



Saint Francis of Assisi Catholic School Wellness Policy on Physical Activity and Nutrition 2022-23

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. Good health fosters student attendance and educational success. Therefore, the school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in participating in school-wide nutrition and physical activities.

All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis with a minimum of 220 minutes of active time each week. This time includes recesses and structured PE classes as well as classroom movement breaks.

It is the position of Saint Francis School that parents are the primary decision makers for their minor children's health and welfare. Parents may provide their students with a cold lunch and snacks from home or purchase lunches through the school hot lunch program. The school does not sell or deliver snacks or beverages outside of lunch during the regular school day. Water is available at water bottle fill stations at all times and 1% milk is sold at lunch time.

A qualified child nutrition professional will provide students with a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students (respecting those required by individualized health plans) Food choices will accommodate the religious, ethnic, and cultural diversity of the student body. The school will provide clean, safe, and pleasant settings and adequate time for students to eat.

Nutrition Guidelines

The school shall encourage parents and volunteers to provide healthy options at informal classroom and/or school events to celebrate special occasions and during fundraisers. St. Francis School does not contract with vendors outside of the Bend La-pine School District for meals for students. To the maximum extent practicable, St. Francis School will participate in available federal school meal programs and NSMP (National School Meals Program) and shall be nonprofit.

School meals provided by Bend LaPine School District will be served through the National School Lunch Programs. All schools within the district participate in U.S. Department of Agriculture (USDA) child nutrition programs, administered through the Oregon Department of Education (ODE), St. Francis School participates in the National School Lunch Program (NSLP), Fresh Fruit & Vegetable Program (FFVP). Saint Francis also operates their own organic school garden, Nutrition information will be provided by Bend Lapine School District. Meals will be appealing and attractive to children, served in clean and pleasant settings, offer a variety of fruits and vegetables, serve only low-fat(1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA), and ensure that half of the served grains are whole grain.

Nutrition and Menu Planning

1. Reimbursable meals will meet the recommendations of the most current dietary guidelines and regulations adopted by the USDA.
2. Meals served for reimbursement will meet at least the minimum SNP requirements of the program under which the meals are being served.
3. Meals served for reimbursement will:
 - a. Meet all calorie range requirements by grade level;
 - b. Meet the maximum standards set for saturated fat;
 - c. Meet the maximum standards set for sodium by grade level; and
 - d. Meet the requirement for zero grams of trans fats.
4. The district will use the offer versus serve option when serving reimbursable meals to students.

Nutrition information is available through Nutri-slice at any local school tab

<https://bend.nutrislice.com/menus-eula>

No food is vended to students outside the Bend La-Pine provided school hot lunch program during the school day.

Wellness Committee

The Wellness Committee consists of committed school and community stakeholders including, the principal, the nutrition specialist, teachers of physical education, and interested parents. The Wellness Committee will meet at least one time each year. The Wellness Committee will establish goals for and oversee development, implementation, periodic review and update of the St Francis School-Bend Wellness Policy. The principal or head of the Administrative Team, Julie M. Manion, will convene the Wellness Committee and facilitate development and updates to the wellness policy, and ensure compliance.

The Wellness Committee Includes

Name	Title/Relationship to School	Role and Responsibility to the committee

Julie Manion	Head of Administration	To ensure policy adherence
Maile Ball	Head of Middle School/coach	To make recommendations on Middle School student needs
Sarah Schimmoller	Head of Early Childhood	To make recommendations on Early childhood student needs
Ann Geoghegan-Watts	Nutrition specialist	To ensure compliance with the food service programs and patterns
Meagan Nelson	PE teacher-elementary	To make movement recommendations
Liz Burns	PE teacher-middle school	To make movement recommendations
Beth Boswell	Teacher/athletic Director	To make recommendations for school athletes
Parents Danielle Basile Natalia Martin	Parents	To make recommendations, express concerns, and to be fully involved
Submissions Dr. Cheryl Morgen Mrs. Colleen Petersen	Science Teacher Kindergarten Teacher	Submitted suggestions for staff wellness.

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

Saint Francis School will retain records demonstrating compliance with the [federal requirements for a local wellness policy](#), including copies of periodic assessment reports under Saint Francis School’s jurisdiction, wellness committee meeting information, and how interested parties can become involved. Saint Francis School will actively inform families and the public annually about this policy, updates to the policy and implementation status. Saint Francis School’s Wellness Policy and information can be found at www.saintfrancisschool.net

At least once every three years Saint Francis School will conduct a triennial progress assessment. The assessment will determine:

- The extent to which Saint Francis School is in compliance with the wellness policy:
- The extent to which Saint Francis School's policy compares to a model wellness policy:
- And a description of the progress made in attaining the goals listed in the policy.

Saint Francis School will actively notify households/families and the public of the availability of the triennial report.

II. Nutrition Promotion and Nutrition Education

Healthy eating has been linked in studies to improved learning outcomes and helps ensure that students are able to reach their potential. The school nutrition environment provides students with opportunities to learn about and practice healthy eating. This can be accomplished through the available foods and beverages, nutrition education, and messages about food in the cafeteria and throughout the school campus.

Nutrition Promotion Goal(s):

A. Communication

- Teacher will learn of program updates during inservice
- Parents will be informed about the wellness policy at Back to School Night and through the school's weekly newsnotes

- Students will be given instruction in classrooms and see information posted in the lunchroom
- Saint Francis School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards for individual foods and beverages. Parents will have access to the Bend Lapine lunch menu one month in advance.

B. Handwashing

Proper handwashing will be taught in each classroom. Students will wash and dry their hands after playing outside, sneezing, coughing, touching their faces, or using the restroom. When soap and water are not available teachers may supervise the use of hand sanitizer until soap and water washing is available.

C. Tables and desks

Tables or desks will be washed and sanitized before and after meals or snacks.

D. Meal Times and Scheduling

Saint Francis School will provide students with at least 20 minutes to eat after sitting down for lunch. Lunch should be scheduled between 11 am and 1 pm. Tutoring, clubs, organizational meetings, or activities will not be scheduled during mealtimes unless students can also eat at that time. Saint Francis School will schedule lunch periods to follow recess periods.

E. Sharing of Foods and Beverages

Saint Francis School discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions for some children's dietary needs.

F. Portions

Portion sizes will match the program requirements of the federal Nutrition program and Oregon State nutritional standards. Hot foods will be maintained hot until served. Cold foods will be kept cold until served.

G. Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Saint Francis Daycare program will serve snacks between 3:00 and 4:00 pm. The school will follow the guidelines established by the child care division of the state of Oregon. Students will be allowed to finish healthy, school day snacks brought from home during this time.

H. Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

I. Nutrition Education Goals:

Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught in each classroom.

III. Standards for Foods and Beverages

At the minimum Saint Francis School will ensure that:

- Reimbursable lunches served as part of the school nutrition program will meet or exceed USDA meal pattern standards
- All foods and beverages available for sale during the school day outside of reimbursable meals must meet [Oregon Smart Snacks Nutrition Standards](#).
- All foods given away free of charge: snacks, rewards, classroom celebrations [will meet or exceed] [are encouraged to meet] [Oregon Smart Snacks Nutrition Standards](#).
- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the nutrition standards set by the USDA.

IV. Physical Education & Physical Activity

Schools can create an environment that offers many opportunities for students to be physically active throughout the school day. A comprehensive school physical activity program (CSPAP) is the national framework for physical education and youth physical activity. A CSPAP reflects strong coordination across five components: physical education, physical activity during school, physical activity before and after school, staff involvement, and family and community engagement.

Physical Activity Goal(s):

Integrating physical activity into the classroom setting for students to receive the nationally recommended amount of daily physical activity (i.e. at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior.

Toward that end:

1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.
2. Opportunities for physical activity will be incorporated into other subject lessons;
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

P.E.

4. All students in grades K-8, including students with disabilities, will receive biweekly physical education for the entire school year.
5. Student involvement in other activities involving physical activity e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
6. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

7. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Activity

8. Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity.

A. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

9. Physical Activity and Punishment.

A. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. These activities are part of an active, healthy lifestyle and need to be celebrated.

V. Other Activities that Promote Student Wellness

Saint Francis School will integrate wellness activities throughout the entire school environment, not just in the cafeterias. Saint Francis school does not have any other food and beverage venues. We do not own or rent vending machines. physical activity facilities. Saint Francis School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complimentary.

Other School Based Wellness Activities Goal(s):

1. Physical Fitness and wellness

- a. All middle school students will have 20 minutes of recess time each day.
- b. All elementary students will have 15 minutes of Morning recess and 20 minutes of lunchtime recess.
- c. **New Goal:** To re-establish running club during lunch recess and begin an afterschool running club, stretching, or Fitness club.
- d. All teachers will identify at least five movement resources that could be used during their instructional time.
- e. Possibly train at running club for a jog-a-thon fundraiser.

2. Social/Emotional wellness

- a. **New Goal:** To improve the social/emotional climate the school will create ways to celebrate each others strengths.
- b. Celebrate the virtues within each person.
- c. **New Goal:** to begin a grief counseling group for students who have suffered losses.

3. Parent involvement

- a. All parents will be encouraged to participate in childhood wellness.
- b. Parents are provided with information on nutritional food options for their children.
- c. Parents will be encouraged to pack healthy lunches and will be given a few non-examples.
- d. **New Goal:** to provide parents with information on the mental health supports available in Deschutes county, Love ya guys, and the App developed by Scott Vincent.
- e. To Re-establish some parent wellness events such as Mom and Dad's Night out, Family walks, hikes or family exercise related events.

4. Staff Wellness

5. **New Goal:** To assist teachers with wellness
 - a. Research shows that teacher and staff wellness directly impacts relationships with students, therefore wellness will be incorporated into the school year goals
 - b. Protect instructional time from interruptions.
 - c. Provide prayerful time at faculty meetings using Lexio Davina and other meditations on scripture.
 - d. Have some walk-talk meetings instead of sitting still.
 - e. Create a larger sub pool.

VI. Evaluation and Improvement

Each triennial the principal will conduct a goals audit to determine if goals of this plan are being met.

The Principal is tasked with keeping a permanent record of wellness activity for the school.

The wellness committee is tasked with assisting the principal in creating goals, following through on goals, and suggesting new or improved wellness goals.

