

ST. MARY'S HOME WELLNESS POLICY

St. Mary's Home (hereto referred to as the Home) is committed to the optimal development of every child. The Home believes that for children to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the Home's approach to ensuring environments and opportunities for all children to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Children in the Home have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Will receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Will have opportunities to be physically active, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote the child's wellness;
- Staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The Home establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to children and staff in the Home.

The Home will establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this Home-level wellness policy (heretofore referred to as "wellness policy").

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:

Name	Title	Name	Title
Sharon Garland	Director of Childcare	Sabrina Joshi	Administrator
Gloria Reuben	Food Service Manager	Sharon Emmons	Consultant Dietitian

The Home will establish and monitor goals and objectives for the Home's children, specific and appropriate for each instructional unit (elementary, middle, and high school, as appropriate).

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

- The extent to which schools under the jurisdiction of the Home are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the Home's wellness policy.
- The Home will update or modify the wellness policy based on the results of the evaluation.

Nutrition

The Home is committed to being responsive to community input, which begins with awareness of the wellness policy. The Home will actively communicate ways in which others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for the Home.

The Home is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of the children within their calorie requirements. The meal program aims to improve the diet and health of the children, help mitigate childhood obesity, model healthy eating to support the development of

lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

The Home in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP) and the School Snack Program (SSP). The Home is committed to offering school meals through the NSLP that:

- Are accessible to all children
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The Home offers reimbursable school meals that meet [USDA nutrition standards.](#))
- Promote healthy food and beverage choices
- White milk is placed in front of other beverages in all coolers

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

The Home is committed to ensuring that all foods and beverages available to children on the school campus* during the school day* support healthy eating. The foods and beverages served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

The Home will promote healthy food and beverage choices for all children, as well as encourage participation in school meal programs by promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards.

The Home aims to teach, model, encourage, and support healthy eating by children and will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide children with the knowledge and skills necessary to promote and protect their health;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Include nutrition education training for teachers and other staff.

Physical Activity

The Home is committed to providing a school environment that ensures opportunities for all children to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The Home strives to teach children how to make informed choices about nutrition, health, and physical activity.

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of the children's physical activity is provided through physical education, recess, walking and bicycle riding, and out-of-school time activities and the Home is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education.

Physical activity **will not be withheld** as punishment for any reason.

To the extent practicable, the Home will ensure that its grounds and facilities are safe and that equipment is available to the children to be active. The Home will conduct necessary inspections and repairs.

The Home will provide children with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help develop skills to engage in lifelong healthy habits.

Outdoor recess is offered when weather is feasible for outdoor play. In the event that the school or Home must conduct **indoor recess**, staff will follow the indoor recess guidelines that promote physical activity for the children to the extent practicable.

Staff will serve as role models by being physically active alongside the children whenever feasible.

The Home will integrate wellness activities across the entire campus, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The Home will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting child well-being, optimal development, and strong educational outcomes.

The Home will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

When feasible, the Home will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors. Professional learning will help staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing Home reform or academic improvement plans/efforts.

USDA Nondiscrimination Statement

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;

(3) email: program.intake@usda.gov.

(2) fax: (202) 690-7442; or

This institution is an equal opportunity provider.

REVIEWED: 12-19-2019