

# QUEEN OF HEAVEN SCHOOL

## Wellness Policy on Physical Activity and Nutrition



2023-2024

### 1. BELIEFS

Queen of Heaven School Community, in promoting health and wellness for their students believe that:

1. As nationwide statistics show that approximately 30% of children and teens are overweight and numbers appear to be rising, our entire school community should be educated about good nutrition and physical activity and should participate in wellness policy initiatives.
2. Healthy children make better learners.
3. Every child wants to be healthy.
4. A relationship must be established between nutrition and food choices offered in school.
5. Children need assistance in making healthy food choices.

### 2. WELLNESS POLICY COMMITTEE

Queen of Heaven has established a Health Advisory Council to develop the local wellness policy, making such policy recommendations for review and adoption. The Committee is made up from each of the following groups which will meet every year to review and update the policy.

Mary Damico-Principal-Official in charge of school compliance/oversight.

Lisa Salvini-Cafeteria Manager

Joe Morgan-Physical Education Teacher

Patty Jaehn-Nurse

Various Students

### 3. CURRENT PRACTICES

We further believe that our school community already evidences support for good health and wellness:

1. Our schools' health curriculum includes important, consistent and accurate information about nutrition.
2. Our physical education curriculum emphasizes individual skill development and fitness, as well as team sports.
3. Our teachers promote healthy snacks in the classroom.
4. Opportunities to participate in physical activity are available through physical education classes, intramural activities and interscholastic sports. Opportunities for physical activity are also available through family fitness events, continuing education offerings, and West Seneca Town Recreation Department Programs.
5. Students go outdoors for physical activity after Lunch on a regular basis. Except for inclement weather or unsafe temperatures.
6. Adult athletic coaches, whether school employees, family members or community volunteers, encourage healthy life styles.
7. We allow no sale of candy or soda from midnight before to 30 minutes after the end of our school day which ends at 2:45pm. In an effort to encourage healthy life long eating habits by providing foods that are high in nutrients, low in sugar, and of moderate portion size. We follow the guidelines for all foods and beverages available on school campus in conformance with HHFKA.

#### **4. GOALS AND OBJECTIVES**

We realize, that as a school community, we must continue our efforts to improve our children's health, in the areas of nutrition and physical activity.

##### **Goal #1: To Improve Nutrition Education/Choices**

1. Inform parents about Food Service Requirements (i.e.) GOVERNMENT MANDATED REQUIREMENTS, FOOD CHOICES, HOW CHOICES ARE CATEGORIZED, AND MINIMUM REQUIREMENTS.
2. Promote family meal hours at home, where homemade food is served.
3. Use programs in physical education classes to reinforce students to healthy choices in nutrition and physical activity.
4. Ensure that nutrition education in the health curriculum is current and accurate. Flyers regarding information from our health department are included in our family envelopes and school website.
5. Purchase more nutritious food for the cafeteria as vendors make it available.
6. Flyers regarding nutrition information and a student activity to promote healthy eating are included in monthly family envelope and our school website.

##### **Goal #2: To Increase Physical Activity**

1. Enlist parents help to ensure that children engage in 60 minutes per day of physical activity. Include safety education when promoting physical activity; (i.e. wearing helmets and proper footwear, avoiding hot sun).

2. Inform teachers that physical activity cannot be used as punishment (i.e. prohibiting misbehaving children from recess activities, or forcing physical activity on students as punishment.)
3. Use physical activities and healthy eating challenges for character building at our school.
4. Incorporate a “Fitness Friday” activity once a month to promote school-wide physical activity.
5. All physical education classes are taught or supervised by a certified physical education teacher.
6. Students are afforded the opportunity to participate in moderate to vigorous activity in physical education class.
7. Provides adequate space and equipment and conforms to all safety standards.
8. A sequential physical education course of study consistent with national standards is implemented.
9. A physical and social environment is provided that encourages safe and enjoyable activity for all students.
10. Physical activity will not be withheld for disciplinary action unless the student is a danger to him/herself or others. Recess or other physical activity time will not be cancelled for instructional make up time.

## **5. QUEEN OF HEAVEN SCHOOL CAFETERIA**

We are committed to establishing a school environment that is conducive to healthy eating. We will promote student wellness by following nutritional guidelines for all food and drinks available during school lunches with the objective of promoting student health and reducing child obesity. We provide assurances that the school meals shall not be less restrictive than the guidelines issued by laws governing school lunch programs.

### **a) Federal School Lunch Program**

1. Queen of Heaven School will participate to the maximum extent practicable in the National School Lunch Program. Food served through this program will meet all applicable federal and state standards.
2. The school cafeteria will ensure that food service directors, and staff are provided with annual professional development in the areas of food and nutrition consistent with USDA Professional Standards for State and Local Nutrition Programs.

### **b) Meal Environment**

1. Healthy choices are available. Students are encouraged to choose these foods sensibly. Snacks are available that have no trans fats and are low in calories. Fresh fruits and vegetables are available. Whole grains are served.
2. School dining areas have sufficient space for students to sit and consume meals in a clean, safe environment. Students have access to school meals with a minimum of wait time.
3. Lunch times are scheduled near the middle of the school day and students are given adequate time to eat healthy meals.

4. Students and staff have access to free, safe and fresh drinking water throughout the school day and where school meals are served.

## 6. IMPLEMENTATION AND EVALUATION OF THE WELLNESS POLICY

1. The LWP can be located on the school website [www.gofhschool.org](http://www.gofhschool.org).
2. Assessments of the schools wellness policy and implementation efforts will be repeated on an annual basis. The assessment will include:
  - a) Compliance with the wellness policy,
  - b) How the wellness policy compares to the model wellness policies.
  - c) Progress made in attaining the goals of the wellness policy.
3. The school will, as necessary, revise this wellness policy and develop work plans to facilitate its implementation.