

Appendix C

Wellness Policy

I. Purpose and Goals

St. Augustine Indian Mission School desires to promote healthy students and healthy living by supporting good nutrition, nutrition education, education on traditional Native American diet practices and regular physical activity. St. Augustine strives to promote student health and reduce childhood obesity and incidences of diabetes. St. Augustine will achieve the goals of this policy by:

- A. Involving parents, students, board members, administrators, teachers, health professionals, community wellness programs and other interested members of the community in the development, monitoring, and review of this policy.
- B. Developing goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.
- C. Providing nutrition guidelines for all foods available through the school cafeteria during the school day.
- D. Coordinate with community agencies to develop and implement wellness goals that are culturally appropriate and historically accurate.

II. Nutrition and Education Goals

A. Nutrition education topics will be included within the health education program that is taught at each grade level of the district. These topics can include:

1. The benefits of healthy eating, Food Guide Pyramid, Dietary Guidelines for Americans, understanding calories, healthy breakfast, diet and disease, healthy snacks, service sizes, essential nutrients, nutritional deficiencies, the use and misuse of dietary supplements, and safe food preparation, handling and storage;
2. Planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information and commercial food advertising;
3. Assessing the student's personal eating habits, setting goals for improvements, and establishing methods to achieve those goals.
4. Traditional Native American diet practices and activities.

B. Nutritional education activities should be interactive, stress the benefits of healthy eating, be age and/or developmentally appropriate, and be presented in a way so that it teaches the students the skills that they will need to adopt healthy eating behaviors.

C. The School Wellness Committee shall assess and review the school's nutrition education program for accuracy, completeness, balance, inappropriate commercial messages, and consistency with the school's goals and standards.

D. School staff is encouraged to model healthy eating behaviors.

The school's food service program should be coordinated with the nutrition instruction if practical. The school cafeteria provides an opportunity for students to apply the skills that they have learned in the classroom, so there should be coordination between the cafeteria staff and teachers.

III. Physical Activity Goals

A. Physical education classes and physical activity opportunities will be available for all students daily throughout the school year before school, during school, or after school. All physical education will be taught by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

B. All elementary school students will have daily supervised recess, preferably outdoors, during which the school should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

C. St. Augustine Indian Mission School will discourage extended periods (i.e. periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students should have periodic breaks during which they should be encouraged to stand and be moderately active.

D. St. Augustine Indian Mission School will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs, to the extent practicable. Students will be encouraged to participate in organized sports through a cooperative agreement with the Winnebago Public School.

E. St. Augustine Indian Mission School will work with the community to encourage and create ways for students to walk, bike, roller blade, or skateboard safely to and from school.

F. The physical activity and education program should expose students to a wide variety of physical activities, teach physical skills to help maintain health and fitness, and individualize the intensity of activities as needed.

G. St. Augustine Indian Mission School will conduct fitness assessments at least twice per year and work with community wellness organizations in measuring student wellness. Assessment results will be used to assist students to understand their level of health and fitness, to create fitness goals and plans, and to create logs to help students achieve their goals.

IV. Other School-based Activities Designed to Promote Student Wellness

A. Dining Environment

1. St. Augustine Indian Mission School will provide a clean, safe, enjoyable meal environment for students.
2. St. Augustine Indian Mission School will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
3. St. Augustine Indian Mission School will have drinking fountains or other accommodations available in all schools so that students can get water at meals and throughout the day.
4. St. Augustine Indian Mission School will encourage all students to participate in school meal programs.
5. St. Augustine Indian Mission School 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.
6. Students will be encouraged to wash and/or sanitize their hands before they eat meals or snacks.

B. Mealtimes

1. St. Augustine Indian Mission School will ensure an adequate time for students to eat meals and socialize with friends by providing at least 20 minutes after being seated to eat lunch.
2. Lunch should be scheduled as near to the middle of the day as possible.
3. Reasonable steps should be taken to accommodate the tooth-brushing regimens of students with special oral health needs such as orthodontia or high tooth decay risk.

C. Drum and Dance Troop

1. Students will be encouraged to participate in the Kateri Warriors drum and dance troop to promote traditional Native American wellness values.
2. All members of the Kateri Warriors Drum and dance troop will take a personal wellness pledge.

V. Nutrition Guidelines for Food Sold On School Campus

A. The goal of St. Augustine Indian Mission School is to provide students with foods that promote student health and reduce childhood obesity and incidences of diabetes. In order to best accomplish this goal, the district shall offer food programs that, at a minimum, satisfy the nutritional requirements established by local, state, and federal statutes and regulations such as the USDA's National School Lunch and Breakfast Program and the Dietary Guidelines for Americans.

B. St. Augustine Indian Mission School food program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and all applicable laws and regulations of the State of Nebraska.

C. St. Augustine Indian Mission School encourages the consumption of nutrient dense foods such as whole grains, fresh fruits, vegetables, and low-fat dairy products.

D. Foods and beverages that have one of the following listed as the first ingredient should not be sold to students on school grounds during regular school hours with the exception of periodic secular or religious celebrations: sugar, corn syrup, shortening, lard, or their equivalent.

E. School personnel shall review menus to ensure that they meet USDA guidelines.

F. St. Augustine Indian Mission School will share information about nutritional content of meals with parents and students upon request.

G. Foods or beverages, especially those that do not meet the nutrition standards of St. Augustine Indian Mission School should not be used as rewards for academic performance or good behavior, and food or beverages (including food served through school meals) will not be withheld as punishment.

H. Celebrations that involve food during the school day should be limited to one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for St. Augustine Indian Mission School.

I. St. Augustine Indian Mission School nutrition standards

1. Food items:

- a. Should have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- b. Should have no more than 35% of its weight from added sugars;
- c. Should contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium per service for pizza, sandwiches, and main dishes.

2. Beverages: Only milk, water, and beverages containing at least 50% fruit juices with no added artificial or natural sweeteners will be distributed on school grounds both immediately prior to and during the school day except in areas where students are not generally permitted access (i.e. the teacher's lounge).

VI. Monitoring and Policy Review

The principal or his or her designee shall be responsible for ensuring compliance with this policy. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or his or her designee.

Legal Reference: Child Nutrition and WIC Reauthorization Act of 2004, Section 204 of Public Law 108-265 (June 30, 2004).

The wellness policy will be implemented at
St. Augustine Indian Mission School
Effective January 5, 2009