

Saint Peter Public Schools Wellness Policy

Purpose

The Saint Peter School District is committed to provide school environments that promote and protect children’s healthy eating and physical activity.

I. School Health Council

A School Health Council shall be established that is composed of diverse members of the school community representing the eight components of the coordinated school health program (school environment, health education curriculum, physical education curriculum, nutrition services program, health services program, counseling and social services program, integrated family and community involvement program, and staff health promotion program) plus members of the community, parents, and students. The council will meet regularly to assess the progress of all aspects of the school health program and assist school and district leaders with general oversight, planning, evaluation, and periodic revisions of all aspects of the school health program.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

A. School Meal Programs: School meal programs at Saint Peter Public Schools should engage students and parents in identifying and selecting foods that are healthful and appealing and should share information about the nutritional content of meals with parents and students. Nutritional content of current menu items should be analyzed and the development of new menu items that are lower in fat and sugar and higher in nutritional content should be encouraged. Consideration should be given to scheduling that allows students adequate time for choosing and eating healthy meals.

B. Vending Machines and Snacks:

South Elementary School.

The school food service will approve and provide all food and beverage sales to students at South Elementary School. Given young children’s limited nutrition knowledge, food in elementary schools should be sold as balanced meals. Whenever available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

North Intermediate School.

The school food service will approve and provide all food and beverage sales to students at North Intermediate School. Given young children's limited nutrition knowledge, food in elementary schools should be sold as balanced meals. Whenever available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Saint Peter Middle/High School.

Whenever foods and beverages are sold individually (i.e. foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, school stores, and fundraisers), the school should:

- Limit the availability of soft drinks that contain caloric sweeteners, sports drinks, iced teas, fruit drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners, beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contains trivial amounts of caffeine);
- Use the following guidelines to limit the availability of minimal nutritional value snacks;

Items that have more than 35% of calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of calories from saturated and trans fat combined;

Items that have more than 35% of weight from added sugars;

Items that contain more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; and no more than 480 mg of sodium per serving for pastas, meats, and soups; and no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

- Offer a choice of at least two fruits and/or non-fried vegetables for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above sodium and fat guidelines).
- Vending machine areas should have refrigerated snack vending machines that can and do accommodate fruits, vegetables, yogurts, string cheese, and other perishable items for sale.

C. Fundraising Activities: To support children's health and school nutrition-education efforts, school fund-raising activities should encourage activities that promote physical activity or the sale of foods that are nutritionally sound.

D. Food and Beverages Served in Classrooms: Food and beverages served in classrooms as snacks, rewards, or as part of celebrations should emphasize positive food and

beverage choices and should include alternatives to foods and beverages of minimal nutritional value (see guidelines for foods and beverages sold individually).

E. Staff as Role Models: School staff are encouraged to model healthy eating and activity behaviors.

F. School-sponsored Events: Foods and beverages offered or sold at school-sponsored events outside the school day should offer healthy alternatives to pop and candy (examples: 50-100% fruit juice beverages, low-fat cereal bars, fruit).

III. Nutrition and Physical Activity Promotion

- A. Review of Current Status: Schools should conduct a comprehensive review of the current status regarding food, physical activity, and matters related to health and wellness on a regular basis.
- B. Nutrition Education: Schools should provide nutrition education that is comprehensive, standards-based and is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- C. Collaboration with Other Community Agencies: The schools should work with other community agencies to promote nutrition education and physical activity to students and their families.
- D. Food Marketing in School: When entering into school-based marketing agreements, consideration should be given to nutrition education and health promotion.
- E. Staff Wellness: Saint Peter Public Schools highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

IV. Physical Activity Opportunities and Physical Education

All students should have daily opportunities for physical activity provided through a comprehensive Physical Education program in the K-12 curriculum, through competitive and intramural sports programs, and through after-school activity programs. Schools should encourage teachers to look for opportunities for students to be physically active during the school day. Administrative rules and regulations should be developed to increase opportunities for physical activity for all students K-12.

V. Monitoring and Policy Review

- A. After approval by the school board, the wellness policy will be implemented throughout the school district.
- B. School food service staff will ensure compliance within the school's food service areas and will report to the food service program administrator, the building principal, or the superintendent's designee, as appropriate.

- C. The school district's food service program administrator will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available at all schools.
- D. The superintendent will ensure compliance with the wellness policy and will provide an annual report of the school district's compliance with the policy to the school board.