

Resurrection Catholic School Wellness Policy 2019-2020

Rationale:

The link between nutrition, physical activity, and learning is well documented. If children are to be successful in school, they cannot be tired, hungry, sick, suffering from drug abuse, or worried that school is an unsafe environment in which they could become a victim of a violent act. It has become apparent that problems such as poor nutrition, lack of physical activity, obesity and more – can adversely affect not only a child’s health, but also his or her ability to learn.

A coordinated approach to school health improves the health and learning capacity of students through the support of families, schools, and communities working together.

Coordinated school health promotes lifelong healthy lifestyles, reinforces positive healthy behaviors throughout the school day, and supports the relationship between good health and academic achievement.

Goal:

All students in Resurrection Catholic School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff at Resurrection Catholic School is encouraged to model healthful eating and physical activity as a valuable part of daily life.

The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. The use of food and/or physical activity used as a reward or punishment is discouraged.

To meet this goal, Resurrection Catholic School adopts this school wellness policy with the following commitments to implementing a coordinated approach to school health. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Commitment to Student and Staff Nutrition

Resurrection Catholic School will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Offer school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Promote school staff and families to participate in school meal programs.
- Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards (Mississippi State Board of Education Policy, 2001).

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- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for all School Food Service sites.
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi State Board of Education Policy, 2002).
- Implement Nutrition Standards as adopted by the Mississippi State Board of Education in accordance with The Healthy Hunger Free Act of 2010
- Healthy food and beverage choices
- Healthy food preparation
- Marketing of healthy food choices to students and staff
- Food preparation ingredients and products
- Minimum/maximum time allotted for students and staff lunch and breakfast
- Availability of food items during the lunch and breakfast periods of the child nutrition breakfast and lunch programs
- Methods to increase participation in the child nutrition school breakfast and lunch programs Ensure all foods during the school day comply with the Mississippi Beverage and Snack Regulations
- Foods must promote student health and reduce childhood obesity Work toward eliminating the use of foods as rewards for student accomplishment and the withholding food as punishment (e.g., restricting a child's selection of flavored milk at mealtime due to behavior problems).

Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs.

The sale of candy as a fund-raiser is strongly discouraged.

Commitment to Food Safe Schools

Resurrection Catholic School will:

Implement a district food safety program based on HACCP principles for all school meals

Resurrection Catholic School will:

- Implement a district food safety program based on HACCP principles for all school meals as required by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for each school site. HACCP Principles for K-12 schools can be downloaded at <http://www.nfsmi.org/ResourcesOverview.aspx?ID=151>
- Conduct no less than two (2) HACCP trainings per school year for Child Nutrition staff develop a food safety education plan for all staff and students, consistent with the State Board of Health and national standards for safe food handling at home and in school
- All school personnel (school board members, administrators, teachers, foodservice staff, custodians, and administrative support staff) will have access to the Local School Wellness Policy to include food safety policies and procedures and relevant professional development. Examples of professional

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development include, but are not limited to , the video developed by the office of healthy Schools and Eating Safety at School, http://www.mde.k12.ms.us/docs/teacher-center/eatingsafelyatschool_20140312143923_717581.pdf?sfvrsn=1<http://schoolhealth.nsba>

- Adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.
- Implement a food safety assurance plan to address strategies to minimize the nutrition related risks for students and staff who have food allergies and intolerances
- Provide parent, caregivers, vendors and any thither community members who provided or are likely to provide foods prepared for consumption at school events with appropriate information about safe food preparation and storage.

Commitment to Physical Activity/Physical Education

Resurrection Catholic School will:

- Provide 150 minutes per week of activity-based instruction for all students in grades PK3-6 (in accordance with section 37-13-134, Mississippi Code of 1972, ann., references 2008 Mississippi Public Schools Accountability Standard 33)
- Pre-K and Kindergarten students will participate in physical activity for a minimum of 40 minutes per school day. The 40 minutes does not have to take place continuously. This time should be used to help the child increase the skills involved in physical coordination (Kindergarten Guidelines)
- Provide Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the Mississippi State Board of Education in compliance with the Mississippi Healthy Students Act of 2007 (State Board of Education Policy 4012)
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment Instruction must be based on the 2006
- Mississippi Physical Education Framework Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369)
- Encourage student and staff physical activity opportunities through participation in school district and civic events.
- Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.

Commitment to Comprehensive Health Education

Resurrection Catholic School will:

Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K-8

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Commitment to a Healthy School Environment

Resurrection Catholic School will:

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code).
- Ensure that all exit signs are illuminated and clearly visible. Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet www.msdssearch.com) & staff trained on available MSDS manuals.
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety for federal guidelines for playground safety & perform routine inspections of said playgrounds.
- Ensure that fire extinguishers are inspected each year and properly tagged.
- Complete yearly maintenance of the heating and cooling system in your school; check coils, filters, belts, etc. in order to maintain safe operation and healthy air quality Conduct at least one emergency evacuation drill per month
- Ensure that two means of egress are available in each classroom in case of an emergency; if there is only one door, designate a window (properly sized) as a means of egress
- Never use extension cords as a permanent source of electricity anywhere on a school campus

Comply with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with MS Code 37-41-53; State Board of Education Policies 7903, 7904, 7909; and the Mississippi Public School Accountability Standard 35

- Inspect all buses on a quarterly basis and ensure that they are well maintained and clean.
- Require that all bus drivers have a valid bus driver certificate and a commercial driver's license and operates the bus according to all specified safety procedures.

Provide facilities that meet the following criteria: (Mississippi Public School Accountability Standard #36)

- Provide facilities that are clean
- Provide facilities that are safe
- Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff (in accordance with the Mississippi School Design Guidelines at www.edi.msstate.edu) Provide air conditioning in all classrooms, code 37-17-6(2)

Comply with the requirements for Safe and Healthy Schools:

- Maintain a comprehensive School Safety Plan on file that has been approved annually by the local school board (in accordance with MS Code 37-3-81 and 37-3-83 (2); and the Mississippi Public School Accountability Standard 37.1)
- See the School Safety Manual and the MDE School Occupational Safety and Crises Response Plan at:

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- http://healthyschoolsms.org/healthy_school_environment/school_safety.htm Prohibit the possession of pistols, firearms, or weapons by any person, other than duly authorized law enforcement, on school premises or at school functions; regardless of whether any such person possesses a valid permit to carry such pistols, firearms, or weapons (Mississippi State Board of Education Policy 9500).
- MS Code 37-11-18 requires any student who possesses a knife, a handgun, other firearm or any other instrument considered dangerous and capable of causing bodily harm or who commit violent act on educational property be subject to automatic expulsion for one calendar year.
- The principal of the school is authorized to modify the period of time for expulsion on a case-by-case basis. MS Code 97-32-9 prohibits students from possessing tobacco on any educational property. MS Code 97-32-29 further prohibits the use of tobacco on any educational property for adults who, if in violation, would be subject to a fine and issued a citation by a law enforcement officer. Educational property is defined as any public school building or bus, campus grounds, athletic field, or other property used or operated during a school related activity.

Commitment to Quality Health Services

Resurrection Catholic School will:

Promote healthy lifestyles through school and community events (PTA meetings, open houses and other events)

Commitment to Implementing a Quality Staff Wellness Program

Resurrection Catholic School will:

- Provide student, staff, and community opportunities for physical activity, nutrition education, weight management, smoking cessation, and stress reduction management

Commitment to Marketing a Healthy School Environment

Resurrection Catholic School will:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages. Involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments. Eliminate advertising and other materials on the school campus that promote foods of minimal nutrition value.

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Commitment to Implementation

Resurrection Catholic School will:

- Establish a plan for implementation of the school wellness policy.
- The Principal of each school will be designated to insure that the school wellness policy is implemented as written.
- Designate one or more persons to insure that the school wellness policy is implemented as written.
- Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.
- Prepare and submit a yearly report to school advisory council regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary

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Appendix A: Nutrition Guidelines

GOAL: The goal of establishing guidelines for all foods and beverages served or sold during the school day (outside of Child Nutrition Programs that follow USDA guidelines) is to improve the nutritional intake of Mississippi children.

This can be done with a combination of two strategies.

1. Adding more nutrient-rich, appealing options whenever foods and beverages are sold (or otherwise offered), including vending machines, school stores, parties, celebrations, social events, concessions stands at sporting and academic events, and other school functions. Possible options include fruits and vegetables (fresh, canned, and dried); nuts, seeds, and trail mix; beef jerky and peanut butter; reduced-fat dairy products (milk, cheese, yogurt, frozen yogurt, and smoothies); 100% juice, and water.
2. Limiting intake of discretionary calories (in the venues described above). These are calories from fat and added sugar that provide few if any important nutrients (like protein, vitamins, minerals, fiber, etc.). As described in the 2005 Dietary Guidelines for Americans, discretionary calories include intrinsic fats in the basic food groups (like the fat in whole milk versus low-fat milk), most solid fats (like butter and margarine), and all added sugars. Limiting intake of discretionary calories can be done both by limiting portion size of and access to regular soft drinks, sweetened tea, candy, cookies, and high-fat snacks (regular potato chips, corn chips, crackers, sausage sticks, etc.).

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MARKETING:

The goal of improving nutritional intake can also be accomplished by applying basic marketing strategies to sales of healthful options. Schools can consider the four P's when establishing guidelines for foods and beverages served or sold during the school day:

- **Product:** Vendors and companies have increasing numbers of products available – many with a more healthful profile than traditional snack foods and beverages.
- **Placement:** The sales of more nutrient-rich foods and beverages can be increased by placing them in “prime” locations –like at students’ eye level in a vending machine.
- **Price:** Another way to increase the sales of healthful items is to offer them at a lower cost. For example, water can be sold for \$.25 to .50 less than regular soft drinks.
- **Promotion:** There are many creative ways to promote healthy options – like offering samples of new healthful products or giving discount coupons during the introductory period. For more information on these strategies and schools that have successfully increased healthful food and beverage options, read: Making It Happen! School Nutrition Success Stories

www.fns.usda.gov/tn/Resources/makingithappen.html EXAMPLES: The following two sets of guidelines are for discussion purposes only. Schools can use these guidelines and others from the sources listed below to begin the discussion on what is appropriate for the health of students, based on the community input mandated by PL # 108-265.

Colorado Department of Education: www.cde.state.co.us/cdenutritran/nutriSB04-103.htm

Philadelphia Public Schools: www.philsch.k12.pa.us/offices/foodservices/bevpol04.pdf

South Carolina Department of Education: www.fns.usda.gov/tn/Healthy/SC_report.pdf

Texas Department of Agriculture School Nutrition Policy: www.squaremeals.org/

NUTRITION STANDARDS FOR VENDING

Nutrition Standards Intent/Rationale:

- Resurrection Catholic School strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy.
- In an effort to support the consumption of nutrient dense foods in the school setting, the school has adopted the following nutrition standards governing the sale of food, beverage, and candy on school

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grounds. Schools are encouraged to study these standards and develop building policy using the following Nutrition Standards as minimal guidelines.

Food:

- Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and REDUCED-FAT DAIRY PRODUCTS.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounce or less package size) and reduced-fat dairy products are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.
- It is recognized that there may be rare occasions when the school principal may allow a school group to deviate from these Standards, but those special occasions must be recorded and included in the Nutrition & Physical Activity Advisory Council Annual Report. Beverages: Bottled Water – Any Size Low-Fat or Non-Fat regular or Flavored Milk – no more than 160 calories/8 fl oz
- Low-Fat or Non-Fat regular or Flavored Milk – no more than 160 calories/8 fl oz 100% Juice w/no added sweeteners – no more than 120 calories/8 fl oz

Candy:

- Candy is defined as any processed food item that has: 1. Sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), and syrup) listed as one of the first two ingredients AND 2. Sugar as more than 25% of the item by weight.
- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day.
EXAMPLE OF NUTRITION STANDARDS FOR VENDING Suggested Items for Vending Machines and Concession Stands:
- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.