

Diocese of Pensacola-Tallahassee Wellness Policy

The Diocese of Pensacola-Tallahassee School's Office recognizes and accepts the following wellness facts:

- Students need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.
- Good health fosters student attendance and education;
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;
- Many deadly diseases (heart disease, cancer, stroke, and diabetes) have as major risk factors unhealthy eating habits, physical inactivity, and obesity. These patterns are often established in childhood;
- A small percentage of students eat a healthy diet consistent with the five main recommendations from the MyPlate Guidelines;

St. Mary School will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques

Therefore, the Diocese of Pensacola-Tallahassee Department of Schools is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

The Diocese of Pensacola-Tallahassee will achieve this goal by promoting a healthy environment for all students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The Diocese is committed to providing a school environment conducive to lifelong wellness practices and will achieve this environment by implementation of the following:

- The Diocese will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing Diocesan wide nutrition and physical activity policies. Each school will establish a wellness committee.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at each school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs.

The Diocese of Pensacola-Tallahassee Department of Schools accepts the following goals:

I. The Diocesan Wellness Committee will involve parents, students, school food service, physical education instructors, classroom teachers, the school board, administrators in the development and implementation of the wellness policy.

- A. The Diocese will have a central committee to provide guidelines for each individual school sites.
- B. Each school site will have a committee to write a site-specific wellness policy under the guidelines set forth by the Diocesan Committee. Saint Mary School, Fort Walton Beach has established a Wellness Committee consisting of the following:

*Chairperson -Janice Seilhan cafeteria Manager, serves in the capacity of liaison between principal and NSLP.

*Physical Education Teacher

*Eight Grade Student Who serves as President of Council Student

*Jackie Sartz 3rd grade teacher

*Peter Rodgers -Principal and representative of school board

*Mary Alice Tucker-Front office Manager

II. Nutrition Education

- A. Nutrition will be taught in an interdisciplinary format.
- B. Nutrition will be taught at each grade level focusing on developmentally appropriate activities.
- C. Schools will provide teachers appropriate materials to teach Nutrition.
- D. Schools are encouraged to provide families with information on nutrition and wellness.

III. Nutrition Promotion

- A. At a minimum, utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.
- B. Increase the number of on campus locations that students can access useful nutrition information by 10%.
- C. Increase student awareness of useful nutrition information from brochures, worksheets, handouts and digital content by 20%.
- D. Increase the variety of opportunities that allow parents to engage in support of school wellness initiatives by 20%.
- E. Discover effective ways to communicate school wellness messages and identify healthy eating and active living messages that resonate with

parents. Examples may include presentations, newsletters, social media posts, and printed materials which highlight a wellness topic of interest.

- F. Organizations operating concessions at school functions will promote healthy food choices by introducing several healthier items at a lower profit margin to encourage student selection.
- G. Nutrition education messages from the classroom will be modeled in the cafeteria and across campus by offering locally-grown food whenever possible within the school meals programs as well as in a la carte sales, including vending machines.
- H. School food service, in partnership with other school departments and community organizations, will work to creatively market and promote locally-produced food to students, through activities such as:
 - 1. Featuring food grown in the school garden in the cafeteria, through sampling and inclusion in school meals based upon availability and acceptability.
 - 2. Developing cafeteria themes relating to local farmers and products grown in the region.
 - 3. Developing creative campus fundraisers based on healthy food items, integrating farm-grown produce where appropriate.

IV. **Physical Activity:** For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

- A. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- B. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- C. Physical activity will be integrated when ever possible across the curriculum.
- D. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

V. **Standards for food and beverages available during the school day that are not sold to students:**

- ☐ The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
- ☐ Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served.
- ☐ Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

VI. **Policy for Food and Beverage Marketing**

- A. School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- ☐ Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- ☐ Marketing activities that promote healthful behaviors are encouraged. Examples may include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.
- ☐ St. Mary School will foster a cafeteria environment that promotes healthy eating, including the incorporation of fresh, locally grown foods into student meals.
- ☐ St. Mary School nutrition department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

VII. The Diocese recommends the following wellness practices for other school based activities:

- A. Extended care programs will provide and encourage physical activity for all participants.
- B. Extended care programs will promote and encourage good nutritious snacks for all students.

VIII. The Diocese recommends all foods served or sold on the school campus compliment the school's wellness policy.

- A. Vending Machines should provide beverages to include water, 100% fruit juice, and non-carbonated drinks of low caloric content. High Energy Drinks are discouraged.
- B. Snacks served on the campus should be only single serving and have low fat content.
- C. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

IX. The Diocese requires that schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals

Saint Mary School follows the traditional meal pattern in which students K4 through first receive an item from each food group. Students in grades second through eighth are on the Offer vs Serve traditional meal pattern where they choose three out of five food group items.

X. Compliance with the Diocesan Wellness Policy will be monitored by the superintendent or her designee.

- A. The principal will ensure compliance in each school and will report on the school's compliance to the Diocesan School Office.
- B. The food service staff at each school site will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal.

- C. The Diocese has a survey to determine base line needs for each school in the area of nutrition. (see attached)
- D. Each school should establish a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the school level to identify and prioritize needs.
- XI. **The chairperson of the Wellness Committee will submit a report to the principal at each school site. It will be the responsibility of the Wellness Committee to oversee the implementation of the Wellness Policy.**
- XII. **The Wellness Policy will be reviewed and revised each year and presented to the School Advisory Council for approval.**
 - A. Survey will be conducted in the Spring each year.
 - B. The Wellness Policy will be presented to the School Advisory Council for input and acceptance prior to the beginning of each year.
 - C. Reports will be made to the local School Advisory Council on the progress of the plan by January of each year.
 - D. Revisions for the following year will be written by June for the next school calendar year.
 - E. Documentation will be noted in School Advisory Council minutes.
- XIII. **The Wellness Policy will be reviewed and adopted by the School Advisory Council May, 1 of each calendar year. Minutes of the meeting will serve as documentation.**

Triennial Progress Assessments

- St. Mary School will assess the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy, and include:
 - The extent to which St. Mary School is in compliance with the local school wellness policy;
 - The extent to which the local school wellness policy compares to model local school wellness policies; and
 - A description of the progress made in attaining the goals of the local school wellness policy.

Informing the Public

- St. Mary School will ensure that the wellness policy and most recent triennial assessment are always available to the public. St. Mary School will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.
 - St. Mary School will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.

- St. Mary School will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school board, district superintendent, health and wellness committee and other interested groups or stakeholders.
- Wellness updates will be provided to students, parents and staff, as applicable, in the form of handouts. St. Mary School website, articles and each school's newsletter, to ensure that the community is informed, and that public input is encouraged.
- St. Mary School will provide all parents with a complete copy of the local school wellness policy at the beginning of the school year.

Diocese of Pensacola – Tallahassee Wellness Survey

Name of School: _____ City _____

Name of Person Filling out survey _____

The questions below pertain to the current school year services.

1. Does your school offer a hot lunch program? ☐ Yes ☐ No
2. If so, what type of program is it? ☐ Catered ☐ Federally Funded
☐ Other (specify) _____
- If catered, is it fast food vendors? ☐ Yes ☐ No

If catered, check items served on a typical day:
(check all that could apply)

Item	Average number of times per week				
<input type="checkbox"/> Chips	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> Ice cream	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> Fruit	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> Pudding	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> Hamburger/cheeseburger	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> Hot dogs	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> Corn dogs	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> Cold sandwich (turkey, ham, roast beef)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> Grilled cheese	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> Soup	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> Baked potato	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> Pizza	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> Vegetables	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

3. Do teacher's offer snacks in the classroom? ☐ Yes ☐ No
List types _____

4. Do you have vending machines accessible to the students? ☐ Yes ☐ No

If yes list type of machine?

☐ Drink

☐ Snack

☐ Food

what kind of items are in the vending machines:

(check all that apply)

☐ carbonated drinks (not soda)

☐ Soda

☐ Gatorade/Powerade

☐ Water

☐ Chips

☐ Fruit Juice

☐ Cookies

☐ Lemonade

☐ Candy

5. Do students have recess? ☐ Yes ☐ No

Is so, which grades? _____

How often? _____

6. Do you offer an extended care program? ☐ Yes ☐ No

7. If so, are snacks provided? ☐ Yes ☐ No

If so, what kind of snacks? _____

8. Do you offer extracurricular activities? ☐ Yes ☐ No

9. Does your school include nutrition education in the curriculum?
☐ Yes ☐ No

If so, who is responsible for the program? _____

10. List any comments or further information you would like us to know about the program.
