

## **Wellness Policy**

The mission of Xavier High School is to educate the total person in a Catholic environment. In educating students about the body, they strive to develop a profound reverence for the great gift of life, their own lives and the lives of others, along with readiness to spend themselves in serving all that preserves and enhances life.

The Xavier High School Board of Education strives to maintain a learning and working environment that promotes and protects students' health, wellbeing and ability to learn by supporting healthy eating and physical activity.

*Archdiocesan Board of Education # 6145*

Xavier High School supports and promotes proper dietary habits contributing to students' health status and academic performance. Foods available on school grounds and at school sponsored activities during the instructional day should meet or exceed Xavier High School nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

Xavier High School has developed a local wellness committee comprised of representatives of administration, parents, students, and leaders in food/exercise authority and employees. The local wellness committee has developed a plan to implement and measure the wellness policy and monitor the effectiveness of the policy. The committee will review and report annually to the Xavier High School Improvement Advisory Committee regarding the effectiveness and updating of this policy.

### **Specific Wellness Goals:**

- Nutrition Education and Promotion
- Nutrition Guidelines for all Foods Available on Campus
- Physical Activity
- Implementation and Evaluation

## **NUTRITION EDUCATION AND PROMOTION**

Xavier High School will provide nutrition education and engage in nutrition promotion that:

- is offered as part of a sequential, comprehensive, standards-based program, which is part not only of physical education classes, but also part of classroom instruction in other subject areas;
- includes promotion of enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;

- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health enhancing nutrition practices;
- emphasizes caloric balance between food intake and physical activity;
- links with meal programs, other foods and nutrition related community services.

## **NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS**

### **General Directives**

#### **Food Safety**

All foods made available will follow safety and security guidelines and comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will continue to be implemented to prevent food illness in schools. For the safety and security of the food and facility, access to the food service operations should be limited to food service staff and authorized personnel.

#### **Sharing of Foods**

Xavier High School discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some students' diets.

#### **Food Service Department**

The Xavier High School Food Service Department will:

- Engage students in selecting food offered through the meal program in order to identify new, healthful and appealing food choices. Parent feedback is welcome;
- share information about the nutritional content of meals with parents and students.

#### **Qualification of Food Service Staff**

Qualified nutrition professionals will administer the meal programs. As part of Xavier High School's responsibility to operate a food service program, Xavier High School will:

- provide continuing professional development for all nutrition professionals;
- provide staff development programs that include appropriate certification and/or training programs for managers and cafeteria workers, according to their levels of responsibility;
- provide the USDA established-continuing education hours and training for all food service employees.

### **School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to students;

- be served in clean and pleasant settings;
- meet nutrition requirements established by local, state and federal law;
- include a variety of fruits and vegetables and menu choices.

### **Breakfast**

To ensure that all students have breakfast either at home or at school in order to meet their nutritional needs and enhance their ability to learn, Xavier High School will:

- to the extent possible, operate the School Breakfast Program;
- notify parents and students of the availability of the School Breakfast Program;
- encourage parents to provide a healthy breakfast for their students through regular school communication.

### **Free and Reduced-Priced Meals Program**

Xavier High School will continue to make every effort in eliminating any social stigma attached to, and in preventing the overt identification of, students who are eligible for free and reduced price meals. Towards this end, Xavier High School will:

- utilize electronic identification and payment systems;
- promote the availability of meals to all students.

### **Meal Times and Scheduling**

Xavier High School will:

- allow adequate time for students to receive and consume meals and provide a pleasant dining environment;
- schedule meal periods at appropriate times, e.g. lunch periods schedule between 10:52a.m.- 11:55 a.m.;
- not schedule clubs, meetings or activities during mealtimes, unless students may eat during such activities;
- provide students access to handwashing or hand sanitizing before they eat meals or snacks.

### **A la Carte Sales**

All food and beverages sold individually outside the reimbursable meal program will meet the following nutrition and portion size standards and be in compliance with the USDA's Smart Snacks in School.

A food item sold individually will:

- Be a whole grain-rich grain product or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food or
- Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable
- Foods must also meet several nutrient requirements:
  - Calorie limits:

- Snack items: < 200 calories
- Entree items: ≤ 350 calories
- Sodium limits:
  - Snack items: < 200 mg
  - Entree items: ≤ 480 mg
- Fat limits:
  - Total fat: < 35% of calories
  - Saturated fat: < 10% of calories
  - Trans fat: zero grams
- Sugar limit:
  - ≤ 35% of weight from total sugars in foods

### **Beverage and Food**

Xavier High School will follow The Smart Snacks in School standards published by the USDA, building on the healthy advancements by ensuring that snack foods and beverages sold to the students in addition to those foods provided through the National School Lunch Program and the School Breakfast Program are also tasty and nutritious. Any food and beverage sold during the day must meet the nutrition standards.

### **Beverage Nutrition Standards**

Xavier High School may sell:

- Plain water
- Unflavored 1% low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

### **Other Requirements**

- Fundraisers
  - The sale of food items that meet nutrition requirements at fundraisers is not limited in any way under the standards of the USDA.
  - The USDA standards do not apply during non-school hours, on weekends and offcampus fundraising events. The school day as defined by the USDA is after midnight the day before the first bell until 30 minutes after the last bell.
  - The Iowa Department of Education did not provide a special exemption for infrequent fundraisers that do not meet the nutrition standards.
- Accompaniments
  - Accompaniments such as cream cheese, salad dressing and margarine must be included in nutrient profile as part of the food item sold.

- This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

## **Food Nutrition Standards**

- **General Standard for Competitive Food must meet all of the proposed competitive food nutrient standards and**
  1. Be a grain product that contains 51% or more whole grains by weight or have whole grains as the first ingredient\* or
  2. Have as the first ingredient\* one of the non-grain main food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.) or
  3. Be a combination food that contains at least ¼ cup fruit and/or vegetable or
  4. \*If water is the first ingredient, the second ingredient must be one of the 2 or 3 above.
- **Exemptions to the Standards**
  - Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards.
  - Canned and frozen fruits with no added ingredients except water or are packed in 100% juice, extra light syrup or light syrup are exempt from all nutrient standards.
  - Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.
- **NSLP/SBP Entree Items Sold A la Carte**
  - Any entree item offered as part of the lunch program or the breakfast program is exempt from competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.
- **Sugar-free chewing gum is exempt from all competitive food standards**
- **Grain Items - Acceptable grain items must include 51% or more whole grains by weight, or have whole grains as the first ingredient.**
- **Total Fats**
  - Acceptable food items must have  $\leq$  35% calories from total fat as served.
  - Exemptions to the Standard
    - Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard.

- Nuts and seeds and nut/seed butters are exempt from the total fat standard.
  - Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard.
  - Combination products are not exempt and must all the nutrient standards.
- **Saturated Fats - Acceptable food items must have < 10% calories from saturated fat as served.**
  - Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard.
  - Nuts and seeds and nut/seed butters are exempt from the saturated fat standard.
  - Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard.
  - Combination products are not exempt and must all the nutrient standards.
- **Trans Fat - Zero grams of trans fat as served ( $\leq 0.5$  g per portion).**
- **Sugar - Acceptable food items must have  $\leq 35\%$  of weight from total sugar as served.**
  - Dried whole fruits or vegetables, dried whole fruit or vegetable pieces and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard.
  - Dried whole fruits or pieces with nutritive sweeteners that are required for processing and/or palatability purposes (i.e. cranberries, tart cherries or blueberries) are exempt from the sugar standard.
  - Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.
- **Sodium**
  - Snack items and side dishes sold a la carte:  $\leq 200$  mg sodium per item as served.
  - Entree items sold a la carte:  $\leq 480$  mg sodium per item as served, including any added accompaniments.
- **Calories**
  - Snack items and side dishes sold a la carte:  $\leq 200$  calories per item as served including any accompaniments.
  - Entree items sold a la carte:  $\leq 350$  calories per item as served including any added accompaniments.

- Entree items as served as an NSLP or SBP entree are exempt on the day of or day after service in the program meal.
- **Accompaniments**
  - Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.
- **Caffeine**
  - Foods and beverage must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.

## **Special Events**

### **Snacks**

Snacks served during the school day should make a positive contribution to students' diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and healthy beverages conforming to this policy. Xavier High School will assess if and when to offer snacks based on timing of meals, students' nutritional needs, students' ages and other considerations.

### **Rewards**

Employees are encouraged to offer nonfood forms of rewards. If food or beverage rewards are used for academic performance or good behavior, they should conform to this policy. Employees will not withhold beverages or food (including food served through meals) as a punishment.

### **Celebrations**

Xavier will evaluate its celebration practices that involve beverage and food during the school day. The food used in celebration practices should make a positive contribution to students' diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and healthy beverages conforming to this policy.

### **Fundraising**

To support students' health and school nutrition-education efforts, in-school fundraising activities should use foods that meet the above nutrition and portion-size standards for beverages and foods. Xavier High School encourages fundraising activities that promote physical activity.

## **PHYSICAL ACTIVITY**

Wellness education is an important and integral part of the education of students at Xavier High School.

### **Physical Education**

Xavier High School will provide wellness education that:

- Includes students with disabilities;
- Engages students in moderate to vigorous activity during at least 75 percent of physical education class time;
- Is taught by a certified physical education teacher.

### **Physical Activity Opportunities after School**

To provide opportunities for physical activity outside the regular physical education classes, all schools are encouraged to:

- Offer extracurricular physical activity programs, such as interscholastic sports programs, physical activity clubs or intramural programs;
- Offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special health-care needs;
- Publicize and promote participation in community events and programs that involve physical activity.

### **Integrating Physical Activity into Classroom Settings**

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, Xavier High School will:

- Offer integrated health education that complements 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;
- Provide opportunities for physical activity to be incorporated into other subject lessons;
- Encourage classroom teachers to provide short physical activity breaks during lessons or classes, as appropriate.

### **Physical Activity and Punishment**

Employees will not use physical activity (e.g., running laps, pushups) or routinely withhold opportunities for physical activity (e.g., recess, physical education) as punishment. Physical activity may be used as an accommodation for students demonstrating a specific need for activity.

## **IMPLEMENTATION AND EVALUATION**

### **Communication with Parents**



Xavier High School will support parents' efforts to provide a healthy diet and daily physical activity for their student. Xavier High School will:

- Provide information about physical education and other school-based physical activity opportunities before, during and after the school day;
- Support parents' efforts to provide their student with opportunities to be physically active outside of school;
- Distribute information about physical education and activity via a website, newsletter, other take home materials and special events or physical education homework.

### **Staff Wellness**

Xavier High School values the health and wellbeing of every staff member and encourages activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Staff members are encouraged to model nutrition and wellness guidelines.

### **Monitoring**

The Principal will ensure compliance with established school nutrition and physical activity wellness policies.

- The associate principal will ensure compliance with those policies in the school and will report on the school's compliance to the Principal;
- Food service staff will ensure compliance with nutrition policies within food service areas and will report to the Food Service Director, Associate Principal or Principal.
- Xavier High School will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If Xavier High School has not received a SMI review from the state agency within the past three years, Xavier High School will request from the state agency that a SMI review be scheduled as soon as possible;
- The Principal will develop a summary report annually on compliance with Xavier High School established nutrition and physical activity wellness policies.
- The report will be provided to the Xavier High School Improvement Advisory Committee and distributed to the school wellness committee.

### **Policy Review**

The Principal will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity at the end of the school year. Any revisions needed to the wellness policies and guidelines will be completed and implemented. The policy will be reviewed at the Xavier High School Board of Education as required.