

## Preamble

St. Augustin Catholic School is committed to the optimal development of every student. The district believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-grooming learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. (1-7). conversely, less-than-adequate consumption of specific foods, including fruits, vegetable, and dairy products, is associated with lower grades among students (8, 9, 10) In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities-do better academically(11-14). Finally, there is evidence that adequate hydration is associated with better cognitive performance.

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

- Students in the School have access to healthy foods throughout the school day-both through reimbursable schools meals and other foods available throughout the school campus-in accordance with Federal and state nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during and after school.
- Students engage in nutrition and physical activity promotion and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The community is engaged in supporting the work of the School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits and
- The school establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

**I. School Wellness Committee  
Committee Role and Membership**

St. Augustin School will convene a representative wellness committee (referred to as the DWC or work within an existing school health committee) that meets at least twice per year to establish goals for and oversee school health and safety policies and programs, including development, Implementation and periodic review and update of this school’s wellness policy known as the “wellness policy”.

The DWC membership will represent all school levels (Grades Preschool through Eighth grades) and include) to the extent possible), but not be limited to parents and caregivers; students; representatives of the school nutrition program (e.g. school nutrition director); physical education teacher; health education teacher; school health professionals (e.g., nurse) who provide school health services, and mental health and social services staff(e.g., school counselor) principal and vice principal, and to the extent representatives that reflect the diversity of the community.

**Leadership**

The Principal will convene the DWC and facilitate development of and updates to be the wellness policy, and will ensure the school complies with the policy.

The designated official for oversight are Dr. Nancy Dowdle, [ndowdle@staugustinschool.org](mailto:ndowdle@staugustinschool.org) and Pamela Moore, [pmoore@staugustinschool.org](mailto:pmoore@staugustinschool.org).

St. Augustin will designate a school wellness policy coordinator who will ensure compliance with the policy. Refer to Appendix A for a list of school-level wellness policy coordinators.

## **II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement Implementation Plan**

St. Augustin will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. That plan delineates roles, responsibilities, actions and timelines specific to our school; and includes information about who will be responsible to make what changes, by how much where and when; and well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotions and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that we use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create and action plan that foster implementation and generate an annual progress report.

**The Wellness Policy can be found at [staugutinschool.org](http://staugutinschool.org)**

### **Recordkeeping**

St. Augustin School will retain records to document compliance with the requirements of the wellness policy in the Food Service Director's Office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### **Annual Notification of Policy**

St. Augustin School will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The School will make this information available via the website and/public communications. The School will provide as much information as possible about the school nutrition environment. This will include a summary of the St. Augustin's events or activities related to wellness policy implementation. Annually, the School will also publicize the name and contact information of the school officials leading and coordinating the

committee, as well as information on how the public can get involved with the school wellness committee.

### **Bi-Annual Progress Assessments**

At least once every three years, St. Augustin school will evaluate compliance with the wellness policy to assess the implementation of the policy and include”

- The extent to which the school’s wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy; and
- A description of the progress made in attaining the tools of the school’s wellness policy.

The position responsible for managing the triennial assessment and contact information is Dr. Nancy Dowdle Principal [ndowdle@staugustinschool.org](mailto:ndowdle@staugustinschool.org)

Pamela Moore, Food Service Director [pmoore@staugustinschool.org](mailto:pmoore@staugustinschool.org)

The DWC will monitor schools’ compliance with this wellness policy

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

### **Revisions and Updating the Policy**

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as school 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**

St. Augustin 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 DWC 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 school’s website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to insure 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 and individual schools are communicating important school information with parents.

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

### III. Nutrition-

#### School Meals

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, , low in saturated fat, and have zero grams trans-fat preserving(nutrition label or manufacturer’s specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of schoolchildren, 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.

We participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP). We are committed to offering school meals through the NSLP and other applicable Federal child nutrition programs, that

- Are accessible to all students;
- 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. (St. Augustin offers reimbursable school meals that meet [USDA nutrition standards.](#))

Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):

- Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
- Sliced or cut fruit is available daily.
- Daily fruit options are displayed in a location in the line of sight and reach of students.
- All available vegetable options have been given creative or descriptive names.
- Daily vegetables options are bundled into all grab-and-go meals available to students.
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetables options with their meal.
- White milk is placed in front of other beverages in all coolers.

- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- A reimbursable meal can be created in any service area available to students. (e.g., salad bars, snack rooms, etc.).
- Student artwork is displayed in the service and/or dining areas
- Daily announcements are used to promote and maker menu options.

**Menus will be posted on our website and will include nutrient content and ingredients.**

- Menus will be created/reviewed by a Registered Dietitian or other certified nutritional professional
- A team of child nutrition professionals administers school meals.
- The schoolchild nutrition program will accommodate students with special dietary needs.

Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets healthy Schools program gold-level criteria).

Participation in Federal child nutrition programs will be promoted among student and families to help ensure that families know what programs are available in their children’s school.

The school will implement at least four of the following five Farm to School activities) meets Healthy Schools Program Gold-level criteria; mark/circle the four activities the school plans to do:

- Local and/or regional products are incorporated into the school meal program;
- Messages about agriculture and nutrition are reinforced throughout the learning environment
- School hots a school garden
- School hosts field trips to local farm; and School utilizes promotion or special events, such as tasting, that highlight the local/regional products.

**Staff Qualification and Professional Development**

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](#).

## **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The school will make drinking water available where school meals are served during mealtimes.

- Water cups/jugs will be available in the cafeteria if drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.
- With permission from administrations, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

## **Competitive Foods and Beverages**

St. Augustin School 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 (e.g., “competitive” foods and beverages) will need 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, as well as a Guide to Smart Snacks in Schools are available at [Http://fns.usda.gov/healthierschoolday/tools-schools-smart-snacks](http://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.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org)

(Note: In some cases, states have passed more stringent nutrition standards for competitive foods and beverages in addition to the USDA Smart Snacks in School nutrition standards. In these states, schools must also comply with their state standards.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal program that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snack nutrition standards.

These standards will apply in all locations and through all services where food and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores and snack or food carts.

## Celebrations and Rewards

Celebrations and parties. The district will provide a list of healthy party ideas to parents and teacher, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).

1. Classroom snacks brought by parents. St. Augustin will provide a list of foods and beverages that meet [Smart Snacks](#) nutrition standards.
2. Rewards and incentives. The District will provide teachers and other relevant school staff [a list of alternative ways to reward children](#). Goods and beverages will not be used as a reward or withheld as punishment for any reason, such as for performance or behavior.

## Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The school will make available to parents and teacher a list of healthy fundraising ideas (example from the [Alliance for a Healthier Generation](#) and the [USDA](#)).

- Schools will use some, non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons. Jump Rope for Heart, fun runs, etc.)
- Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc. (Meets healthy Schools program Gold-level criteria).

## Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by using food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeteria. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, student and the community.

St. Augustin will promote healthy food and beverage choices for all students throughout the school as well as encourage participation in school meal programs. This promotion will occur through at least:

Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and

Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual school may use are available at <http://www.foodplanner.healthiergeneration.org/>.

## **Nutrition Education**

The school will teach, model, encourage and support healthy eating by all students. St. Augustin will provide nutrition education and engage in nutrition promotion that:

- Is 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 integrated into other classroom instruction through subjects such as math, science, language arts, social studies and elective subjects;
- Includes 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, and low fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure) promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school feeds and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing;
- Includes nutrition education training for teachers and other staff.

## **Essential Healthy Eating Topics in Health Education**

St. Augustin will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [My Plate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods everyday
- Balancing food intake and physical activity

- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain Trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, Supporting, or advocating for others' healthy dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, Supporting, or Advocating for others' healthy dietary behavior

### **Food and Beverage Marketing in Schools**

St. Augustin 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. St. Augustin strives to teach students how to make informed choices about nutrition, health and physical activity. It is the intent of the school to protect and promote student's health by permitting advertising and marketing for foods and beverages that are permitted to be sold on the school campus.

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.

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. This term includes, but is not limited to the following:

Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or its container

- Displays, such as on vending machine exteriors
- 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, schools 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.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the School.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupon of a product, or free samples displaying advertising of a product.

As the school nutrition, services/Athletics Department/Parent Support Group reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the School Wellness policy.

#### **IV. Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation, physical activity before, during and after school; staff involvement and family and community engagement and the

St. Augustin school is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). St. August9n will be encouraged to participate in Let's Move! Active Schools([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason. "This does not include participation on sports teams that have specific academic requirements or if a student is a danger or a threat to others or to themselves St. Augustin School will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, St. Augustin will ensure that its ground and facilities are safe and that equipment is available to students to be active. St. Augustin will conduct necessary inspections and repairs.

### **Physical Education**

St. Augustin 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 student develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “:Essential Physical Activity topics in Health Education” subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. St. Augustin will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

St. Augustin elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

St. Augustin middle school students are required to take physical education throughout the year unless a waiver is granted because they are participating in a school sponsored sport or physical activity.

St. Augustin physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

- Students will be moderately to vigorously active for at 50% of class time during most or all physical education class sessions (meets Healthy Schools program Silver-level criteria).
- All physical education teachers at St. Augustin will be required to participate in at least a once a year professional development in education (meets Healthy Schools Program Silver-level criteria).
- All physical education classes at St. Augustin are taught by a licensed teacher who is certified or endorsed to teach physical education (meets healthy Schools Program Gold-level criteria).
- Waivers, exemptions, or substitutions for physical education classes are not granted.

### **Essential Physical Activity Topics in Health Education**

**Health education will be required in all grades K-12. St. Augustin will include in the health education curriculum a minimum of 12 of the following essential topics on physical activity.**

- The physical psychological or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Healthy-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn with being physical active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to resist peer pressure that discourages physical activity

### **Recess (Elementary)**

All elementary school will offer at least 20 minutes of recess on all days during the school year. This policy may be waived on early dismissal or late arrival days.) Twenty minutes of recess is not withheld for punishment unless the child has caused verbal or physical harm to others. If recess is offered before lunch, schools will have appropriate hand-washing facilities and; or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats, hats, gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

### **Outdoor recess will be offered when weather is feasible for outdoor play.**

Students will be allowed outside for recess except when outdoor temperature is above/below the St. Augustin temperature, inclusive of wind chill factors, during “code orange” or “code red” days, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions, based on Child Care Weather Watch Chart.

In the event that the school much conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promotes physical activity for students, to the extent practicable. Recess will

complement, not substitute, physical education class. Recess monitors or teacher will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

### **Classroom Physical Activity Breaks (Elementary and Secondary)**

St. Augustin School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. St. Augustin recommends teachers provide short (3-5 minute) physical activity break to students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute for physical education class, recess and class transition periods.

St. Augustin School will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

### **Active Academics**

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

St. Augustin will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teacher will serve as role models by being physically active alongside the students whenever feasible.

### **Before and After School Activities**

St. Augustin offers opportunities for students to participate in physical activity either before and/or after the day day (or both) through a variety of methods. St. Augustin will encourage students to be physically active before and after school. Examples: hosting a Running Club, Yoga Classes, weight training, open gym

### **Active Transport**

St. Augustin will support active transport to and from school, such as walking or biking. St. Augustin will encourage this behavior by engaging in six or more of the activities below; including but not limited to:

- Designate safe or preferred routes to school
- Instructions on walking ,bicycling safety provided to students
- Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Use crossing guards
- Document the number of children walking and or biking to and from school

- Create and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

## **V. Other Activities that Promote Student Wellness**

St. Augustin will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. St. Augustin 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 student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District’s curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

### **Community Partnerships**

St. Augustin will continue relationships with community partners (e.g., hospitals, universities, colleges, local businesses, SNAP-Ed providers etc.) in support of this wellness policy’s implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

### **Community Health Promotion and Family Engagement**

St. Augustin will promote to parents; caregivers, families and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, St. Augustin will use electronic mechanisms (e.g., email or displaying notices on the district’s website) as well as non-electronic, mechanisms, (e.g., newsletters, presentations to parents or sending information home to

parents), to ensure that all families are actively notified of opportunities to participate in school-activities and receive information about health promotion efforts.

### **Staff Wellness and Health Promotion**

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader's name are Nancy Dowdle and Pam Moore.

St. Augustin will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools may use as well as specific actions staff members can take include yoga, running club and walking. St. Augustin promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

### **Professional Learning**

When feasible, St. Augustin will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help St Augustin understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

