

# Ss. Peter & Paul School | 2016

## Wellness Policy on Nutrition and Fitness

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### PREAMBLE

The school is committed to providing an environment that promotes and protects students' health, well-being and ability to learn by supporting healthy eating habits and promoting healthful physical activity. Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>i,ii,iii,iv,v,vi,vii</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.<sup>viii,ix,x</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.<sup>xi,xii,xiii,xiv</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15,16,17</sup>

This policy outlines Ss. Peter and Paul 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. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the school have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active during and after school;
- The school engages in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the school in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The school establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the school. Specific measureable goals and outcomes are identified within each section below.

### School Wellness Committee

Ss. Peter and Paul School has established a Wellness Committee. This committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents;
- b) Students;
- c) Physical Education teacher;
- d) School health professional;
- e) The school's food service program; and
- f) School administrator.

The Wellness Committee will also be responsible for assessing current activities, programs and policies available in the school, and provide mechanisms for implementation, evaluation, and revision of the policy. In so doing, the Committee will evaluate and make recommendations which reflect the specific needs of the school and its students.

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### Goals to Promote Student Wellness

Ss. Peter and Paul School seeks to ensure all of its students obtain the knowledge and skills necessary to make nutritious food selections and enjoy life-long physical activity. To this end, the school sets forth the following goals relating to nutrition promotion and education, physical activity, and other school-based activities.

### Nutrition Promotion and Education

- a) Classroom Teaching: Nutrition topics will be integrated within the comprehensive health education curriculum and other instructional areas, as appropriate, and taught at every grade level, K through 8. Nutrition instruction will follow applicable New York State Standards and be designed to help students acquire:
  1. Nutrition knowledge, including but not limited to: the benefits of healthy eating; essential nutrients; nutritional deficiencies; principles of healthy weight management; the use and misuse of dietary supplements; and safe food storage, handling, and preparation.
  2. Nutrition related skills, including but not limited to: planning healthy meals; understanding and using food labels; critically evaluating nutrition information, misinformation, and commercial food advertising; assessing personal eating habits; and setting and achieving goals related to these concepts.
- b) Education, marketing, and promotion
  1. As appropriate, the school will promote nutrition education activities that involve parents, students, and the community.
  2. The school will promote school and community awareness of this policy through various means, such as a publication on the school website.
  3. The school will encourage and promote wellness through social media, newsletters, and family wellness events.
  4. Marketing and advertising on the school campus during the school day will be consistent with nutrition education and health promotion. As such, the school will restrict food and beverage marketing to the promotion of those foods and beverages that meet the nutrition standards set forth by the Healthy Hunger-Free Kids Act's Smart Snacks in School Rule.
- c) Additional provisions
  1. Parents will be encouraged to send in healthy treats for classroom celebrations.
  2. School personnel are discouraged from using food as a reward or withholding food as punishment under any circumstance.

### Physical Activity

- a) Ss. Peter and Paul School will provide opportunities for every student to participate in physical education and to be involved in physical activities. In doing so, the school aims to promote among students the development of knowledge and skills for specific physical activities, the maintenance of physical fitness, regular participation in physical activity, and an understanding of the short-term and long-term benefits from a physically active and healthy lifestyle.

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- b) Ss. Peter and Paul School will ensure that the following standards are met to achieve its goals relative to physical education and physical activity:
1. The school recognizes the importance of physical education classes in providing students with meaningful opportunities for physical exercise and development. Consequently, the school will ensure:
    - (a) All physical education classes are taught or supervised by a certified physical education teacher.
    - (b) All physical education staff receive professional development on a yearly basis.
    - (c) Interscholastic sports, intramural sports, and recess do not serve as substitutes for a quality physical education program.
    - (d) It provides adequate space and equipment for physical education and conforms to all applicable safety standards.
    - (e) A sequential physical education course of study consistent with national standards for physical education is implemented, with a focus on students' development of motor skills, movement forms, and health related fitness.
    - (f) A physical and social environment is provided that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
    - (g) Activities are adapted to meet the needs of students who are temporarily or permanently unable to participate in the regular program of physical education. In doing so, the school will abide by specific provisions in 504 Plans and/or individualized education programs (IEP).
    - (h) All students, including students in need of adaptive physical education, will be encouraged to participate in physical fitness programs.
  2. All students will be required to fulfill the physical education requirements set forth in the regulations of the Commissioner of Education.

### Other School-Based Activities

Ss. Peter and Paul School is committed to establishing a school environment that is conducive to healthy eating and physical activity for all. The school will, therefore, adopt the following standards:

- a) Federal School Meal Programs

The school will participate to the maximum extent practicable in available federal school meal programs including the National School Lunch Program. Food served through these programs will address all applicable federal and state standards.

- b) Access to School Nutrition Programs

The school will utilize a system of student payment that ensures all eligible students have access to free/reduced meals in a non-stigmatizing manner.

- c) Meal Environment

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The school will ensure:

1. School dining areas have sufficient space for students to sit and consume meals.
2. School dining areas are clean, safe, and pleasant environments that reflect the social value of eating.
3. Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
4. All students have a scheduled lunch period.
5. Lunch times are scheduled near the middle of the school day.
6. Students are given adequate time to eat healthy meals.
7. Students and staff have access to free, safe, and fresh drinking water throughout the school day and where school meals are served.

### Nutrition Guidelines

In an effort to encourage healthy life-long eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size, the Wellness Committee will recommend nutrition standards to be set for all foods and beverages available on school campus. For purposes of this section, the school day is defined as the period from the midnight before, to thirty (30) minutes after the end of the official school day.

### School Meals

School meals will, at a minimum, meet the program requirements and nutrition standards of the National School Lunch Program.

### Fundraising

- a) All food and beverages sold as a fundraiser during the school day will meet the nutritional requirements listed in the USDA Healthy, Hunger-Free Kids Act "Smart Snacks in Schools" Rule.
- b) School-sponsored fundraisers conducted outside of the school day will be encouraged to support the goals of this policy by promoting the sale of healthy food items and by promoting events involving physical activity.

### Competitive Foods

- a) Competitive foods-which include all foods and beverages sold outside the school meal programs, on the school campus in student accessible areas, and at any time during the school day-will follow, at a minimum, the nutrition standards specified by the Healthy, Hunger-Free Kids Act.
- b) These standards will apply to all foods and beverages sold individually and outside of the reimbursable school meal, including vending machines, school stores and cafeteria a la carte lines.

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- c) Additionally, the school will not sell foods of minimal nutritional value in the student store, from a machine, or anywhere in the building from the beginning of the school day until the end of the last lunch period. Prohibited foods include: soda water, water ices (excluding ices containing fruit or fruit juices), chewing gum, hard candy, jellies, gums, marshmallow candies, licorice, fondants (soft mints, candy corn), cotton candy and candy coated popcorn.

### Implementation and Evaluation of the Wellness Policy

- a) The school principal will ensure the compliance with the nutrition and physical activity wellness policies, and report it to the School Board.
- b) School food service staff will ensure compliance with nutrition policies within school food service areas and report it to the school principal. The principal will develop a summary report every three years on the school's established nutrition and physical activity wellness policies. The report will be provided to the school board. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas of needed improvement. The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

10/21/16

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<sup>iii</sup> Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36.

<sup>iv</sup> Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.

<sup>v</sup> Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.

<sup>vi</sup> Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.

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<sup>15</sup> Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>