

ST. MARY CATHEDRAL SCHOOL
AS PART OF THE ARCHDIOCESE OF MIAMI
SCHOOL WELLNESS POLICY

GOAL AND PURPOSE

St. Mary Cathedral School promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the learning environment. St Mary Cathedral Schools supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support of good nutrition and physical activity. In partnership with schools, parents and families, the practice of good nutrition and physical activity may be achieved.

PREAMBLE

St. Mary Cathedral School recognizes that good nutrition and regular physical activity affect the health and well-being of all students and staff. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. St. Mary Cathedral School can play an important role in the development process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the school meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, 77% of children (9 to 19 years) do not meet their recommended dairy intake;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, parental and community participation is essential to the development and implementation of successful school wellness policies;

Thus, St. Mary Cathedral School and the Archdiocese of Miami are committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Diocese that the following recommendations are enacted upon by each elementary school.

Guidelines

1. Nutrition Education

- a. School programs offer students in kindergarten through grade 5 shall receive 150 minutes per week of instructionally relevant physical education. For middle school (6-8) all students shall receive a minimum of one semester of physical education in each of the three years.
- b. Nutrition education is a component in the elementary school curriculum.
- c. The staff responsible for providing school-based nutrition and health education programs is adequately trained (i.e. through professional day, professional certification, access to appropriate professional and classroom resources).
- d. The school lunch program serves as a learning laboratory to teach and practice good nutrition.
- e. The school provides nutrition education and encourages healthy eating for families, both within the home and outside. Family members are engaged as a critical part of the team responsible for teaching children about health and nutrition. Nutrition and health information for families is provided by the school.

2. Standards for food and beverages available during the school day that are not sold to students

- a. Food and beverages offered over the course of the school week are nutrient dense, including whole grain products and fiber rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
 1. A variety of nutrient dense foods are offered to students at each meal including low fat milks, fruits/vegetables, meat/meat alternatives and grains.
 2. Food and beverages served during the school day include a variety of healthy choices that are of excellent quality, appealing to the students, and served at the proper temperature.
 3. Foods and beverages available during the school day should minimize the use of trans fats and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
 4. Fruit is available at each meal.
 5. Food and Nutrition Services will encourage consumption of whole grain breads and cereals.
 6. Food and Nutrition Services offer low fat milks.
 7. At a minimum, foods served as part of a school lunch or breakfast will meet the Dietary Guidelines for Americans as set forth by the USDA.
 8. Guidelines will be provided for parents on packing healthy lunches.
 9. Drinking water and hand sanitizing facilities should be conveniently available for students at all times.

3. Fundraising

- a. The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
- b. Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served.

- c. School will limit celebrations that involve food during the school day to no more than one party per class per month
- d. No Fundraisers that include the sale of food items will occur until thirty (30) after the conclusion of the last designated meal service period.
- e. Snacks and rewards provided in after-care programs should reinforce the importance of healthy choices and food alternatives.

4. **Physical Activity and Other School Based Activities**

- a. Schools work to provide the opportunity for every student to receive regular, age-appropriate, quality physical education.
- b. Schools recommend that students participate in physical activity before, during, and after school in accordance with nationally recommended guidelines.
- c. All physical education classes shall be taught by certified physical education teachers and designed to build interest and proficiency in skills, knowledge, and attitudes essential to a life-long, physically active lifestyle.
- d. The physical education curriculum shall be coordinated with the health education curriculum.
- e. Physical education should provide safe and satisfying physical activity for all students including those with special needs.
- f. Elementary schools will provide at least 15 minutes of daily recess on days that they do not have physical education.
- g. Schools shall not use participation or non-participation in physical education class or recess as a way to punish or discipline students.
- h. After-school programs shall include supervised, age-appropriate physical activities that appeal to a variety of interests.
- i. Schools shall disseminate information for parents to help them promote and incorporate physical activity and healthy eating into their children's lives.

Additional School Goals:

- 1. Schools ensure that students who receive free or reduced price meals are not treated differently from other students or identified by their peers.
- 2. All Food and Nutrition Services personnel have adequate pre-training and participate in on-going professional development in the areas of sanitation, school food service essentials, nutrition and quantity cooking.

3. St. Mary Cathedral School will strive to provide menus that meet the requirements of the USDA for school meals, and over the course of a week meet the nutritional standards recommended by the *Recommended Dietary Allowances* or equivalent.
4. Effective food safety practices are applied to all foods prepared, sold and served through the Food and Nutrition Services of the school.
5. Meals are scheduled as close as possible to the middle of the day. Dining areas should maintain hygienic standards, appear cheerful, and appropriately supervised.
6. Families are encouraged to be involved and address food and nutrition issues.
7. Aforementioned guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA.

Evaluation and Accountability

1. At St. Mary Cathedral School, Mrs. Julie Perdomo, Principal and the school staff shall be responsible to comply with federal and state regulations as they relate to the Archdiocese Department of Elementary Schools' School Wellness Policy.
2. At St. Mary Cathedral School, Mrs. Julie Perdomo will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.
3. The Healthy School Team should include, but not limited to, the following stakeholders: parents, students, school food service program representatives, School administrators, school health professionals, physical education teachers and the general public.
4. The Healthy School Team is responsible for:
 5. Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003);
 6. Reporting its school's compliance of the aforementioned regulations to Designee, the person responsible for ensuring overall compliance with the Wellness Policy.