

# LAWRENCE CATHOLIC ACADEMY WELLNESS POLICY

## Lawrence Catholic Academy Wellness Policy

The mission of Lawrence Catholic Academy (LCA) is to provide an optimal educational environment so that every student can maintain and sustain health promotion. An important educational component of this must include nutrition and education, food selections that maximize health and well-being, physical activity, and the ability to assess health problems and manage chronic medical conditions.

Lawrence Catholic Academy will accomplish these goals by:

1. Integrating nutrition education to Pre-K thru Grade 8 curricula by an informed staff using educational materials developed and promoted by the U.S. Department of Agriculture and the CDC.
2. Serving as a model for good food choices and preparation through its cafeteria program and other nutritionally related activities. This includes all fundraisers and school store sales that include food or drink items. Providing daily opportunities for all students to learn about and enjoy physical activity that will foster an understanding for the need for lifelong fitness and health in a safe environment.
3. Follow best food practices for content, quantity, variety and balance in food offerings.
4. Maintain appropriate health monitoring by school nurses; proactively seek to prevent health problems; and to provide adequate counseling services to meet the needs of students.
5. Partner with families, and other school contacts to maintain adequate education about nutrition and physical activity for all students (to provide information about the value of appropriate nutritional intake and vigorous, sustained physical activity for all students).
6. Minimizing the use of foods and beverages as rewards such as for parties and celebrations.
7. Recommending that all students in all schools participate in a minimum of 30 minutes of developmentally appropriate physical activity each day.
8. An annual wellness report will be made to the LCA Board.

Lawrence Catholic Academy (LCA) supports lifelong healthy eating habits and positive physical activity for all students and staff here at LCA. We are committed to addressing the increasing rates of diet-related health consequences among these groups ensuring that the LCA takes a comprehensive approach to reviewing and incorporating changes in policy, curriculum and operating procedures to promote healthy lifestyles and appropriate nutritional practices for all students. In doing so, LCA recognizes the important relationship between wellness and academic success. Using Section 204 of Public Law 108-265: Child Nutrition and WIC Reauthorization Act and the recommendations of the Massachusetts Department of Education, the following approach will guide our efforts:

- 1.1 Communication with parents/guardian, staff and students is essential. We will seek opportunities, to educate the staff, parents and students on trends and information related to health and wellness. We encourage community partnerships that assist us to support an active, healthy community of learners.
- 1.2 Consistent with current federal and state nutrition regulations, LCA will continue to increase the availability and sale of nutritious selections and discourage the sale and consumption of beverages and foods of low nutritional value during regular school hours.
- 1.3 Opportunities for physical fitness, both structured via the Pre-K- 8 physical education curriculum and activity-related, such as recess, movement, extracurricular activities and sports teams/clubs, will be supported and strongly encouraged.
- 1.4 Opportunities for staff in-service education to share best practices which incorporate activity and wellness across the curriculum will be offered. Encouraging a healthy lifestyle for school employees further supports the overall objective of a healthy school community.

The Principal and staff will promote a school environment supportive of healthy eating and physical well-being. Adults are encouraged to model healthy eating and the need for physical activity by serving nutritious food at school meetings and events, as well as encouraging physical activity. Components of this approach include:

- Seek and communicate opportunities to support teachers, school staff, and parents around modeling health and wellness through appropriate physical activity practices and appropriate nutritional standards for school fundraisers and student rewards;
- Seek and communicate the food available in school lunches to ensure that it is consistent with recommendations from the Dietary Guidelines for Americans and USDA School Meals Initiative for Healthy Children in nutritional content, portion size and quality;
- Seek opportunities to teach messages addressing the benefits of healthy eating habits and the need for physical activities in accordance with the LCA Curriculum, the Massachusetts Frameworks, and USDA Guidelines;
- Teach and promote opportunities to provide support to students and staff around appropriate nutritional practices for meals and snacks;
- Teach and promote opportunities to provide support to students and staff around appropriate physical activity and practices;

- Communicate policy guidelines for food and beverage sales within school environments utilizing USDA and School Meals Initiatives Guidelines.

## **Nutrition Guidelines for All Food and Beverages Available During School Day**

Beverages and foods sold at LCA and on school grounds outside the school meal program during the school day must adhere to the following standards:

### **A. Beverages**

The total beverage product line will be limited to the following:

1. Milks and flavored milks, not to exceed 8 ounces and comply with the following:
  - a. Pasteurized fluid types of unflavored, low fat (1%), skim milk (fat-free), or lactose free milk, which meet USDA, state and local standards and regulations for milk. All milk should contain Vitamins A and D at levels specified by the Food and Drug Administration and be consistent with the state and local standards for such milk.
  - b. 2%, low-fat (1%) or fat-free-flavored milks, containing no more than 30 grams of total sugars per 8 ounce serving.

### **B. Snacks and Sweets: (Per serving)**

1. Total Fat: No more than 30% of total calories from fat or 7 grams maximum per serving (with the exception of nuts and seeds);
2. Have 10 percent or less of its total calories from saturated plus trans fat (or 2 grams maximum);
3. Have 35 percent or less of its weight from sugars, excluding sugars occurring naturally in fruits, vegetables, and dairy ingredients (or 15 grams maximum);
4. Limited to the following maximum portion sizes:
  - a. One and one-quarter ounces (1.25 oz.) for chips, crackers, popcorn, trail mix, nuts, seeds, or dried fruit.
  - b. Two ounces (2 oz.) for cookies and cereal bars
  - c. Three ounces (3 oz.) for bakery items, including, but not limited to pastries and muffins.
  - d. Three fluid ounces (3 oz.) for frozen desserts, including but not limited to ice cream
  - e. Eight ounces (8 oz.) for non-frozen yogurt
  - f. Two tablespoons (1.1 oz.) nut butters or 2 oz. cheese

As a resource, we will utilize the John Stalker Institute “A-List” of food items by product and manufacturer as a part of our plan for “acceptable” food items for student consumption. As this list is updated, we will automatically adjust our food products to follow the product and manufacturer guidelines.

Furthermore, LCA will encourage non-food items or “acceptable” food items to be sold as part of school sponsored fundraising activities.

### **Goals for Nutrition Education**

1. Develop nutrition objectives for each grade level.
2. Integrate nutrition and activity oriented lessons into Physical Education classes.
3. Disperse nutrition information, through various media (i.e. literature and posters, and awareness of the need for proper nutrition, and support the increase consumption of foods with greater nutritional value.
4. Continue offering professional development opportunities to improve staff knowledge and curriculum activities, which focus on nutritional issues.

### **Goals for School Based Activities to Promote Student Wellness**

1. Improve the integration of the health and physical education curricula.
2. Promote parent/family involvement in wellness activities.
3. Promote staff involvement in wellness activities.
4. Develop school based wellness committees.
5. Increase awareness of wellness policy.

### **Goals for Physical Activity**

1. Physical education/physical activity will not be used as punishment during the school day nor will physical activity be restricted for disciplinary reasons i.e.: loss of recess, unless related to violations that occur during the physical activity period.
2. Provide kindergarten students with regular physical education instruction, utilizing a certified physical education teacher whenever possible.
3. Establish an attitude within the community that physical education, physical activities, and health/wellness components are worthwhile curricula that need to be integrated into the daily and weekly educational schedules of students at LCA.
4. Increase awareness of an integrated Wellness Program throughout LCA and community.
5. Physical activity should include regular instructional physical education classes that are in accordance with the National Standards for Physical Education (NASPE) and the Massachusetts Comprehensive Health Education

### **Enhancing a Positive Experience**

1. LCA will provide adequate lunchtime for students to enjoy eating healthy foods and socializing, scheduled near the middle of the school day as possible.
2. Recess will be scheduled after lunch whenever possible so children will have an opportunity to properly digest their meal.
3. Adequate serving space will be provided and efficient method of service will be used to ensure students have the proper access to school meals with the minimum amount of waiting time.
4. Adequate supervision will be provided in all cafeteria dining areas.

## **Food Safety**

All food service equipment and facilities will meet applicable local and state standards for safe food preparation, handling, sanitation, and workplace safety.

In accordance with Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public law 108-265), LCA will implement a food safety program for the receiving, preparation, and service of all school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principals.

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