



12/3/2024

Health and Wellness Policy

Student Welfare

The Fr. McCartan School promotes having a healthy school by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The school supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. The schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential. The goals of Fr. McCartan School's wellness policy are as follows:

1) Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

- a) The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be sacrificed because of dependence on revenue from high-added fat, high-sugar, and low-nutrient foods to support school programs

2) Support and promote proper dietary habits contributing to student's health status and academic performance.

- a) All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition standards. Emphasis should be placed on foods that are nutrient-dense per calorie. To ensure high-quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging

3) Provide more opportunities for students to engage in physical activity.

- a) A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades K through 8. Physical activity should include regular instructional physical education, co-curricular activities, and recess. A goal of 150 minutes per week for elementary students, and 225 Minutes per week for middle school students.

4) The school is committed to improving academic performance

- a) Educators, administrators, parents, and communities should consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where

nutritious foods are provided and where students have an opportunity for physical activity, a public awareness campaign that highlights research demonstrating the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn should be conducted.

5) Establish and maintain a school-wide Nutrition and Physical Activity Advisory Council with the purpose of:

- a) Develop guidance for this policy
- b) Monitoring the implementation of this policy
- c) Evaluating policy progress
- d) Serving as a resource to the school site
- e) Revising policy as Necessary.

Wellness

1) Advisory Committee

- a) A school-wide Nutrition and Physical Activity Advisory Committee will be established. The committee would meet a minimum of 2 times annually. Any existing school Health Advisory Council will serve as the nucleus for the Committee. The committee will include members as specified by law. Responsibility of the Nutrition and Physical Activity Advisory Council may consist of, but is not limited to, oversight of the following:
 - i) Implementation of the school's nutrition and physical activity standards
 - ii) Integration of nutrition and physical activity in the overall curriculum
 - iii) Assurance that staff professional development includes nutrition and Physical Activity issues
 - iv) Assurance that students receive nutrition education and engage in vigorous physical activity.
 - v) Re-engage our school wellness committee making sure to involve parents, students, and the school advisory board.
 - vi) Continue to inform the school families and public by sharing in weekly folders annually and posting on our school and church websites.
 - vii) Prepare annual reports for the Student Advisory Council



- b) The Nutrition and Physical Activity Advisory Committee will be responsible for preparing a report that includes, but is not limited to, the following information:
 - i) Monthly school menus and meal counts
 - ii) Listing of all sales of foods throughout the school, in-school and in-class fundraisers, etc.
 - iii) Listing of physical activity programs and opportunities for students
 - iv) Outcomes of committee activities
- c) Leadership of the Physical Activity Advisory Committee
 - i) The principal and/or Designee(s) will convene the Committee and Facilitate the development of and updates to the wellness policy and will ensure each school's compliance with the policy. The designated official for oversight is the principal and/or designee(s) and the name(s), title(s), and Contact information (email address is sufficient) of this/these individual(s) is(are) will be kept in the Schools Administrative offices.
 - ii) The school nurse or other designated staff will serve as the school wellness policy coordinator, who will ensure compliance with the policy in coordination with the School Health Advisory Committee.

2) Wellness Policy implementation, Monitoring, Accountability and Community Engagement

- a) Implementation Plan
 - i) The school will develop and maintain a plan for implementation to manage and coordinate the execution of the wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to our school; and includes information about who will be responsible for making what change, by how much, where, and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school grounds, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The school will consider the Healthy Schools Program online tools for other wellness assessment tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School health index, create an action plan that fosters implementation, and generate an annual progress report.
 - ii) This wellness policy and the progress reports can be found on the school's website.

3) Annual Notification of Policy

- a) The school will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and implementation status. The school will make this information available via the school website and/or school-wide communications. The district will provide information about the school nutrition environment. This will include a summary of the school's events or activities related to wellness policy implementation. Annually the school will also publicize the name and contact information of the school officials leading and coordinating the committee as well as information on how the public can get involved with the school wellness committee.

4) Revisions and Updating the Policy

- a) The committee will update or modify the wellness policy based on the results of the annual school health index or other assessment tool or triennial assessments and/or as school priorities change, community needs change, wellness goals are met, new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years.

5) Community Involvement, Outreach and Communications

- a) The School is committed to being responsive to community input, which begins with awareness of the wellness policy. Fr. McCartan School will actively communicate ways in which representatives of the Committee and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for the School. Fr. McCartan will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, the availability of child nutrition programs. The School will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The School will utilize that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.
- b) The School will notify the public about the content of or any updates to the wellness policy annually. The School will also use these mechanisms to inform the community about the availability of the annual report.

6) Student Nutrition

- a) The school lunch programs:
 - i) The full meal school lunch program will continue to follow the USDA Requirements for Federal School meals Programs and provide meals that:
 - (1) Are appealing and attractive to children;
 - (2) Are served in clean and pleasant settings;



- (3) Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
 - (4) Promote healthy food and beverage choices using posters posted in *the Smarter Lunchroom Techniques*:
 - (5) Student artwork is displayed in the service and/or dining areas.
 - (6) Daily announcements are used to promote and market menu options.
 - (7) Monthly menus are posted in the main offices.
- b) Food:
- i) encourage the consumption of nutrient-dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and, DAIRY PRODUCTS.
 - ii) Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 35% of its total calories derived from fat.
 - iii) Any given food item for sale prior to the start of the school day and throughout the instructional day, will generally have no more than 10% of its total calories derived from saturated fat.
 - iv) Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounces or less package size) are exempt from these standards because they are nutrient-dense and contain high levels of monounsaturated fat.
- c) Beverages
- i) Allowed:
 - (1) Water without added caloric sweeteners or artificial sweeteners; fruit and vegetable juices-based drinks that contain additional caloric or artificial sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent nondairy beverages (to be defined by the USDA)
 - ii) Not Allowed:
 - (1) Soft drink sales containing caloric sweeteners; fruit-based drinks that contain less than 50% real fruit juice or contain additional caloric sweeteners; beverages containing caffeine, (excluding low-fat or fat-free chocolate milk which contains trivial amounts of caffeine) will not be sold or permitted within and prior to the instructional day.
- d) Candy
- i) Candy is defined as any processed food item that has:

- (1) Sugar (including born sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), High fructose corn syrup, invert sugar, lactose, maltose, molasses, raw sugar (sucrose), Syrup) is listed as one of the first two ingredients AND
 - (2) Sugar is more than 35% of the item by weight.
- e) Cafeteria environment:
- i) A cafeteria environment that provides students with a relaxed, enjoyable climate shall be developed.
 - ii) The cafeteria is a place where students have the following:
 - (1) Adequate space to eat in clean, pleasant surroundings
 - (2) Adequate time to eat meals
 - (3) Convenient access to handwashing or hand sanitizing facilities before meals
 - (4) When possible, recess time will be provided for elementary students before lunch
- f) Water
- i) To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The district will make drinking water available where school meals are served during mealtimes.
- g) Fundraising:
- i) All fundraising projects for the sale and consumption of food items within and before the instructional day will follow the school's Nutrition Standards when determining the items being sold.

7) Nutrition Education:

- a) Student nutrition education:
- i) The school has a comprehensive approach to nutrition
- b) The district will teach, model, encourage, and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:
- i) Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - ii) Is part of not only health education classes but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
 - iii) Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;



iv) Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);

v) Includes nutrition education training for teachers and other staff.

8) Physical Activity:

- a) Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP).
- b) Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment unless approved by the administration due to arising circumstances. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.
- c) To the extent practicable, the school will ensure that its grounds and facilities are safe, and that equipment is available to students to be active. The school will conduct necessary inspections and repairs

9) Physical Education:

- a) The school will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. All students will be provided equal opportunity to participate in physical education classes. The school will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

10) Recess (Elementary)

- a) All elementary schools will offer at least 20 minutes of recess on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene before eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition period/time frame before students enter the cafeteria.
- b) Outdoor recess will be offered when the weather is feasible for outdoor play. If the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

11) Classroom Physical Activity Breaks (Elementary)

- a) Fr. McCartan School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The School recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute, for a physical education class, recess, and class transition periods.

12) Active transport

- a) Fr. McCartan will support active transport to and from school, such as walking or biking. The school will encourage this behavior by engaging in some of the activities below; including but not limited to:
 - i) Secure storage facilities for bicycles and helmets.
 - ii) Promote safe routes to students, staff, and parents via newsletters websites.
 - iii) Encourage the use of crosswalks on streets leading to schools.
 - iv) Document the number of children walking and or biking to and from school.
 - v) Distribute maps of the school environment (e.g., Sidewalks, crosswalks, roads, pathways, bike racks, etc.)

13) Community Partnerships

- a) The School will utilize, where feasible, relationships with community partners (e.g., local businesses, SNAP-ed, providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and it's goals.

14) Family Engagement

- a) Fr. McCartan school will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.
- b) As described in the "Community Involvement, Outreach, and Communications" subsection, the School will use electronic mechanisms (e.g., email or displaying notices on the school's website), as well as non-electronic mechanisms (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.



FR. MCCARTAN MEMORIAL SCHOOL

327 S. Kansas Marceline, MO 64658

660.376-3580

Mrs. Kathy Harlan– Principal

15) Professional Learning

- a) When feasible, the school will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of _____ teaching approaches or incorporating nutrition lessons into math class). Professional learning will help the school staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing school improvement plans/efforts.

16) Fr. McCartan Wellness Promotion

- a) The school will provide wellness opportunities encouraging students to establish and maintain healthy lifestyles. Wellness opportunities offered, but not limited to the following:
 - i) Health Screenings- Vision, hearing, Dental, and Blood Pressure
 - ii) Education about immunizations, Compliance and Immunization and Flu Clinics
 - iii) Tobacco-Free Campus and Grounds
 - iv) Partnering with our local PAT Program