



**St. Anthony School**

Number: XXX  
Effective Date: 08/23/2021  
Review Date: 10/27/2022  
Revised Date: 10/27/2022

### **Policy:**

St. Anthony School is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines the St. Anthony School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

### **Nutrition Education**

The school will provide nutrition education that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- is incorporated into classroom instruction in subjects such as math, science, language arts, and social sciences.
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as promotions, visits to farms, and school box 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; and includes training for teachers and other staff.
- organizes and sponsors health and wellness education to students and their families through a school Health Fair.

- communicates the St. Anthony School Wellness Policy and Goals to the families and communities through the school website, publications, and notifications.

### **Standards for USDA Child Nutrition Programs and School Meals**

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams' trans-fat per serving using CN Labeling program; and to meet the nutrition needs of school children within their calorie requirements.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and all students qualify for free meals under the CEP program.

- Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtimes.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Lunch will follow the recess period to better support learning and healthy eating.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.
- St. Anthony School supports local food for school meal programs depending on the availability of products.

### **Nutrition Standards for Competitive and Other Foods and Beverages**

The district is committed to ensuring that all foods and beverages available to students on school campuses during the school day support healthy eating. The foods and beverages sold outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. See administrative rule EFE-R, Competitive Foods Sales/Vending Machines, for more information. The district will establish standards for foods made available, but not sold, during the school day on school campuses from 12:01 am until no less than 30 minutes after the end of the official school day.

The Wisconsin DPI allows two fundraiser exemptions per student organization per school year. An exempt fundraiser may sell foods and beverages on the school campus during the school day that are not allowable under the Smart Snacks rule. An exempt fundraiser may not exceed two consecutive weeks. If the item being sold is a nonfood item or a food item that meets the Smart Snacks standards, it can be sold anytime. Only two occasional exempt fundraisers per year, allowing the sale of foods that do not meet the standards.

- No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during the school day regardless of their compliance with the USDA Smart Snacks standards.
- The sale of foods and/or beverages containing caffeine (except for trace amounts of naturally occurring caffeine) at all grade levels during the school day are prohibited.
- At St. Anthony School District, birthday celebrations and treats are not permitted during lunch/recess.
- Limit rewards that involve food during the school day, as well as encourage the use of non-food rewards. Consistent use of unhealthy food as rewards contradicts this wellness policy goal.
- To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during mealtimes.

### **Physical Education and Physical Activity**

Every St. Anthony student shall participate in daily physical activity. Daily recess, physical education classes, extracurricular/ after school programs and movement activities provide students with a physically active and healthful lifestyle. It is recommended that children accumulate at least 60 minutes of moderate to vigorous physical activity on all or most days of the week. This can be accomplished through several short periods of physical activity through the day.

- Physical Education Teachers Addresses all qualifications from K-12<sup>TH</sup> Grade.
- Our District provide education training for Physical Education Teachers.
- Our families are very important to us and we encourage them to be part of our physical activities like Catholic Soles Walk or involving students to different activities before and after school.

### **Wellness Promotion and Marketing**

St. Anthony School District encourage and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;  
includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens (field trips);  
promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

Our District engage staff offering Wellness Newsletter, Real Appeal Program information about fitness, training, and Health Nutrition for teachers and other staff.

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will attempt to limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; Marketing activities that promote healthful behaviors (and are therefore allowable) include coupons for discount gym memberships.

The district encourages the use of physical activity as a reward when feasible. 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 for any reason. This does not include participation on sports teams or with other sports-related after school activities, nor does it include participation on sports teams with specific academic requirements.

### **Implementation, Evaluation & Communication**

The district will convene a wellness committee that meets at least once per year to establish district wellness goals for and to oversee school health and safety policies and programs including development, implementation, and periodic review and update of the wellness policy. Wellness committee members will include, to the extent possible, parents/legal guardians, students, representatives of district nutrition services, physical education teachers, school health professionals, the school board, school administrators, and the general public. The designated officer for ensuring district compliance with the wellness policy and oversight of the committee will be Lizbeth Maturin-Osuna [maturinl@stanthonymilwaukee.org](mailto:maturinl@stanthonymilwaukee.org)

Annually, the district will notify the public about the content and implementation of the wellness policy and share any updates to the policy. The district will also publicize the name and contact information of the person in charge with information on how the public can become involved with the wellness

committee or obtain additional information on the wellness policy. The information for this annual review can be gathered through and utilized in the district's strategic planning process.

The Principal will ensure compliance with established school-wide nutrition and physical activity wellness policies. In each school, the director will ensure compliance with those policies in his/her school and will report on the school's compliance to the school principal.

School food service staff, at the school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school director). In addition, the School will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The President will develop a summary report every three years on School-wide compliance with the School's established nutrition and physical activity wellness policies, based on input from schools within the School. That report will be provided to the school board and distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the School.

### **USDA Non-Discrimination Statement**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

- Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

• To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

### **Purpose:**

The purpose of this policy is to outline St. Anthony School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

### **Scope:**

The scope of this policy includes all faculty, staff, students and families at St. Anthony School.

### Revision History

Date of Change	Responsible	Summary of Change
March, 2021	Lizbeth Maturín / St. Anthony School	Initial Creation