

2010-2011 Wellness Policy
PHYSICAL EDUCATION AND ACTIVITY

Physical Education Curriculum

Implement the Diocese of Arlington Physical Education curriculum striving to meet the minimum minutes per week recommended.

- PE activities have 50% of the class time moderate to vigorous activity
- Start PE class with stretching, and exercises for all grade levels
- Implement the curriculum requirement for the fitness contract to encourage 60 minutes of exercise daily.

Physical Activity

Promote the importance of 60 minutes of physical activity per day for children.

Maintain PE contracts on a quarterly basis

- Encourage classroom exercises, physically and academically that focus on physical activity. For example, promote isometric or in place exercise during indoor recess, writing assignments addressing physical exercise, movement, healthy behaviors etc.
- Promote safety tips on outdoor play.
- Promote physical activity on indoor recess days in the classroom using recommended activities and playground monitors.
- Review proper safety equipment for sports

Recess

Provide recess time with lunch

- Investigate the possibility of scheduling recess before lunch especially for grades K-5
- Promote moderate physical activity during recess (walking club, running games, BB, dancing etc)
- Provide time on playground equipment to age appropriate grades as well as exercise equipment ie balls, jump ropes, hopscotch
- 20 minutes of outdoor recess after lunch for each grade

Physical Activity and Punishment

In accordance with the Office of Catholic Schools, PE class will not be withheld as a consequence of negative student behavior or incomplete coursework. Recess should be withheld as a last resort as physical activity promotes release of negative behavior.

- Outdoor recess will not be withheld more than one day per two week time period, unless the parent/guardian is made aware of the indoor recess as study hall, test make up or detention.
- Investigate alternate times to have make up work completed or allow the student extra days to complete missed work at home.

Extracurricular Physical Activity Programs Before and After School

Promote extracurricular activities that focus on physical activity either before/after school and/or weekend programs.

- Include in the Saint Leo the Great Catholic School Newsletter announcements for CYO sports, basketball clinics, fun-runs etc.

- Investigate the possibility of after school aerobics, basketball clinics or presidential fitness training workshops for six-week periods throughout the year.
- Promote walking to and from school for age appropriate school children.

Safety

Conduct annual comprehensive safety assessment of the school grounds by the Director of Support Services.

Conduct routine assessments of playgrounds and sports fields by the PE teacher, Playground Monitor and Facilities Manager.

Provide safety tips on outdoor play on announcements, news letter and through classroom discussion.

Incorporating Physical Activity into the Classroom

- Investigate creative activities that increase physical movement throughout the day in the classroom.

II. NUTRITION

Nutrition Education Curriculum

Implement the Nutrition Education Guidelines as per the School Health Index – Essential Topics on Healthy Eating and Diocesan Health Curriculum related to nutrition.

- Provide nutrition education materials for each grade level.

School Meal Program Guidelines

Provide student meals that are varied and nutritious in portion-controlled servings consistent with USDA nutrition standards and the Dietary Guidelines for Americans, 2005.

School meals:

- Meet minimum nutrition requirements
- Offer a variety of fruits and vegetables
- Serve 1% or fat free milk
- Ensure half of the grains served are whole grain
- Food will be appealing and attractive to children.
- **Provide a Directory of Nutritional Content for foods and beverages served on site available for parent review. Provide website references for vendors that provide meals.**

Foods and Beverages Outside of School Meal Program

Promote healthy food and beverages available outside of the lunch program.

- Soda will not be permitted with lunch or snack in the lunchroom or classroom. Caffeine Free Soda will be permitted only for passport parties or special events. Soda is not permitted in extended advisory.
- Energy Drinks or Energy Products will not be permitted on school grounds at any time during school hours or school events.

A La Carte Sales/Vending and School Stores

Promote healthy food and beverages available outside of the lunch program.

- All ice cream products will meet nutrition guidelines as set forth in the wellness policy and served as part of certain lunches.
- Saint Leo the Great Catholic School will maintain its no vending machine policy for student access.
- Saint Leo the Great Catholic School will maintain its policy not to sell food items at the school store or elsewhere throughout the school.
- Smoothie King nutritional information is available online.

School Sponsored Events

A variety of healthy foods and beverages will be offered at school-sponsored events.

- School Sponsored Event organizers will follow nutrition guidelines as set forth by the wellness policy.

Fundraising

- Sale of food and candy as a fundraiser (bake sales during lunch, candy etc) will not take place during school hours.
- Special occasion bake sales may be permitted at extra curricular events during non school day hours.

Food Brought From Home

Saint Leo the Great Catholic School will continue to encourage families to pack healthy well-balanced lunches and snacks. Fast food lunches are discouraged.

- Promote healthy morning snacks in K-5 (fruits, vegetables, or portion-controlled snacks meeting the nutrition guideline as set forth in the wellness policy).
- Involve Room Parents for Healthy Fruit and Vegetable snacks for classroom activities.
- Discourage cookies, pastries, candy, and salty snacks such as potato chips for morning snacks.

Classroom Snacks/Celebrations

Saint Leo the Great Catholic School will encourage a variety of healthy well-balanced foods for all classroom celebrations and special school occasions.

Room Parents/Celebration organizers will follow nutrition guidelines as set forth by the wellness policy.

Nutrition guidelines for school events:

- Food brought into school for celebrations/special events needs to be within the following nutrient requirement per serving:
 - **200 calories or less and 9 grams of fat or less per serving.**

- A list of All the Time Foods, Once in Awhile Foods, and Never Foods is to be used as the basis for planning food items for celebrations. This list is included in student and parent handbook
- Food served should include a variety of healthy foods including fruits and vegetables, low fat fruit and vegetable dips, portion controlled cheese servings with whole grain crackers, popcorn, pretzels, granola bars etc.
- ONLY Caffeine Free Soda will be allowed for special occasions and middle school passport parties. Soda is not permitted in grades K-5. All drinks should be served in portion-controlled cups.
- All snacks, pastries, cookies, and candy will be in a portion controlled serving as recommended on the packaging per serving size and meet the nutrition guideline of **200 calories or less and 9 grams of fat or less.**

Ice Cream Social Parties

- Low fat ice cream served in portion-controlled servings will be provided.
- Toppings will be limited to 4-5 class chosen favorites.

Extended Advisory

- Food should be limited to light breakfast foods such as muffins, mini-bagels, breads, English muffins, or foods from the All the Time list. Glazed donuts, small dessert portions or pastries should be limited to once per month.
- Fruit juice, milk, low fat hot chocolate are among ideas for beverages.
- Soda is not permitted in extended advisory.

Birthday Celebrations

- Birthday celebration treats should be in portion-controlled servings and meet the nutrition guideline as set forth in the wellness policy. Serving time is at the discretion of the classroom teacher.

Cupcake Holiday Celebrations

- Cupcake celebrations can be hosted by the room parents for special occasions. One cupcake per student will be served.
- Celebration will take place on a day when ice cream or cookie is not served.

School Based Activities Related to Healthy Nutrition

- Students will be provided the opportunity to wash their hands or use hand sanitizer before lunch breaks.
- Meals will be served from the kitchen and eaten in the gymnasium on tables that are clean.
- Morning snack time for K-5 is provided daily
- Twenty minutes of sit down time will be allowed for lunch break.
- Lunch break will be scheduled mid-day between 11:00am and 1:00pm.
- Activities such as tutoring, clubs or organizational meetings or activities should not be scheduled during meal times unless students may eat during such activities. Parents should be made aware of lunchtime meetings and activities.

Sharing of Foods and Food Allergies

Students are not permitted to share foods or beverages with one another during meal or snack time.

Food as Rewards or Punishment

- Foods, beverages or candy treats should not be routinely given as a reward for academic performance or good behavior.
- Alternate forms of positive recognition should be promoted (points toward a homework pass, prayer cards, beads on a keychain, pencils, pens, stickers, points toward a bigger treat, extra credit for turning things in on time etc.)

Financial Operation of Child Nutrition Programs

The school's food service program will strive to be financially self-supporting. Budget neutrality or profit generation should not take precedence over the nutritional needs of students. If additional funds are needed, they should not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.

Qualifications of Food Service Staff Members

Qualified food service personnel will administer the school meal programs.

Food Safety

All school food service operations and foods made available comply with state and local food safety and sanitation regulations.

III. STAFF WELLNESS and HEALTHY ENVORONMENTS

Staff Wellness

Encourage all staff members to improve/maintain their own personal health and wellness through internal school support groups, shared healthy eating habits & exercise. Faculty and staff luncheons, breakfasts and get togethers will have a variety of fruits and vegetables available.

Staff members can have their blood pressure checked by the school nurse at their request.

Staff members who are showing signs of illness will be sent home and substitutes will be provided.

Consistent School Wide Health Messages

Positive, motivating messages about healthy eating and physical activity will be promoted throughout the school environment.

- The whole school is encouraged to participate in the Yearly Strive for Five Fruit and Vegetable Campaign
- Posters of the food groups/healthy foods, and behaviors are displayed throughout the school.
- Continue to distribute the Nutrition Nuggets Publication monthly in grades K-5 with the lunch ticket.

Family Involvement

Encourage family involvement to support and promote healthy eating and physical activity at special events, morning snacks and healthy lunches.

Community Outreach

Promote community outreach to support and promote healthy eating and physical activity.

- Investigate community organizations that provide/promote health and wellness.
- Investigate the possibility of having the students take recess field trips to the City of Fairfax Farmers Market in small chaperoned groups to learn about fresh fruits and vegetables and purchase them if desired. (a small fee could be collected at the beginning of the year for purchases)

Food Marketing in Schools

School based marketing of food and beverages should be consistent with nutrition education and health promotion.

IV POLICY IMPLEMENTATION and OUTCOME MEASUREMENT

School Team Formation

Establish a committee that will provide and support a healthy school environment

- Wellness Committee will continue to be headed by the Wellness Coordinator to work with faculty, staff, students and families to maintain the wellness policy.
- Annual review of and changes to the policy will be made as needed.

School Needs Assessment

The Wellness Coordinator, Staff and Wellness Committee members will conduct the CDC School Health Index Modules annually to assess growth and areas of needed improvement for the upcoming year.

Implementation

Formulate an action plan to achieve desired outcomes, including actions to be taken, material and resources and personnel.

Wellness Policy will be communicated to all faculty, staff and families on the website, and in the faculty handbook. Hard copies are available in the principal's office and the school clinic.

Evaluation and Measurable Outcomes

Review the Diocese of Arlington Wellness Policy evaluation and measurable outcomes section and incorporate the questions in the annual evaluation.

The annual wellness program evaluation report will be due to the district wellness coordinator by the 10th business day after the end of school in June but no earlier than June 1st unless otherwise required by the USDA. The Diocese Wellness Coordinator will report its cumulative evaluation to the Office of Catholic Schools, school health advisory team and principals. Details on district wide progress achieved, policy impact and future recommendations for policy revisions will be provided. The district coordinator will be the district liaison to the USDA completing all USDA Food and Nutrition Service Mid-Atlantic Regional Office questionnaires and required communications.

The wellness policy will be reviewed at least annually. Revisions and additions will be incorporated in the appropriate areas.

Healthy School Snacks or Special Occasion Foods

This reference should be used as a guide for all foods served in the aforementioned wellness policy.

All the Time Foods

Include but are not limited to:

Fresh or canned fruit
Applesauce
Dried fruits
Fruit Salad
Fresh Vegetables
Low fat dip or dressing for fruit or vegetables
Salad
Veggie pockets
Whole grain crackers, breads, and cereals
Rice cakes
Low-fat popcorn
Granola and cereal bars
Low-fat Yogurt
Low fat cheese
Low fat pudding
Pre packaged portion controlled 100 calorie snacks
Pretzels

Once in Awhile Foods

Foods that have 200 calories or less and no more than 9 grams of fat per serving

It is recommended that all snacks in this category be in individual packages or be served in portion-controlled servings.

Cake for a special occasion served in portion-controlled slices.
Glazed donuts

Never Foods

Any food that has more than 200 calories or more than 9 grams of fat per serving.
Cake donuts
Cake Munchkins

Food Allergy Management Plan

In an effort to keep the school environment as safe as possible, the following foods are not to be sent in for K-5 classroom snacks, class parties or in classroom lunches on days the cafeteria is closed due to gym unavailability.

Peanuts/Tree Nuts
Peanut Butter
Peanut Butter Crackers
Peanut Candy
Peanut Butter Candy
Any food with obvious peanuts/treenuts or peanut butter

Starting 2011-2012 the above foods will not be permitted in any classroom K-8 or Encore room for advisory, in classroom lunches, parties or passport parties.

Peanut Butter and Peanut products will be allowed to be brought in from home for lunches in the cafeteria.

Students with Life Threatening Food Allergies are given the opportunity to sit in a marked seat at the end of the tables in the cafeteria. The Lunchroom Monitor is made aware of all students with life threatening food allergies and monitors them during lunch time.

Students with food allergies are not required to wash tables a lunch or pick up trash. They may be assigned other helpful duties as designated by the Lunchroom Monitor.

Handi wipes are available at the end of all lunches for students who have eaten peanut butter or peanut products to wipe their hands before going out for recess.

Life Threatening Food Allergy List will be distributed on a need to know confidential basis for faculty and staff. It will be updated and redistributed as needed by the school nurse.

2010-2011

Saint Leo the Great Catholic School Asthma Management Plan

The following areas will be covered as the asthma management plan for St Leo the Great Catholic School. Interventions and actions will be reviewed annually or as needed and will be updated as needed.

School Environment

1. Control of Environmental Allergens including but not limited to: dust, mold, pet dander, chemical, paints, sprays, smoke, exhaust fumes will be managed as follows:
2. Animal allergens – classrooms will not have a pet with fur dander. If an animal is brought in with fur dander, students with asthma will be given the opportunity to observe without touching or sit in an area of the school without animal exposure.
3. Coach roach/Rodent allergens – continue monthly pest service to reduce bug and rodent activity.
4. Exhaust fumes – students will not be outside standing for extended periods of time near idling vehicles. Continue the practice of having students not exit their cars until they are ready to enter the school.
5. Moisture / Mold – school areas will be checked for water leakage or mold development after rain storms or as apparent with visualized leakage. Air quality assessment by a professional company will be conducted should the need develop. The last air quality assessment was completed three years ago.
6. School Air Filters will be replaced quarterly
7. No smoking on school property.
8. Dust mite reduction – All classrooms with carpets are vacuumed every day. The hallway carpets are spot vacuumed every night and thoroughly every weekend. Linoleum floors are mopped daily. Surface areas are cleaned as needed.

1/2009

Saint Leo the Great Catholic School

Asthma Medical Management

1. In accordance with the Diocese of Arlington Office of Catholic Schools medical management for students with asthma will be as follows: Medication administration forms for Inhaler Authorization and Asthma Action Plan will be completed by the parent and child's Health Care Provider and kept on file in the clinic with the medication.
2. The School Clinic will be staffed by an RN full time. MAT trained school employees/principal have access to the medication cabinet also. All inhalers are stored in an individual bag with the students name and a copy of the correct paperwork.
3. All faculty and staff are informed of students with asthma via roster format with the child's name, grade, and medical course of action listed. This roster is updated and redistributed as needed. A roster is posted clearly in the clinic so any nurse substitute has that information readily available.
4. Annually, a teaching video *Dealing with Asthma, Diabetes and Epilepsy in Schools* will be presented at a faculty and staff meeting.
5. Inhalers are stored in an evacuation carry bag for easy removal from the clinic, should the school need to be evacuated.

Saint Leo the Great Catholic School Outdoor Safety on School Grounds

Items of Consideration

1. Weather
2. Playground Equipment and Outdoor Surroundings (Building/Blacktop)
3. Non-school personnel (Strangers)
4. Special Circumstances

Weather

- Prior to outdoor recess and outdoor physical education, class school personnel should be aware of pending weather ie tornado, hurricane, wind chill.
- In the event a fast moving storm arrives, students will be relocated to the nearest safe indoor environment.

Playground Equipment and Outdoor Surroundings

- School personnel should inspect all playground equipment and surrounding areas that will be used by students for safety, secure fittings or vandalism. Safety concerns should be brought to administration's attention immediately.
- Suspicious or dangerous items ie: syringes, broken glass, dead animals unattended packages or belongings; should be left untouched and appropriate authorities should be notified as soon as all children are safely away from the area.
- Vandalism should be reported to the City of Fairfax Police.

Non-School Personnel (Strangers)

- If a person is seen on school grounds that is not recognized by staff or parish personnel, administration should be notified immediately and contact with the City of Fairfax Police should be made if deemed necessary.
- A physical description of the stranger on the grounds should be obtained.

Special Circumstances

- Dogs/cats roaming on school property should be treated as an unknown animal and NOT touched or approached.
- Dogs are not permitted on school grounds
- Any wildlife found on school property alive or dead should not be handled. Fairfax City Animal Control should be contacted to report the animal.