



Most Blessed Sacrament Parish School
Wellness Policies on Physical Activity and Nutrition Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Most Blessed Sacrament Parish School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Most Blessed Sacrament Parish School.

The school district will engage (to the extent possible) students, parents, teachers, food service professionals, school health professionals, physical education teachers, school administrators and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.



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All students in grades PreK-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

To the maximum extent practicable, Most Blessed Sacrament Parish School will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).

Most Blessed Sacrament Parish School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

Most Blessed Sacrament Parish School will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;^[1]
- serve only low-fat (1%) and fat-free milk^[2] and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and ensure that all of the served grains are whole grain.^{3,[3]}



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Most Blessed Sacrament Parish School should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

Most Blessed Sacrament Parish School will, to the extent possible, operate the School Breakfast Program. Most Blessed Sacrament Parish School Campuses that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

Most Blessed Sacrament Parish School will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals. Most Blessed Sacrament Parish 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[4]. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students.

Meal Times and Scheduling. Most Blessed Sacrament Parish School:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10:45 a.m. and 1 p.m.
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. 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 school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.



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Sharing of Foods and Beverages. Most Blessed Sacrament Parish School will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Water To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. Most Blessed Sacrament Parish School will make drinking water available where school meals are served during mealtimes.

Fundraising Activities. To support children's health and school nutrition-education efforts, Most Blessed Sacrament Parish School fundraising activities will not involve food or will use only foods that meet the nutrition standards for foods and beverages sold individually. Most Blessed Sacrament Parish School will encourage fundraising activities that promote physical activity. Most Blessed Sacrament Parish School will make available a list of ideas for acceptable fundraising activities.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

Rewards. MOST BLESSED SACRAMENT PARISH SCHOOL will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.



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Celebrations. MOST BLESSED SACRAMENT PARISH SCHOOL will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Most Blessed Sacrament Parish School aims to teach, encourage, and support healthy eating by students. Most Blessed Sacrament Parish School should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

Physical Activity. For students to receive the nationally-recommended amount of daily 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 breaks between lessons or classes, as appropriate.



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Communications with Parents. Most Blessed Sacrament Parish School will support parents' efforts to provide a healthy diet and daily physical activity for their children. Most Blessed Sacrament Parish School will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Most Blessed Sacrament Parish School should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. Most Blessed Sacrament Parish School will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

Most Blessed Sacrament Parish 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 of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

IV. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) PreK-12. Most Blessed Sacrament Parish School will provide students 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 students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. 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.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Most Blessed Sacrament Parish School Catholic School does 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, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.



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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.

V. Monitoring and Policy Review

Monitoring. The superintendent or the Director of Most Blessed Sacrament Parish School will ensure compliance with established district-wide nutrition and physical activity wellness policies. At each campus school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the Diocesan superintendent.

School food service staff, at Most Blessed Sacrament Parish School, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, Most Blessed Sacrament Parish School will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If Most Blessed Sacrament Parish School has not received a SMI review from the state agency within the past five years, Most Blessed Sacrament Parish School will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or the Director of Most Blessed Sacrament Parish School will develop a summary report every three years on compliance with the school's established nutrition and physical activity wellness policies, based on input from all campuses. That report will be provided to the Most Blessed Sacrament Parish School board and also distributed to the parent/teacher organizations, school principals, and school health services personnel.

Policy Review. To help with the initial development of Most Blessed Sacrament Parish School's wellness policies, each campus will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those campus by campus assessments will be compiled to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, Most Blessed Sacrament Parish School will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. MOST BLESSED SACRAMENT PARISH SCHOOL and individual campuses will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.



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VI. Resources for Most Blessed Sacrament Parish School Wellness Policies on Nutrition and Physical Activity

Crosscutting:

- *School Health Index*, Centers for Disease Control and Prevention, <<http://apps.nccd.cdc.gov/shi/>>
- Local Wellness Policy website, U.S. Department of Agriculture, <<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>>
- *Fit, Healthy, and Ready to Learn: a School Health Policy Guide*, National Association of State Boards of Education, <www.nasbe.org/HealthySchools/fithealthy.mgi>
- *Preventing Childhood Obesity: Health in the Balance*, the Institute of Medicine of the National Academies, <www.iom.edu/report.asp?id=22596>
- *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*, Action for Healthy Kids, <www.actionforhealthykids.org/docs/specialreports/LC%20Color%20_120204_final.pdf>
- *Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs*, Centers for Disease Control and Prevention, <www.cdc.gov/healthyyouth/publications/pdf/ten_strategies.pdf>
- *Health, Mental Health, and Safety Guidelines for Schools*, American Academy of Pediatrics and National Association of School Nurses, <<http://www.nationalguidelines.org>>



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School Health Councils:

- *Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils*, American Cancer Society [link to PDF]
- *Effective School Health Advisory Councils: Moving from Policy to Action*, Public Schools of North Carolina,
<www.nchealthyschools.org/nchealthyschools/htdocs/SHAC_manual.pdf>

Nutrition:

General Resources on Nutrition

- *Making it Happen: School Nutrition Success Stories*, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education,
<<http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>>

- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <www.fns.usda.gov/tn/Healthy/changing.html>

- *Dietary Guidelines for Americans 2005*, U.S. Department of Health and Human Services and U.S. Department of Agriculture, <www.health.gov/dietaryguidelines/dga2005/document/>

- *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, Centers for Disease Control and Prevention, <www.cdc.gov/mmwr/pdf/rr/rr4509.pdf>

- *Healthy Food Policy Resource Guide*, California School Boards Association and California Project LEAN, <www.csba.org/ps/hf.htm>

- *Diet and Oral Health*, American Dental Association, <<http://www.ada.org/public/topics/diet.asp>>



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School Meals

-*Healthy School Meals Resource System*, U.S. Department of Agriculture,
<<http://schoolmeals.nal.usda.gov/>>

- *School Nutrition Dietary Assessment Study-II*, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program,
<www.cspinet.org/nutritionpolicy/SNDAllfind.pdf>

- *Local Support for Nutrition Integrity in Schools*, American Dietetic Association,
<www.eatright.org/Member/Files/Local.pdf>

- *Nutrition Services: an Essential Component of Comprehensive Health Programs*, American Dietetic Association, <www.eatright.org/Public/NutritionInformation/92_8243.cfm>

- *HealthierUS School Challenge*, U.S. Department of Agriculture,
<www.fns.usda.gov/tn/HealthierUS/index.htm>

- *School Breakfast Scorecard*, Food Research and Action Center,
<www.frac.org/School_Breakfast_Report/2004/>

- *Arkansas Child Health Advisory Committee Recommendations* [includes recommendation for professional development for child nutrition professionals in schools],
<www.healthyarkansas.com/advisory_committee/pdf/final_recommendations.pdf>

Meal Times and Scheduling

- *Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch*, National Food Service Management Institute (NFSMI) [Attach PDF file]

- *§ Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, <www.nfsmi.org/Information/Newsletters/insight24.pdf>

Fruit and Vegetable Promotion in Schools

- *Fruits and Vegetables Galore: Helping Kids Eat More*, U.S. Department of Agriculture,
<www.fns.usda.gov/tn/Resources/fv_galore.html>

- *Fruit and Vegetable Snack Program Resource Center*, hosted by United Fresh Fruit and Vegetable Association, <<http://www.uffva.org/fvpilotprogram.htm>>



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-Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at <www.5aday.org>

Fundraising Activities

-*Creative Financing and Fun Fundraising*, Shasta County Public Health,
<www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf>

-*Guide to Healthy School Fundraising*, Action for Healthy Kids of Alabama,
<www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2031%20-%20Fundraising.pdf>

Snacks

-*Healthy School Snacks*, (forthcoming), Center for Science in the Public Interest
-Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center,
<www.frac.org/html/building_blocks/afterschsummertoc.html>

Rewards

- *Constructive Classroom Rewards*, Center for Science in the Public Interest,
<www.cspinet.org/nutritionpolicy/constructive_rewards.pdf>
- *Alternatives to Using Food as a Reward*, Michigan State University Extension,
<www.tn.fcs.msue.msu.edu/foodrewards.pdf>
-*Prohibition against Denying Meals and Milk to Children as a Disciplinary Action*, U.S. Department of Agriculture Food and Nutrition Service [Link to PDF]

Celebrations

-*Guide to Healthy School Parties*, Action for Healthy Kids of Alabama,
<www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2032%20-%20Parties.pdf>
- *Classroom Party Ideas*, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign,
<<http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf>>



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Nutrition and Physical Activity Promotion:

Health Education

- *National Health Education Standards*, American Association for Health Education,
<http://www.aahperd.org/aahe/pdf_files/standards.pdf>

Nutrition Education and Promotion

- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them), <www.fns.usda.gov/tn/Educators/index.htm>

- *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service,
<www.fns.usda.gov/tn/resources/power_of_choice.html>

- *Nutrition Education Resources and Programs Designed for Adolescents*, compiled by the American Dietetic Association,
<www.eatright.org/Public/index_19218.cfm>

Integrating Physical Activity into the Classroom Setting

- *Brain Breaks*, Michigan Department of Education, <www.emc.cmich.edu/brainbreaks>
- *Energizers*, East Carolina University, <www.ncpe4me.com/energizers.html>

Physical Activity Opportunities and Physical Education:

General Resources on Physical Activity

- *Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People*, Centers for Disease Control and Prevention,
<www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm>

- *Healthy People 2010: Physical Activity and Fitness*, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports,
<www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#Toc490380803>

- *Physical Fitness and Activity in Schools*, American Academy of Pediatrics,
<<http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>>



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Physical Education

-*Substitution for Instructional Physical Education Programs*, National Association for Sport and Physical Education, <www.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf>

-*Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together*, PE4life, <www.pe4life.org/articles/blueprint2004.pdf>

Recess

-*Recess in Elementary Schools*, National Association for Sport and Physical Education, <www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf>

-*Recess Before Lunch Policy: Kids Play and then Eat*, Montana Team Nutrition, <www.opi.state.mt.us/schoolfood/recessBL.html>

Monitoring and Policy Review:

- *School Health Index*, Centers for Disease Control and Prevention (CDC), <<http://apps.nccd.cdc.gov/shi/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <www.fns.usda.gov/tn/Healthy/changing.html>
- *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*, Action for Healthy Kids, <www.actionforhealthykids.org/docs/specialreports/report_small.pdf>

*Reviewed and adopted with the Pastoral Staff of Most Blessed Sacrament Parish School
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[1] To the extent possible, schools will offer at least two non-fried vegetables each day and will offer five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

[2] As recommended by the *Dietary Guidelines for Americans 2005*.

[3] A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.

[4] It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.