added sugar, and low nutrient foods to support school programs.

Goal 2: Support and promote proper dietary habits contributing to students' health status and academic performance.

All food available on school grounds and at school-sponsored activities during the instructional day should meet State of Ohio nutritional standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

Goal 3: Provide opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program. Physical activity should include regular instructional physical education, in accordance with the State of Ohio and NASPE (National Association of Sports and Physical Education) standards as well as recess activities.

Goal 4: St. Catherine ECEC is committed to improving academic performance.

Educators, administrators, parents, health practitioners, and communities must consider the critical role student health plays in academic stamina and performance and adapt the school

This institution is an equal opportunity provider.

environment to ensure students' basic nourishment and activity needs are met, St. Catherine ECEC is committed to promoting an understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity. Research has demonstrated a positive relationship between good nutrition, physical activity, and capacity of students to develop and learn. St. Catherine ECEC will support this research in their commitment to implement this 2017-2018 school year Wellness Policy.

1. Student Nutrition

- A.) The school breakfast and lunch program will continue to follow the USDA Requirement for Federal School Meals Program.
- B.) The school food service program will follow the Ohio Department of Education Nutrition Standards when determining the items on the menu. Items that do not meet these standards will not be incorporated in the school menus.
- C.) A cafeteria environment that provides students with a relaxed, enjoyable climate shall be maintained where the students have adequate space to eat and clean, pleasant surroundings, adequate time to eat breakfast (10 minutes) and lunch (20 minutes) and a convenient access to hand washing facilities before meals.
- D.) All fund raising projects are encouraged to follow the USDA and Ohio Department of Education Nutrition Standards (ODENS). There are no bake sales or candy fund raising during school hours.
- E.) The school will encourage parents to provide "healthy" snacks for any classroom activities and parties, healthy snacks will meet the USDA standards. A list of ideas for "healthy" snacks and treats may be provided to parents in the forms of handouts, emails, articles, the weekly newsletter, and through any other appropriate means available for reaching parents.
- F.) St. Catherine ECEC takes a comprehensive curricular approach to nutrition. The health benefits of good nutrition should be emphasized and themes should include but are not limited to:
 - Sources and variety of foods
 - Healthy snacks and healthy diet
 - Identification and limitation of foods low in nutrient density

The Toledo Diocesan School Curriculum Guidelines and St. Catherine ECEC curriculum provides nutrition education to help students learn proper nutrition to encourage a healthy lifestyle. The USDA and ODENS reinforce nutrition to encourage to help students practice these themes in a supportive school environment. Nutrition education is aligned with the Ohio's Early Learning and Development Standards.

- G.) Nutrition education of parents is encouraged and may be provided in the form of handouts, emails, articles and information provided in the weekly newsletter that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.
- H.) Nutrition and physical activity education opportunities will be offered to all school staff. These educational activities may include, but are not limited to, the distribution of educational and informational materials that focus on nutritional value and healthy lifestyles, health assessments, fitness activities and other appropriate nutrition and physical activity-related topics.

II. Nutrition Standards

- A.)** St. Catherine ECEC encourages the sale or distribution of nutrient dense foods for all school functions or activities. Nutrient dense foods are those foods that provide students with caloric rich, nutrient content needed to be healthy. Examples of nutrient dense foods are whole grains, fresh fruits, vegetables, and dairy products.
- B.)** In an effort to support the consumption of nutrient dense foods in the school setting, St. Catherine ECEC does not sell food outside of the SBP (School Breakfast Program) and NSLP (National School Lunch Program) meals.

III. Student Physical Activity

St. Catherine ECEC shall provide physical activity and physical education opportunities, aligned with the Ohio's Early Learning and Development Standards. Physical Education shall provide students with the knowledge and skills to lead a physically active lifestyle. These Standards describe the development of health practices that become part of children's daily routines and healthy habits such as nutrition and self-help. These skills and behaviors play an important role in children's physical well-being and set children on a path leading toward a healthy lifestyle.

St. Catherine ECEC shall utilize the following implementation strategies:

- A.)** Physical education classes and opportunities will be available for all students.
- B.)** Physical activity opportunities will be offered daily during school recess and once a week in the form of physical education class.
- C.)** Encourage fitness at a preschool level.
 - a.)** Children should accumulate at least 60 minutes and up to several hours of age appropriate physical activity on all or most of the days of the week. St. Catherine ECEC offers physical Education class once a week and recess once a day.
 - b.)** Children should participate in several bouts of physical activity lasting 15 minutes or more each day. St. Catherine ECEC students participate in daily recess for at least 20 minutes per day.
 - c.)** Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, or fitness.
- D.)** Physical Education shall be sequential, building from year to year, and content will include movement, body awareness, physical activity, nutrition, personal and social responsibility.
- E.)** Physical Education will follow the content standards established by the State of Ohio and be recorded as a part of the Early Learning Assessment.

IV.) Other School Base Activities

Support the health of all students is demonstrated through the annual vision screenings St. Catherine ECEC conducts.

V.) Wellness Promotion and Marketing

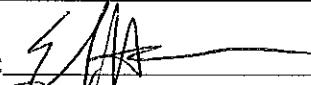
- A.) The staff and teachers at St. Catherine ECEC are encouraged to model healthy eating/drinking behaviors and physical activity.
- B.) Requiring or withholding physical activity are not to be used as a punishment. Physical activity is fostered via daily classroom breaks.
- C.) Only posters and or fliers that promote healthy eating habits and physical activity will be posted in the cafeteria.

VI.) Implementation, Evaluation, and Communication

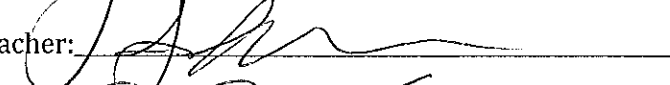
- A.) The Preschool Director and Food Service Supervisor will be accountable for ensuring compliance of wellness policies within the school
- B.) St. Catherine ECEC will develop a Wellness Council and include representatives from all stakeholder groups (staff, teachers, administration, parents, community)
- C.) On a triennial basis, St. Catherine ECEC will use an evidence based assessment tool to evaluate the implementation of the policy and wellness goals.
- D.) On a triennial basis, the assessment on compliance/implementation will be posted on the St. Catherine ECEC website for the community and the public to view.
- E.) Upon completion of the triennial assessment, the Wellness Council will determine if the Wellness Policy requires an update based on current regulations, standards and best practices.
- F.) St. Catherine ECEC will use a variety of methods (e.g., website, email, newsletters, parent meetings) to engage families and the public in wellness activities, inviting them to participate in the Wellness Council.


Signatures of the team members involved in developing this policy:

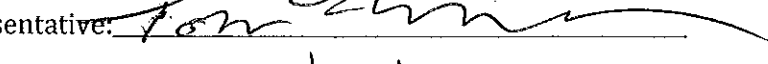
Director: 

Food Service: 

PE Teacher: 

Preschool Teacher: 

School Parent: 

Parish representative: 

Date Policy was implemented 11/20/2017

Year Triennial Assessment will be done: 2019