

Sacred Heart School Student Wellness Policy

The school administration recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for school students. The school administration shall coordinate and align school efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the school administration shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

The school administration shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, school administration members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the school's student wellness policy.

To fulfill this requirement, the school administration may appoint a school wellness council or other school committee and a wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

The wellness council shall advise the school on health-related issues, activities, policies, and programs. At the discretion of the school administration, the duties of the council may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The school administration shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the school administration shall review and consider evidence-based strategies and techniques.

The school's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

To encourage nutrition promotion the school administration may disseminate nutrition information to parents/guardians through school newsletters, handouts, parent/guardian meetings, the school web site, and other communications.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, and school garden programs.

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, in-class physical activity breaks, and other structured and unstructured activities.

The school administration may enter into a joint use agreement or memorandum of understanding to make school facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

In order to ensure that students have access to comprehensive health services, the school may provide access to health services at or near the school and/or may provide referrals to community resources.

The school administration recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

The school administration shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Nutrition Guidelines for All Foods Available at School

For all foods and beverages available on each campus during the school day, the school shall adopt nutrition guidelines which are consistent with all applicable state and federal regulations and which support the objectives of promoting student health and reducing childhood obesity.

In order to maximize the school's ability to provide nutritious meals and snacks, the school shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible. When approved by the California Department of Education, the school may sponsor additional meal programs.

The school administration shall provide access to free, potable water in the food service area during mealtimes in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

The school administration believes that all foods and beverages sold to students at school, including those available outside the school's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the school for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards.

The school administration shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. All fundraisers that include the sale of food to students during the school day must comply with applicable state and federal guidelines.

The school administration shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support the school's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

To reinforce the school's nutrition education program, the school administration prohibits the marketing and advertising of foods and beverages to students that do not meet nutrition standards for the sale of foods and beverages on campus during the school day.

Program Implementation and Evaluation

The school administration designates the individual(s) identified below as the individual(s) responsible for ensuring compliance with the school's wellness policy:

Amanda Shelton, Office Manager and Food Service Director
(209) 634-7787, ashelton@shsturlock.org

The school administration shall assess the implementation and effectiveness of this policy at least once every three years.

The assessment shall include the extent to which the school is in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy.

The school administration shall invite feedback on school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

The school administration shall establish indicators that will be used to measure the implementation and effectiveness of the school activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the school's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. An analysis of the nutritional content of school meals and snacks served in all school programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
4. Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards

5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards
6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
7. A description of school efforts to provide additional opportunities for physical activity outside of the physical education program
8. A description of other schoolwide or school-based wellness activities offered and/or students participating, as appropriate

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of school data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the school administration shall prepare and maintain the proper documentation and records needed for the administrative review of the school's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the school and state evaluations shall be submitted to the school administration for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus school resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

The school administration shall inform the public about the content and implementation of the school's wellness policy and shall make the policy, and any updates to the policy, available the public on an annual basis. He/she shall also inform the public of the school's progress towards meeting the goals of the wellness policy, including the availability of the triennial school assessment.

The school administration shall distribute this information through the most effective methods of communication, including school newsletters, handouts, parent/guardian meetings, school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

The school administration shall retain records that document compliance with 7 CFR 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public.

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(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250 - 9410;

(2) fax: (202) 690 - 7442; or

(3) email: program.intake@usda.gov.

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