



Catholic Academy of West Buffalo

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Wellness Policy

School Wellness Policy on Physical Activity and Nutrition

Catholic Academy of West Buffalo School is committed to providing a school environment that promotes and protects children's health, wellbeing, and the ability to learn. This will be accomplished through education and development of life long wellness practices. Children will need access to healthful foods and opportunities to be physically active in order to learn, grow, and thrive. Child nutrition programs for breakfast and lunch will comply with all local, federal and state compliances and will be available for all children at no cost through the federal CEP community eligibility partnership program.

Nutrition Education

Catholic Academy of West Buffalo School's goal is to teach, encourage, and support healthy eating by students and staff. The school will provide nutrition education and engage in nutrition promotion. CAWB School's health education curriculum standards and guidelines include both nutrition and physical education.

1. All students in grades UPK through 8th grade will receive nutrition education as part of a comprehensive program designed to provide students with the knowledge and skills needed to adopt a healthy lifestyle.
2. Nutrition education is offered in the cafeteria and classroom with an emphasis on fresh fruits and vegetables, whole grain products, low-fat and fat-free dairy products, and health enhancing nutrition practices. Nutritional education will emphasize caloric balance between food intake and energy expenditures and teach media literacy with a focus on food marketing.
3. Students receive consistent nutrition Messages throughout the school building representation, classrooms, cafeteria, homes and community (via signage and visual representations).
4. Nutrition education is integrated into the core curricula when appropriate and includes developmentally appropriate relevant participatory activities including contest, promotions, taste testing, farm visits that are coordinated with school health curriculum.

5. Teaching staff who provide nutrition education have the appropriate training. Nutrition education for teachers and other staff will be provided if deemed necessary.
6. CAWB School's health and physical education teachers should provide a comprehensive (UPK – 8) curriculum that follows New York State and National Health Standards. These standards should be distributed to all teachers.

Nutritional Quality of Foods and Beverages Served and Sold on Campus

CAWB School will take every measure to ensure that all food and beverage offered for student consumption meets federal, state, and local regulations and guidelines. CAWB School will offer a variety of age appropriate healthy food and beverage choices for all education levels, including food and beverage choices that meet the NYS Choose Sensibly guidelines. All foods and beverages sold will include a variety of age appropriate healthy foods. This includes a la carte sales and snacks. CAWB School will make food and beverage choices based on nutrition and not profit.

1. CAWB School will provide a clean and safe meal environment for students, faculty, and staff.
2. Appropriate school personnel will be apprised of all students with food allergies or dietary restrictions.
3. CAWB School will provide student access to hand washing or hand sanitizing before and after meals, and when they eat snacks.
4. CAWB School will take reasonable steps to accommodate tooth brushing regimens of students with special oral health needs (orthodontia or high tooth decay risk).
5. CAWB School will not schedule tutoring, clubs, or organizational meetings or activities during mealtimes unless students can eat during such activities.
6. CAWB School will provide adequate seating space, serving areas, water, and ensure adequate time (minimum 20 minutes) for students to enjoy eating a healthy meal during meal times. Breakfast is available from 7:30AM through 7:50AM. Lunch periods are scheduled beginning at 10:20AM – 12:30PM.
7. Breakfast: cereal is offered daily and the featured breakfast is in limited quantity and served on a first come first serve basis. 1% white or skim milk is offered with each breakfast in a cup serving. Fruit is offered daily as 100% fruit juice, fresh, frozen or canned in ½ cup proportions. Cheese cube or stick or graham cracker is available each day. For a complete breakfast, a student must take at least 3 of the offered components and at least 1 of those components must be fruit.
8. Lunch: Fruit is offered daily in a minimum of ½ cup servings and may be fresh, frozen, 100% juice or canned. Vegetables are also offered in ½ cup portions (1 cup for leafy greens) unless otherwise noted. Serving sizes for grains are 1-2 oz. All meals include 1% white or 1% chocolate milk. Condiments are 1-2 Tbsp. 1 oz. Whole grain is available when a main lunch item does not include it. A complete lunch must include at least 3 components and 1 of the components must be fruit or a vegetable.

Food and Beverage Sold Individually (i.e. Foods sold outside reimbursable school meals, cafeteria a la carte snack, vending machines)

All foods and beverage sold individually outside the reimbursable school meal program (including a la carte lines, fundraising activities or student store during the school day or through programs for students after the school day) will meet the following standards:

1. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.
2. Allowed: water, fruit and vegetable juices, or fruit based drinks (containing at least 50% fruit juice and do not contain additional caloric sweeteners; low fat or fat free fluid milk and nutritionally equivalent non-dairy beverage.
3. Healthy snacks are part of the UPK, Kindergarten programs and occasionally in primary grades. Emphasis on serving fruit, vegetables as primary snacks and water or 50-100% fruit juice as primary beverages.
4. Not allowed: soft drinks containing caloric sweeteners, sports drinks, high energy drinks; fruit based drinks containing less than 50% real fruit juice, beverages containing caffeine.
5. Vending machine is not in use.
6. CAWB School will limit the emphasis of food during classroom celebration, especially foods of minimal nutritional value and sweetened foods (FMNV) as identified by NYS. This includes: carbonated beverages, chewing gum, candy, licorice, candy coated items, water ice without fruit and fondant. CAWB School will disseminate a list of healthy party items to parents and teachers. Parents are encouraged to choose healthy snacks for birthday celebrations.
7. CAWB School will not use food or beverages, especially those that do not meet the nutritional standards for food and beverage sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverage (including food serve through the school meals) as a punishment. This includes sports practices and school events.
8. Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually. Limited exceptions, as approved by administration, may be acceptable.

Nutrition and Physical Activity Promotion and Food Marketing Nutrition Education and Promotion

Catholic Academy of West Buffalo School aims to teach, encourage, and support healthy eating by students. Nutrition education information shall be offered throughout the school campus including, but not limited to school dining areas and classrooms. The school will provide nutrition education not only as part of health education classes, but also classroom instruction in other subjects, and engage in nutrition promotion.

Physical Activity Opportunities and Physical Education Daily Physical Education (P.E.) and Recess

Students will receive physical education two days in a five day cycle throughout the school year. Student's involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 80 percent of physical education class time participating in moderate to vigorous physical activity. Outdoor recess will be made available to students daily, weather permitting. For students to receive the nationally recommended amount of 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. Toward that end: 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; opportunities for physical activity will be incorporated into other subject lessons; and classroom teachers will provide short physical activity break between lessons or classes as appropriate.

Physical Activity Opportunities after School

Catholic Academy of West Buffalo School will offer extracurricular physical activity programs, such as, intramural programs, sports program, and recreational programs through CAWB School. The school will offer a wide range of activities that meet the needs, interest, and abilities of all students. CAWB School programming will include enrichment programs that provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

Active Brain Brakes

Brain breaks can be used, before, during, or after a lesson. A brain break is to help wake up or refresh students to keep them focused. Depending on your classroom space, your breaks can be small motor-type exercises with simple hand movements or large motor exercises that involve more movement.

Use of School Facilities Outside School Hours

School spaces and facilities should be available to students, staff and community members before, during, and after the school day, on weekends, and during school vacations. These spaces should be available to community to agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Communication with Parents

Catholic Academy of West Buffalo School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information, post nutrition tips on the school website, and make available nutrient analysis of school menus. The school will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and food that do not meet the nutrition standards for individual foods and beverages. The school will provide parents a list of foods that meet the school's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the school will provide opportunities for parents to share their healthy food practice with others in the school community. The school will provide information about physical education and other school based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside the school through school website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing

School-based marketing will be consistent with nutrition and health promotion. As such, the school will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standard for food and beverages sold individually. School-based marketing of brands promoting predominately low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low fat dairy products is encouraged.

Examples of prohibited marketing techniques include the following: logos and brand names on/in vending machines, books, or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; education incentive program that provide food as a reward; program that provide school with supplies when families buy low-nutrition food products; in-school television, free samples or coupons. Marketing activities that promote healthful behaviors (and therefore allowable) 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 discount gym memberships.

Staff Wellness

All employees of the school are encouraged to be a positive healthy lifestyle role model for the students. The wellness committee will share information with staff that encourages healthy eating, exercise, and a healthy lifestyle.

Monitoring and Policy Review

The school principal will ensure compliance with established school-wide nutrition and physical activity wellness policies. School food service staff will ensure compliance with nutrition policies within school food service area.

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