

WELLNESS POLICY

RAPID CITY CATHOLIC SCHOOL SYSTEM

STUDENT WELLNESS

I. Introduction

RCCSS promotes a healthy school by supporting wellness, good nutrition, regular physical activity, mental health, and a healthy learning environment, as part of the total learning experience. The school supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. A healthy, well nourished and physically active child is more likely to be academically successful.

II. Nutrition Standards

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. The school recognizes that all foods and beverages made available to students contribute to each student's total daily dietary intake. Foods and beverages made available on campus during the school day shall be consistent with the Dietary Guidelines for Americans.

III. Nutrition Education

At each grade level, nutrition education shall be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education shall be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students' eating behaviors.

IV. Physical Activity

The primary goal for the school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

V. Wellness Council

RCCSS shall have an administrative designee or a local wellness council, comprised of parents, teachers, administrators, foodservice personnel, community members and students to plan, implement, improve wellness within the school environment and provide monitoring methods to assess student wellness.

STUDENT WELLNESS AND NUTRITION STANDARDS

I. Nutrition Standards

RCCSS promotes a healthy school by supporting wellness, good nutrition, regular physical activity, mental health, and a healthy learning environment, as part of the total learning experience. The school supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. A healthy, well nourished and physically active child is more likely to be academically successful.

II. Standards of Foods and Beverages

A. The school strives to provide a consistent nutritional message to all children.

B. Food pricing strategies shall be designed to encourage students to purchase nutritious items.

C. Procedures shall be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.

E. Food Service personnel will evaluate food items annually for individual student food allergies. Students with special dietary needs, shall be accommodated as required by United States Department of Agriculture (USDA) regulation.

F. Beverages

1. Allow water, fruit and vegetable juices as beverages in the classroom.

2. Provide milk; 1% White, Skim chocolate and strawberry milk in an 8 oz. serving size.

3. Carbonated beverages sales from vending machines, shall not take place from one hour before to one hour after the breakfast and lunch service. Machines are set on a timer to prevent sales during this time.

G. Grains

1. Serving size; PreK - $\frac{1}{2}$ Serving

K-5, 8-9 servings/week, minimum of 1 oz eq. per day

6-8, 8-10 servings/week, minimum of 1 oz. eq per day

9-12, 10-12 servings/week, minimum 2 oz eq. per day.

2. All grains must be whole grain-rich.

H. Fruit

1. Serving size minimum; PreK - $\frac{1}{4}$ cup

Grades K-8 - $\frac{1}{2}$ cup, grades

Grades 9-12 - 1 cup.

2. Offer additional fruit selection on the A la carte salad bar for grades 6-12.

3. Offer fruits without added sugar.

I. Vegetables

1. Serving size minimum; PreK- $\frac{1}{4}$ cup

Grades K-8 - $\frac{3}{4}$ cup

Grades 9-12 - 1 cup.

2. Selections of vegetables must meet the weekly minimum requirements for a variety, including; dark green $\frac{1}{2}$ cup, red/orange K-8 - $\frac{3}{4}$ cup, HS- 1 $\frac{1}{4}$ cup, beans/peas/legumes $\frac{1}{2}$ cup, starchy $\frac{1}{2}$ cup, other K-8- $\frac{1}{2}$ cup, HS- $\frac{3}{4}$ cup, additional

vegetables to reach the weekly minimum of K-8 – 3 ¾ cups and HS 5 cups – K-8-½ HS-¾ cup.

- 2. Offer additional Vegetable selection on the A la carte salad bar for grades 6-12.**
- 3. Offer vegetables without added fat and sodium.**

J. Meat/Meat Alternative

- 1. Serving Size minimum;**

PreK 1 ½ oz eq.

K-5, 8-10 servings per week, 1oz eq. minimum per day

Grades 6-8, 9-10 servings per week, 1 oz. eq. minimum per day

Grades 9-12, 10-12 servings per week, 2 oz. eq. minimum per day

- 2. Offer selections low in fat and sodium.**

K. A la Carte Salad Bar and Side Dishes

- 1. Offer salad bar, soup, entree and dessert items to be purchased A la Carte at grades 6-12.**
- 2. All selections to be Smart Snack Compliant with the current USDA guidelines for competitive food items sold.**

L. Daily Specifications

- 1. Daily Amount Based on the average for a 5-day week**

- 2. Minimum-Maximum calories;**

PreK no minimum or Maximum,

Grades K-5, 550-650 Calories

Grades 6-8, 600-700 Calories

Grades 9-12, 750-850 Calories

- 3. Saturated Fat limit to less than 10% of total calories.**

- 4. Target 1 Sodium guidelines starting SY 2014-15;**

K-5 - <1230 mg, grades 6-8,1360 mg, grades 9-12 - 1420 mg.

Target 2 Sodium Guidelines, SY 2017-18;

K-5 - <935 mg, grades 6-8,1035 mg, grades 9-12 - 1080 mg. (As of SY 2017-18 Schools must be meeting the target 1 sodium guidelines and be working towards the Target 2 guidelines.

Target 3 -SY 2022-23; K-5 - <640 mg, grades 6-8 - ,710 mg, grades 9-12 - 740 mg.

5. Trans fat must be zero grams per serving.

M. School Breakfast Program

1. Serving size minimum for Fruits is 1 cup. One quarter cup of dried fruit counts as ½ cup of fruit. No more than half of the fruit may be in the form of juice. All juice must be 100% full strength.

2. Serving size minimum for Vegetables is zero, vegetables can be substituted for fruits, but the first 2 cups per week of any substitution must be from the dark green, red/orange, bean/peas/legumes or other vegetables. No more than half of the vegetables may be in the form of juice. All juice must be 100% full strength.

3. Serving size minimum for Grains is 1 oz. equivalent per day, Minimum servings per week is; K-5, 7-10 Servings, Grades 6-8, 8-10 Servings, Grades 9-12 9-10 Servings. All grains must be whole grain rich by July 2014.

4. Serving size minimum for Meats/Meat alternates is zero. There is no separate component in the School Breakfast Program. Beginning July 2013 schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

5. Serving size minimum for fluid milk is 1 cup. Selections are 1%, Skim Chocolate and Strawberry.

6. Calorie Specifications are;

K-5, 350-500, grades 6-8, 400-550, grades 9-12, 450-600.

7. Saturated Fat is limited to less than 10%.

8. Sodium Specifications begin SY 2014-15; PreK-5 - <540 mg, grades 6-8 - <600 mg, grades 9-12 - <640 mg. SY 2017-18; PreK-5 - <485 mg, grades 6-8 - <535 mg, grades 9-12 - <570 mg. SY 2014-15; PreK-5 - <430 mg, grades 6-8 - <470 mg, grades 9-12 - <500 mg.

9. Trans fat is limited to zero grams per serving.

10. A la carte Entrees, beverages and side dishes are offered at the Elementary and High School Cafeteria. Selections to be

compliant with the current USDA guidelines for competitive food items sold.

SD POLICY ON SCHOOL FOOD FUNDRAISERS

A. Policy

- 1. School Sponsored groups can each have one exempt fundraiser per year during the school day on the school campus. Non School-sponsored groups cannot have fundraisers involving unallowable foods during the school day.**
- 2. Each exempt fundraiser can only last for one day.**
- 3. Exempt fundraisers cannot be given to another group. If an organized group chooses not to have an exempt fundraiser, another group cannot us that day.
Food cannot be ordered for delivery during the school day as a fundraiser, unless that is the school-sponsored group's exempt fundraiser. This would include any food ordered at any time and delivered to the student(s) during the school day.**
- 4. Federal Regulations stipulates that no specially exempted fundraiser foods or beverages may be sold in competition with school meal in the food service area during the meal service**
- 5. There is no limit to fundraisers that fit the Smart Snack Rules and Regulations.**

School campus means all area of the property under the jurisdiction of the school that are accessible to students during the school day.

School Day means the period from the midnight before to 30 minutes after the end of the official school day.

SMART SNACK RULES AND REGULATIONS

- 1. All foods sold in schools on the school campus during the school day, must comply with the USDA's Federal regulations on Smart Snacks.**
- 2. Entrees, snacks and sides must be;**
Whole grain rich, have a fruit, vegetable, dairy product or protein food as the first ingredient, be a combination food with at least ¼ cup fruit and/or vegetable.
Beverages sold must comply with the USDA Standards for each school age group.
- 3. Beverage guidelines -**
<https://healthymeals.fns.usda.gov/hsmrs/SmartSnacks/BeverageGuidelines.pdf>
- 4. Smart Snack Calculator will assess product compliance.**
Use to determine if a entrée, snack, beverage or side can be sold in schools or for fundraising.

<https://foodplanner.healthiergeneration.org/calculator/>

Nutrition Education Component

A. Nutrition Education

- 1. Teach consistent scientifically-based nutrition messages throughout the school, classroom, and cafeteria.**
- 2. Use the SD Health Education Standards and address nutrition concepts progressively in grades K through 8.**
- 3. Offer information to families that encourage them to teach their children about health and nutrition. Include Wellness column in newsletter.**

B. Eating Environment

- 1. Students shall have adequate time and space to eat meals in a clean and safe environment.**
- 2. Meal menus, presentation, and environment shall be designed to promote complete meal intake and to reduce food waste.**

C. Guidelines for Celebrations, Rewards and Incentives

- 1. School should limit celebrations that involve food during the school day. Each celebration will take into account healthy snack choices and healthy portions sizes.**
- 2. Rewards and incentives shall be given careful consideration as to the messages they convey. The school shall disseminate a list of healthy snacks and treats to parents and teachers.**
- 3. Classroom Treats: We encourage wholesome food choices for snacks. Parents with children with allergies are required to bring in snacks for their own children.**

D. Snack Vending Machines

- 1. Snack vending machines shall not be available to students in the school.**

STUDENT WELLNESS AND MENTAL HEALTH

- I. Student's social and emotional development is an essential support to school readiness and academic success. RCCSS will incorporate social and emotional development into its educational programs. The goals for addressing these student development needs through an educational program are to:
1.)Make Christ real and present in our world through the Catholic Church's teachings; 2.)Enhance student academic success and preparedness; 3.)Foster a safe, supportive learning environment where students feel respected and valued; 4.)Teach social and emotional skills to all students and; 5.)Promote student social and emotional well being by partnering with families and the community.**
- II. Support services provided by the school nurse and the school counselor will be available for students with social and emotional difficulties that impact learning. Appropriate referrals will be made whenever necessary. In order to**

promote the social and emotional development of all students, RCCSS will pursue program development in the following areas:

- A. Implement research based, age and culturally appropriate classroom instruction and school wide strategies that teach social and emotional skills, promote mental health, and prevent risk behaviors for all students by teaching the Catholic faith as a roadmap for sound decision making.**
- B. Provide parents and families with learning opportunities related to the importance of their children's social and emotional development, and ways to enhance it.**
- C. Establish partnerships with community agencies and organizations to assure a coordinated approach to addressing children's mental health and social and emotional development**
- D. Utilize existing protocols to screen, assess and provide early intervention for students who have significant risk factors for social emotional or mental health problems that impact learning.**

Safe Routes to School

- A. The school shall assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the school shall work together with local public works, public safety, and/or police departments in those efforts.**

STUDENT WELLNESS AND PHYSICAL ACTIVITY

Physical Education Classes – Preschool thru 12th Grade.

- 1. Physical education classes and physical activity opportunities shall be available for all students.**
- 2. Physical activity opportunities may be offered before school, during school, recess or after school.**
- 3. Ensure that all physical education classes be taught by a physical education instructor.**
- 4. Provide physical education class time within the parameter of human and space resources available in preschool – 5th grades.**
 - a. Preschool**
 - i. At least 1x20-30 minute PE class along with weekly school schedule and age level.**
 - b. Kindergarten – 4th Grade**
 - i. At least 2x30 minute PE classes weekly**
 - c. 5th Grade**
 - i. At least 2x30 minutes weekly**
 - ii. Health Education will be included**
 - d. 6th Grade**
 - i. 2 days of 47 minute PE classes every week.**
 - e. 7th & 8th Grade**
 - i. 5 days of 47 minute PE classes every other week.**
 - f. High School**
 - i. PE classes offered every day for a year to fulfill their PE credit. (47 minute class)**
- 5. Students should spend at least 50% of physical education class time participating in moderate to vigorous activity.**

- 6. Provide information to parents to help them encourage students to engage in daily physical activity through newsletters and/or website.**
- 7. Health related physical fitness testing may be integrated into the curriculum. Tests shall be appropriate to the students developed levels and physical abilities. Such testing shall be used to teach students to assess their fitness levels, set goals for improvement and monitor progress in reaching their goals.**
- 8. Provide a physical and social environment that encourages safe and enjoyable activity for all students.**
- 9. Encourage physical activity breaks during classroom hours. Use physical activity as a reward when applicable.**
- 10. Students shall not be denied physical education for disciplinary reasons.**
- 11. Encourage interdisciplinary and cross-curricular activities. Integrate physical activity into the core subject areas when applicable.**
- 12. Provide recess daily for children in Preschool through fifth grade and in the Middle School.**
 - a. Preschool – at least one 10 minute recess in A.M and P.M.**
 - b. Kindergarten -5th Grade (regular school hours not including before school or after school)**
 - i. At least 1 Morning recess of 15 minutes (K-2)**
 - ii. At least 1 Lunch recess of 20 minutes (K-5)**
 - iii. At least 1 Afternoon recess of 15 minutes (K-4)**
 - c. Middle School (regular school hours not including before or after school)**
 - i. At least 1 Lunch recess of 20 minutes each day**
- 13. Physical activity opportunities before and after school.**
 - a. STM Middle School and High School shall offer extra-curricular physical activity programs.**

- b. STM Middle School, as appropriate, shall offer interscholastic sports programs.**
- c. The school shall offer activities that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.**
- d. The school shall educate and encourage participation in community or club activities.**

Administrative Policy

The Rapid City Catholic School System has the Wellness Policy in each building. The Principal in each building along with the Food Service Director are responsible for implementing the policy. This is posted on our website, our school app as well as a hard copy is available in each building. As parents, students and stakeholders please let us know if you have any suggestions to our policy. You may direct them to any committee member listed below.

The Wellness committee will re-evaluate the policy every 3 years.

Wellness goals to evaluate every 3 years-

- 1. Ensure that every student will be provided a meal.**
- 2. Make sure that all families that are able to have Free and Reduced meals are contacted to apply for this program.**
- 3. Continue to educate our students on the nutritional value of their meals.**
- 4. Continue to have Health Education in the k-12 curriculum.**

5. Continue to have Physical education provided for k-8 at least twice a week. High is required to have one full year of Physical education/Health in order to graduate.

6. Continue to promote extra-curricular physical activities in and out of the school.

Revised 2013- revised 2017

Committee Members:

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