

St Raphael Catholic School Wellness Policy

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St. Raphael Catholic School Wellness Policy

Preamble

St. Raphael's School is committed to the optimal development of every student. The school believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the school's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the school in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- St. Raphael's establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff. Specific measurable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership

St. Raphael’s School will convene a representative school wellness committee (hereto referred to as the SRWC) that meets at least three times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy.

The SRWC membership will represent the whole school and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals will be brought on as needed.

Leadership

The designee(s) will convene the SRWC and facilitate development of and updates to the wellness policy, and will make sure St. Raphael’s is in compliance with the policy.

The designated official for oversight is Bethany Steffl, Principal, 507-723-4136

Name	Title / Relationship to the School	Email address	Role on Committee
Beth Steffl	School Principal	straysprincipal@newulmtel.net	Designated Official Oversees Policy is implemented
Erin Meine	Food Service Manager	Strayslunch19@gmail.com	Member
Shawna Jacobs	Physical Education	MrsJacobs@straphaelpk-6.com	Member
Tayna Hovland	Pre-K Teacher	MrsHovland@straphaelpk-6.com	Member
Raquel Kieper	Parish Secretary	straphael@newulmtel.net	Member
Student	Student		Member
Student	Student		Member
Student	Student		Member

The Principal shall be responsible for ensuring that our school wellness policy is implemented.

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

St. Raphael School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy can be found at: <https://www.vineandbranchesafc.org/school-documents>

Recordkeeping

St. Raphael School will retain records to document compliance with the requirements of the wellness policy in the School Office File Drawer. Documentation maintained in this location 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 Local Schools Wellness 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 SRWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

St Raphael School will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. St. Raphael School will make this information available via the school website under Principal Page/Documents. Some will also be sent home with the Student/Parent Handbook. St. Raphael School will provide as much information as possible about the school nutrition environment. Annually, St. Raphael's School will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years (using WellSAT: 3.0), St. Raphael's will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- If the school in compliance with the wellness policy;
- The extent to which St. Raphael's School wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the school's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is

Beth Steffl- School Principal- straysprincipal@newulmtel.net or 507-723-4136

The SRWC will monitor the school's compliance with this wellness policy.

St. Raphael's School will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

St. Raphael's School will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as the school's priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

St. Raphael's School is committed to being responsive to community input, which begins with awareness of the wellness policy. St. Raphael's will actively communicate ways in which representatives of SRWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for school. St. Raphael's will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The school will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

III. Nutrition

School Meals

St. Raphael's School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

St. Raphael's School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and Special Milk Program (SMP). St. Raphael's School is committed to offering school meals through the NSLP and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (St. Raphael's offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following marketing and merchandising techniques:
 - Daily fruit options are displayed in a location in the line of sight of students.
 - Students are served lunch at a reasonable and appropriate time of day.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.
 - Students will have the opportunity to provide input on local, ethnic, and cultural favorites.
 - Daily announcements are used to promote and market menu options.
 - Students will have at least 20 minutes to eat lunch, counting from the time they are in line until they sit down to and finish eating.
 - Lunch will follow recess period to better support learning and healthy eating.
 - Menus will be created/reviewed by the Food Manager.

St. Raphael's School will make every effort to prevent the overt identification of students who are eligible for free and reduced-priced school meals according to federal and state guidelines. Our cafeteria is cashless- all students, regardless of the type of payment they make for school meals are provided with the meal being served that day. The school will reach out to the family of a child with an unpaid balance to assess if they are eligible for free or reduced priced meals. This information will not be announced in public spaces.

Staff Qualifications and Professional Development

ST. RAPHAEL CATHOLIC SCHOOL

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs. St. Raphael's Food Manager is a Certified Dietary Manager and has strict guidelines for continuing education and will add on the 12 hours needed for the position at school to continuing learning.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. St. Raphael's School has a drinking fountain available in the cafeteria for students to use during meal times. We encourage students to drink their milk first before going to get water from the drinking fountain. Students have access to water bottle filling stations throughout the school. We currently have 1 installed and have purchased 2 more that will be installed in the 2020-2021 school year.

- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Foods and Beverages Offered during School Day

St. Raphael's School is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including:

1. Celebrations and parties. St. Raphael's will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. St. Raphael's will provide to parents a list of foods for Birthday treats or optional suggestions for celebrating Birthdays.
3. Due to concerns about food safety, food allergies, or diabetics, children could be recognized by being given special privileges, such as helper for a day, line leader, choosing a day's menu with the help of nutrition services. Food items that are shared should be pre-packaged and have a nutrient label listed. Only non-caffeinated beverages can be offered.
4. Rewards and incentives. St. Raphael's will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be not sold through fundraisers on the school campus* during the school day*. St. Raphael's will make available to parents and teachers a list of healthy fundraising ideas.

St. Raphael's fundraisers include:

- Selling of school apparel
- School cookbook
- Candy bar sale (not during school hours)
- Spaghetti Supper (families attend and enjoy a healthy supper in the presence of their students and staff)
- Putt for Panthers Tournament
- Steeple Chase 5K

Nutrition Education

St. Raphael's will teach, model, encourage and support healthy eating by all students. The school will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs using produce that is donated from community members.
- Teaches students how to read food labels
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

St. Raphael's will dedicate the 1st Wednesday to Health Education. In the health education curriculum, a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices

- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

St Raphael's is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. We strive to teach students how to make informed choices about nutrition, health and physical activity.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards.

St. Raphael's policy allows marketing/advertising of only those foods and beverages that meet the Smart Snacks in School Nutrition standards. We use Alliance For A Healthier Generation Smart Snack tool to ensure our Foods and Beverages meet the guidelines. Marketing and Advertising throughout the school only promotes healthy foods and beverages.

School Administration, nutrition services, and/or Physical Education reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions and should reflect the applicable marketing guidelines established by the school wellness policy.

IV. Physical Activity

St. Raphael's School will provide students with physical education, using an age-appropriate, sequential physical education curriculum aligned with national and state standards (when completed in MN) for physical education. The physical education curriculum promotes the benefits of a physically active lifestyle and helps students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

- All students will be provided equal opportunity to participate in physical education classes. St. Raphael's School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
- Students will receive physical education for at least 60 minutes per week throughout the school year, except for the 1st Wednesday of each month where they will have Health Class.

- St. Raphael's physical education classes have the same student/teacher ratios used in other classes.
- All physical education classes at St. Raphael's School, are taught by a qualified individual and observed by the Principal to ensure proper and quality Physical Education.
- Waivers, exemptions, or substitutions for physical education classes for grades K-6 are not granted (unless medically indicated).
- If workshops are available and feasible, the staff involved in physical education/physical activity will be provided with opportunities for professional development.
- St. Raphael's School physical education program promotes student physical fitness through individualized fitness and activity assessments or other appropriate assessment tools and will use criterion-based reporting for each student.

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement. St. Raphael's will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. Teachers and other school personnel **will not** use physical activity (e.g., running laps, push ups) as punishment. The school will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students as seen in the parent/student handbook.

To the extent practicable, St. Raphael's will ensure that its grounds and facilities are safe and that equipment is available to students to be active. St. Raphael's will conduct necessary inspections and repairs.

Physical Education

St. Raphael's will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. St. Raphael's will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades. St. Raphael's will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess

St. Raphael's will offer at least **30 minutes of recess** on all days during the school year. This policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, St. Raphael's will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. Students will have indoor recess when the temperature is below 0 degrees, it is actively raining, thundering/lightening or if the Principal advises it to be unsafe to be outdoors for recess.

In the event that the school must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

- Students will follow exercise videos
- Students will have free time

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks

St. Raphael's recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. St. Raphael's recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The school will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

St. Raphael's offers before school physical activity on the playground or in the gym. The school also offers information on afterschool physical programs such as dance, volleyball, or basketball, wrestling, and flag football.

Active Transport

St. Raphael's will support active transport to and from school, such as walking or biking. St. Raphael's will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Designate safe or preferred routes to school
- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students
- Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Use crossing guards
- Use crosswalks on streets leading to schools
- Use walking school buses
- Document the number of children walking and or biking to and from school
- Create and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

V. Other Activities that Promote Student Wellness

St. Raphael's will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities.

Community Partnerships

St. Raphael's will develop and continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

St. Raphael's will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, St. Raphael's will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The SRWC will also focus on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness. St. Raphael's will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. When feasible, St. Raphael's will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help the staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing school reform or academic improvement plans/efforts.

Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.