

## WELLNESS POLICY

**Policy Name:** St. Anthony of Padua Catholic School

This policy is effective June 30, 2023, and replaces any wellness policy for St. Anthony of Padua Catholic School, located at 311 Gower Street, Greenville, SC 29611

### **Section 1. Nutrition Education:**

Nutrition education at St. Anthony of Padua Catholic School shall be a part of a Comprehensive standards-based health program designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition education may be integrated into other areas of the curriculum.

Nutrition education shall be linked with the school cafeteria planning.

All students at St. Anthony of Padua Catholic School shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors such as acquiring skills in reading nutrition food labels and assisting with menu planning. Nutrition shall be offered bi-weekly in grades K-5.

Source:

<https://www.fns.usda.gov/partnerships/provide-nutrition-education>

<https://www.scstatehouse.gov/code/t59c032.php>

<https://ed.sc.gov/newsroom/school-district-memoranda-archive/information-package-for-smart-snacks-exempt-fundraisers/smart-snacks-exempt-fundraisers/>

### **Section 2: Standards for USDA Child Nutrition Programs and School Meals:**

St. Anthony of Padua Catholic School child nutrition programs shall consist of school breakfast, school lunch and after-school snacks and shall comply with all South Carolina Department of Education federal, state, and local requirements and shall be accessible to all students.

Source:

<https://www.fns.usda.gov/cn>

Our school environment shall be safe and comfortable. It is our policy at St. Anthony of Padua Catholic School to allow students with ample space and at least 20 minutes to consume their meal after obtaining their food.

The Cafeteria Manager or a qualified child nutritionist shall provide all students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of our students.

All students at St. Anthony of Padua Catholic School shall be made aware of the availability of water during meals and students shall be allowed access to water

throughout the day.

**Section 3: Nutrition Standards for Competitive and Other Foods and Beverages:**

Food provided, but not sold, have to meet smart snack food nutrition standards; however, we encourage healthy items.

All foods and beverages sold on school campus during the school day will meet the Smart Snacks in School Nutrition Standards. Exempt fundraisers that meet SC School Board of Education exempt fundraisers do not have to meet Smart Snacks In School Nutrition standards.

Source:

<https://www.fns.usda.gov/cn/smart-snacks-school>

**Section 4: Physical Education and Physical Activity:**

St. Anthony of Padua Catholic School physical education curriculum for the K-5th grade is aligned with established state physical education standards, the Students' Health and Fitness Act, and the Defined Minimum Program.

Source:

<https://snaped.fns.usda.gov/library/materials/pe-nuttm-physical-education-andnutrition-education-working-together>

St. Anthony of Padua Catholic School shall provide opportunities for ongoing professional development for all staff, faculty, and volunteers on the importance of physical activity for all students and the relationship between physical activity and good nutrition to **academic performance and healthy lifestyles.**

**Section 5: Wellness Promotion and Marketing:**

St. Anthony of Padua Catholic School wellness policy goals shall be considered in planning all school-based activities, such as field trips, dances, and assemblies. The principal shall encourage administrators, faculty, and staff to model behaviors including eating and physical activity and the faculty shall model behaviors for students including healthy eating/drinking and physical activity.

St. Anthony of Padua Catholic School does not use food as a reward or as a punishment for academic performance or good/bad behavior. Faculty is provided with a list of alternative ideas for rewards and will use the standard student handbook for any disciplinary actions for any student. When feasible, physical activity is highly recommended as a reward.

St. Anthony of Padua Catholic School shall not deny any student's participation in recess or other physical activities as a form of discipline or for classroom make-

up time. Our school shall not use physical activity, e.g. running laps, and pushups as a form of punishment.

St. Anthony of Padua Catholic School does promote healthy food items including fruits, vegetables, whole grains, and low-fat dairy products. Nutritional smart snacks such as taste tests (sample nutritional snacks), posters and signage highlighting healthy items on the menu during morning announcements will be implemented.

St. Anthony of Padua Catholic School has an afterschool program that includes karate, basketball, cooking club, homework club, chess, and book clubs that promote healthy activities.

In pursuant of the South Carolina State Department of Education Child Nutrition Program only food and 100% juice and water that meet the USDA Smart Snacks in school nutrition standards can be marketed and advertised on school property (Refer to the USDA Summary of the Final Rule).

It is recommended that we avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with the goals of the school districts for a healthy school community.

#### **Section 6: Implementation, Evaluation & Community:**

St. Anthony of Padua Catholic School has established a wellness community-wide committee that meets regularly to ensure that we meet all requirements of a healthy a nutritional breakfast, lunch, and snack program for our school.

Our wellness community-wide representation consists of a parent, student, school administrator, faculty, and cafeteria manager of the school, each meeting shall be documented and recorded as official records in our wellness policy. (Refer to USDA Summary of the Final Rule & SHFA).

The committee members are the Principal, Cafeteria Manager, student representative, Faculty, PE Teacher, Coach, Parent with a student representative, School Nurse, and School Counselor shall comprise the District Wellness Committee of St. Anthony of Padua Catholic School or CSHAC-Coordinated School Health Advisory Committee.

The principal of St. Anthony of Padua Catholic School shall oversee the progress report that the compliance/implementation is made to the students and parents; therefore, the committee is to provide feedback to the students and parents. The committee shall put the Wellness policy on its website.

The school district shall conduct an assessment of the wellness policy at least once every three (3) years to determine compliance with the policy, compare with

model wellness policies, and monitor progress. The triennial assessment including progress toward meeting the goals of the policy is shared with the public.

### **Section 7: Recordkeeping**

The district will retain records to document compliance with the requirements of the wellness policy. Documentation maintained by the district will include but will not be limited to:

- The written wellness policy
- Documentation demonstrating that the policy has been made available to the public
- Documentation of efforts to review and update the policy, including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the district wellness committee (e.g., copy of meeting notice posted on the district website)
- Documentation to demonstrate compliance with the annual public notification requirements
- The most recent assessment on the implementation of the wellness policy
- Documentation demonstrating the most recent assessment on the implementation of the wellness policy has been made available to the public

St. Anthony of Padua Catholic School District Wellness Policy Committee