

St. James Catholic School Wellness Program

St. James Catholic School recognizes that childhood obesity has become an epidemic in Oregon as well as throughout the nation. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Healthy eating patterns and increased physical activity are essential for students to achieve their academic potential, full physical and mental growth and lifelong health and wellbeing. To help ensure students possess the knowledge and skills necessary to make healthy choices for a lifetime, the administration shall prepare and implement a comprehensive school nutrition program consistent with state federal requirements for districts sponsoring the National School Lunch Program (NSLP). The program shall reflect the commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at lunch, developing food-use guidelines for staff and establishing liaisons with nutrition service providers, as appropriate and promoting appropriate physical activity. The input of staff, students, parents, the public representatives of the school food authority and public health professionals will be encouraged; the administration will develop administrative regulations as necessary to implement the goals of this policy throughout the school.

NUTRITION EDUCATION

Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-school through grade 5, and coordinated with the school's nutrition and food services operation.

NUTRITION GUIDELINES

It is the intent of St. James school that we take a proactive effort to encourage students to make nutritious food choices, Food and beverages sold or served on school grounds or at school sponsored events shall meet administrative regulation requirements for nutritional standards and/or other guidelines as may be recommended by the school safety committee, the administration shall ensure that nutritious foods are available as an affordable option whenever food is sold or served at school; that the school prohibits the sale or service of foods or snacks high in fat, sodium or added sugar; and competition with nutritious meal served by the school nutrition and food services operation is minimized.

St. James believes that our nutrition and food service operation should be financially self-supporting. However, we recognize the nutrition program is an essential educational and support activity.

PHYSICAL ACTIVITY

St. James realizes that a quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program for grades pre-school through 5. Physical activity should include regular instructional physical education as well as co-curricular activities and recess. St. James has developed and assessed student performance standards in order to meet the Oregon Department of Education's physical education content standards.

St. James School has developed regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and or served to students at school (fundraising activities and refreshments that are made available at school parties, celebrations and meetings), including provisions for staff development family and community involvement and program evaluation.

REIMBURSABLE SCHOOL MEALS

St. James School has entered into an agreement with the Oregon Department of Education to operate reimbursable school meal program. The Principal has developed administrative regulations as necessary to implement this policy and meet the requirements of state and federal law. The guidelines shall not be less restrictive than regulation and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779).

EVALUATION OF THE LOCAL WELLNESS POLICY

St. James administration will review this policy annually with input from parents, students, representatives of the school food authority, school administrator. In an effort to measure the implementation of this policy the school administration has designated the School Advisory Council as the people who will be responsible for ensuring the school meets the goals outlined in this policy. END OF POLICY.

A comprehensive age-appropriate nutrition program will be implemented in accordance with the following requirements:

DEFINITIONS:

1. In accordance with The Archdiocese of Portland in Oregon Wellness Program.
2. "Oregon Department of Education" means the governing body that implements the Nation School Lunch Program and all requirements set forth from the Department of Agriculture in regards to school lunch programs.
3. "Competitive foods" means any food or drink sold in competition with the Nation School Lunch Program (NSLP) in food service areas during the meal period.

4. “Dietary Guidelines for Americans” means the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives and reduce chronic disease risks;
5. “Nutrition education” means a planned sequential instructional program that provides knowledge and teachers skills to help students adopt and maintain lifelong healthy eating habits;
6. “Foods of Minimal Nutritional Value (FMNV)” means:
 - a. In the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intake (RDI) for each of eight specified nutrients per serving: and
 - b. In the case of all other foods, a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are protein, vitamin A, Vitamin C, niacin, riboflavin, thiamine, calcium and iron;
 - c. Food that is classified into four categories:
 1. Carbonated soft drinks;
 2. Chewing gum
 3. Water iced; and
 4. Certain candies made predominantly from sweeteners such as hard candy, licorice, jelly beans, gum drops, marshmallows, fondant, cotton candy and candy-coated popcorn.
7. “Food service area” means any area on school premises where NSLP meals are both served and eaten, as well as any area in which NSLP meals are either served or eaten.
8. “Meal period” means the period(s) during which lunch meals are served and eaten, and as identified on the school schedule.
9. School Days: the regular hours or extended hours for school when the activities in the school are primarily under the control of the school district board. This includes but is not limited to, the time before or after classes are in session and the time when the school is being used for activities such as clubs, drama rehearsal or child care programs.
10. School Related Events: events when the school is being used for school-related or non-school related events for which parents and other adults are a significant part of an audience or are selling food or beverage items before, during or after the event such as a concert or fundraising event.

NUTRITION EDUCATION

Nutrition education shall focus on students’ eating behaviors, be based on theories and methods proven effective by research and be consistent with state and local district health education standards.

Nutrition education at all levels of the school’s curriculum shall include, but not be limited to, the following essential components designed to help students learn:

- Age-appropriate nutrition knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating;

- Age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising; and
- How to assess one's personal eating habits, set goals for improvement and achieve those goals. In order to reinforce and support nutrition education efforts, the administration is responsible for ensuring:
- Nutrition instruction is closely coordinated with the school's nutrition and food services operation and other components of the school health program to reinforce messages on healthy eating and includes social learning techniques. To maximize classroom time, nutrition concepts shall be integrated into the instruction of other subject areas where possible;
- Access to nutrition service providers (e.g., qualified public health and nutrition professionals) are established to: provide screening, referral and counseling for nutritional problems, inform families about supplemental nutritional services available in the community (e.g., food stamps, local food pantries, summer food service program, child and adult care food program).
- In keeping with the nutritional program goals, all classroom rewards or incentive programs involving food items are reviewed for approval to ensure that the foods served meet the requirements of the nutrition policy and regulation (i.e., all foods served fit in a healthy diet as recommended in the Dietary Guidelines for Americans, and contribute to the development of lifelong healthy eating habits for the students).

PHYSICAL ACTIVITY

In order to insure students are afforded the opportunity to engage in physical activity in the school setting. A physical activity program prepares all students, including those with special needs, for an active and healthy life. A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active. Students learn the benefits from involvement in physical activity and its contributions to a healthy life. St. James will provide all students with [90 minutes K-5th; 30 minutes Preschool] of physical education per week in addition to daily recess.

1. Physical Education will be a course of study consistent with Oregon standards for physical education and with a focus on developing the knowledge and skills necessary for a lifetime of regular physical activity.
2. Physical education will provide an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge that promote lifelong fitness and health.
3. St. James School is encouraged to provide community access to the school's facilities, for after school activities and activities outside the normal school day.
4. St. James School is encouraged to provide families and community members support in institute programs that promote physical activity, such as walk or bike to school programs.
5. St. James School is encouraged to integrate physical activity into appropriate academic courses.

6. St. James School is encouraged to use physical activity as a means of reward in place of food rewards.

NUTRITION GUIDELINES AND FOOD SERVICES OPERATION

In order to support the nutrition and food services operation as an essential partner in the education mission of St. James School and its role in the comprehensive nutrition program, the school administration is responsible for ensuring:

1. St. James School encourages all qualified students to participate in the school's NSLP meal opportunities;
2. St. James School notifies all families of need-based programs for free or reduced-price meals and encourage eligible families to apply;
3. St. James School's NSLP maintains the confidentiality of students and families applying for or receiving free or reduced-priced meals in accordance with the National School Lunch Act;
4. St. James School's NSLP operates to meet nutrition standards in accordance with the Healthy, Hunger-Free Kids Act of 2010 as amended and applicable state laws and regulations;
5. St. James School sells or serves varied and nutritious food choices consistent with the applicable federal government Dietary Guidelines of Americans. A nutrition committee comprised of students, family members and school personnel will be encouraged to provide input in menu planning (i.e., food services purchasing, menu planning, food production and meal service). Cultural norms and preferences will be considered;
6. Food prices set by St. James are communicated to students and parents. Pricing strategies are set forth from the NSLP through the Paid Lunch Equity Tool. Lunch prices are set to encourage students to purchase full nutritious meals.
7. At Fund Raisers, foods of minimal nutritional value should not be sold to raise funds.
8. School sponsored activities which include the service or sale of food must use foods made in or purchased from a commercially licensed kitchen or school. Homemade foods may not be served. This requirement is for student functions or parties including those serving school patrons. Staff functions are exempt.
9. If food is prepared on site to be sold or served to students or school patrons, a person with a valid food handler's card must be present, a certified food protection manager, such as a the food service supervisor must be consulted with prior to the function. Prepackaged, prepared (store-bought) foods are exempt from this requirement.
10. Food service equipment and facilities meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety. St. James has implemented the HACCP plan for food safety;
11. Students are provided adequate time and space to eat meals in a pleasant and safe environment. St. James School dining areas will be reviewed to ensure;
 - a. Tables and chairs are of the appropriate size for students;
 - b. Seating is not overcrowded;

- c. Students have a relaxed environment;
 - d. Noise is not allowed to become excessive;
 - e. Rules for safe behavior are consistently enforced;
 - f. Tables and floors are cleaned between meal periods;
 - g. The physical structure of the eating area is in good repair;
 - h. Appropriate supervision is provided.
12. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsection (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f) (1) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 (f) (1), 1766(a)), as those regulations and guidance apply to schools.
 13. Foods of minimal nutritional value, as defined by USDA (see definitions), are not allowed for sale, use as rewards, fund raisers, and for sharing during student functions or parties during the school day. Foods parents provide for their own child are not restricted, however they may not provide restricted items to other children during the school day.
 14. Foods of high nutritional value are recommended for sale as fundraisers, and for the purpose of sharing, snacks, rewards, and parties. Examples of these are: Fresh fruit and/or vegetables with dip, whole grain crackers and cheese, bagels, granola bars, and low fat, whole grain muffins. Other suggestions will be provided by Food and Nutrition Services upon request.

FOOD AND BEVERAGE MARKETING IN SCHOOL

St. James School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The School strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on School property that contains messages inconsistent with the health information the School is imparting through nutrition education and health promotion efforts. It is the intent of the School to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the School's wellness policy.

It is our policy at St. James to not allow vending machines, or foods to be sold on campus at any time. Fundraisers held on the campus do not include the sale of foods. However, should this be requested in the future, the policy will include and be updated with the following regulations; Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards [or, if stronger, "state nutrition standards"], such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.¹ This term includes, but is not limited to the following:

1. Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
2. Displays, such as on vending machine exteriors
3. Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, School will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
4. Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the School.
5. Advertisements in school publications or school mailings.
6. Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

STAFF DEVELOPMENT

Ongoing pre-service and professional development training opportunities for staff will be encouraged, Staff responsible for nutrition education will be encouraged to participate in profession development activities to effectively deliver the nutrition education program as planned, Nutrition and food service personnel receive opportunities to participate in professional development activities that address strategies for promoting healthy eating behavior food safety, maintaining safe, orderly and pleasant eating environments and other topics directly relevant to the employee's job duties. St. James principal is responsible to ensure such training is made available including, but not limited to, the following:

1. Personnel management;
2. Financial management and record keeping;
3. Cost- and labor-efficient food purchasing and preparation;
4. Sanitation and safe food handling, preparation and storage;
5. Customer service and student and family involvement;
6. Marketing healthy meals; and
7. Principles or nutrition education, including selected curriculum content and innovation nutrition teaching strategies;
8. Assessment by staff or their own eating practices and increased awareness of behavioral messages staff provide as role models.

FAMILY AND COMMUNITY INVOLVEMENT

In order to promote family and community involvement in supporting and reinforcing nutrition education in at St. James School, the school administration is responsible for ensuring:

1. Nutrition education materials and cafeteria menus are sent home with students;
2. Parents are encouraged to send healthy snacks/meals to school;
3. Parents and other family members are invited to periodically eat with their students in the cafeteria;
4. Nutrition education workshops and screening services are offered;
5. Nutrition education homework that students can do with their families is assigned (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc.);
6. School staff is encouraged to cooperate with other agencies and community groups to provide opportunities for student volunteer or paid work related to nutrition, as appropriate.

TRIENNIAL PROGRESS ASSESSMENTS

At least once every three years, the School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

1. The extent to which the schools under the jurisdiction of the Archdiocese are in compliance with the wellness policy;
2. The extent to which the School's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
3. A description of the progress made in attaining the goals of School's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the School Secretary at Schooloffice@stjamesmac.com or 503.472.2661 as well as School Principal at principal@stjamesmac.com or 503.472.2661.

The School will actively notify households/families of the availability of the triennial progress report.

REVISIONS AND UPDATING THE POLICY

The School will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as School's priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

COMMUNITY INVOLVEMENT, OUTREACH AND COMMUNICATIONS

The School is committed to being responsive to community input, which begins with awareness of the wellness policy. The School will actively communicate ways in which representatives of School and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that School. The School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The School will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the school is communicating important school information with parents.

The School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The School will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

PROGRAM EVALUATION

In order to evaluate the effectiveness of the wellness program in promoting healthy eating, increased physical activity among students and to implement program changes as necessary to increase its effectiveness, the school administration is responsible for ensuring:

1. This administrative regulation implemented as written;
 2. All building, grade-level nutrition education curricula and materials are assessed for accuracy, completeness, balance and consistency with state and local district educational goals and standards;
 3. Nutrition education is provided throughout the student's school year as part of the school's age appropriate comprehensive nutrition program;
 4. Teachers deliver nutrition education through age-appropriate, culturally relevant, participatory activities that include social learning strategies and activities;
 5. Teachers and school nutrition and food services personnel have undertaken joint projects planning and action;
 6. Teachers have received curriculum-specific training; and
 7. Families and community organizations are involved, to the extent practicable, in nutrition education.
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