

Saint Lawrence Catholic School School Wellness Policies and Guidelines

FAITH STATEMENT:

It is our belief that there is a positive correlation between a child's health and well-being and his/her ability to learn. At St. Lawrence Catholic School, all children have the right to a faith-filled and healthy learning environment. We believe it is important and necessary to equip students with the necessary skills to establish lifelong habits that promote good health and well-being.

MISSION STATEMENT:

St. Lawrence Catholic School promotes health and wellness in mind, body and spirit.

BELIEFS:

St. Lawrence Catholic School is

- Committed to fostering interest in and establishing a spiritual, moral, nutritional and physically active learning environment
- Committed to providing parents with tools necessary to promote and nurture healthy choices at home
- Committed to providing a wellness program and guidelines to help students and staff operate at their highest potential

TO ACHIEVE OUR GOALS WE HAVE:

- A. A Wellness Committee which includes Teachers, Administration, Food Service Director, Health and PE Teacher, Parents, Students and Health Professionals.
- B. A policy incorporating nutrition education for students and parents, nutritious meals, physical activity, spiritual and social well-being, and cross-curricular activities which provide students with the skills necessary to make healthy lifestyle choices.
- C. An avenue to engage students, parents, teachers, food service professionals, health professionals, and community leaders in developing, implementing, monitoring, reviewing, and evaluating our policies. The policy is available to parents on the school website.

GOALS FOR SCHOOL NUTRITION AND NUTRITION EDUCATION

School Meals will:

- Be served in a clean and pleasant environment.
- Meet, at a minimum, nutrition requirements established by state and federal regulations of the National School Lunch Program.
- Offer a variety of fruits, vegetables, meat and meat alternatives.
- Serve only 1% unflavored and non-fat flavored milk
- Include whole grains in menu planning.
- Contain 0 percent trans-fat, and contain no more than 30% of total calories from fat.

- The school will send home monthly menus via the electronic newsletter and the menu will be posted on the school's website.

Meal Times and Scheduling

- Lunch is scheduled for 30 minutes between 11:15 and 1:00 pm.
- Students will have at least 20 minutes to eat once they are seated.
- Students will wash hands or use hand sanitizer before meals.
- Water will be available for students during mealtime.
- Appropriate supervision will be provided in the cafeteria and the rules for safe behavior will be consistent
- A table will be designated "allergy free" for students with severe food allergies.

Sharing of Foods and Beverages

Sharing of food or beverages among students is prohibited. This is necessary due to allergy and dietary concerns of some children.

Celebrations and Classroom Snacks

Healthy snacks will be encouraged during the school day and on special celebrations. Teachers will send home a list of suggested healthy snacks.¹

Birthday celebrations will take place in this way:

- A monthly birthday blessing during Mass.
- Classroom teacher may choose to celebrate birthdays in ways other than food
- Parents will be encouraged to send in something other than food (such as stickers, pencils, or special activity, such as coming in to read a special story).

Food as a Reward or Punishment

- Teachers and staff will not use food as a reward. For example, the use of sugar sweetened beverages or candy, as a classroom reward is not appropriate.
- School staff will not withhold food or drink at mealtimes as punishment.
- Only twice a year can a pizza party be used as a reward, and it must be substituted for the student lunch² and meet the federal guidelines for school lunch.

Nutrition Education

Nutrition education is the responsibility of parents, teachers and administration. In order to promote healthy nutrition habits, St. Lawrence Catholic School will:

- Provide all students with the knowledge and skills necessary for them to protect and enhance their overall health through nutrition education (i.e. through classroom instruction, themed lunches and nutrition trivia in the cafeteria and/or health fairs and guest speakers).
- Have readily available, in the cafeteria, nutritional values of meals served.

¹ http://www.betterschoolfood.org/files/BSF_Healthy_Snack_List.pdf

² <http://www.inhabitots.com/6-essentials-to-pack-in-your-childs-school-lunch-box/>

- Support parents in their attempts to provide healthy choices at home. This will be done by posting nutrition guidelines and tips on the website and menus, and periodically, providing suggestions for nutritious lunches and healthy snacks brought from home.
- Provide professional development to all staff according to their levels of responsibility
- Provide guest speakers to reinforce nutrition and health.

GOALS FOR PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

Physical Education

- PE class is provided each week for a minimum 45 minutes for all grades.
- Supports and promotes an active lifelong lifestyle to all.
- Includes a developmentally appropriate curriculum consistent with Indiana and national physical education standards.
- Is taught by a certified Physical Education teacher.
- Encourages sportsmanship and cooperative learning.
- Includes students with disabilities and/or special healthcare needs.
- Is not substituted by other activities involving physical activity.
- Engages students in moderate to vigorous physical activity during at least 50% of class time.

Recess and Physical Activity

St. Lawrence provides opportunities for recess that:

- Is at least twenty minutes a day for grades K-5.
- Is at least ten minutes a day for grades 6-8.
- Is preferably outdoors when weather permits, based on the Child Care Watch Guidelines³.
- Encourages moderate to vigorous physical activity through the provision of proper space and equipment
- Discourages extended periods of inactivity for disciplinary reasons.
- Teachers will not use physical activity or withhold physical activity (e.g. recess or PE class) as punishment. This includes standing or sitting on the curb. Students who have a punishment during recess may walk the perimeter of the playground.
- Teachers will provide occasional physical activity “brain” breaks during class.

St. Lawrence School provides physical activity opportunities outside of the school day that:

- Meets the needs, interests, and abilities of all students such as CYO Sports Program, walkathons, and dances.
- Includes boys, girls, students with disabilities, and students with special health-care needs.
- Allows walking and bicycling to school when it is appropriate and safe.

³ <http://www.c-uphd.org/documents/wellness/weatherwatch.pdf>

GOALS FOR SPIRITUAL WELL-BEING

St. Lawrence recognizes that the spiritual well being of its students and teachers is a vital piece in reaching overall good health and wellness. Spiritual growth and development are emphasized on a daily and weekly basis, as well as at all sporting events and gatherings in which students participate.

Daily

- Students begin each morning with prayer, pledge of allegiance, and school pledge.
- Students are led in prayer at the end of the day.
- Several scheduled prayer times are integrated throughout the school day, such as blessing before and after lunch.
- Our Catholic Faith is incorporated into the academic curriculum daily.

Weekly

Twice a week all students and teachers come together to celebrate Mass.

Service Outreach

Spirituality also shows itself in the active participation of students with regard to outreach. Our service outreach projects include, but not limited to, food drives, clothing drives, bake sales, penny drives, Riley Dance-a-Thon, and working with St. Vincent DePaul.

Service Hours:

Parents are encouraged to complete 20 service hours per school year, for the school.

HEALTH EDUCATION

Classroom teachers teach general health education. Topics such as basic nutrition, hygiene, tobacco, drug and alcohol education are incorporated into the science curriculum. Special guest speakers and field trips may be used for other topics such as human reproduction and sexuality.

HEALTH SERVICES

The Communicable Disease Reference Guide for Schools provided by the Indiana State Department of Health is used as a reference in the school office for minor incidents that require basic first aid and/or intervention. OTC medications such as Tylenol will only be given with the written consent of a parent or guardian. Prescribed medication must be in its original container and sent in to the school office with written instructions on time and proper dosage to be administered.

CPR AND FIRST AID TRAINING

All staff members and coaches are American Red Cross certified in CPR, AED, and First Aid every two years.

Importance of Sleep

Sleep is no less important than food, drink, or safety in the lives of children. Although this may seem apparent, many of us actually do not allow our children to get the critical sleep they need to develop and function properly. Children simply must have a sufficient amount of sleep to grow, develop, and function optimally. How much is right for your child varies by age. Remember, each child is unique and individual variation occurs.

Vision and Health Screening

The following healthcare services are provided to students per mandates from the State of Indiana:

- Vision Screening: Grades 1, 3, 5, 8
- Hearing Screening: Grades 1, 4, 7

Students and parents will be notified prior to the date of each screening. It is recommended that each child have an annual physical and dental examination, as well as regular eye examinations, conducted by the appropriate professionals.

According to the Indiana Department of Education, a student is to be temporarily excluded from attending school for any of the following:

- A temperature of 100 ° or higher – the temperature is to be below this level for at least 24 hours before the student returns to school.
- If a child has a temperature of 100° or higher, a telephone call will be made asking the parent to pick the child up from school. If a child is sent home ill during the day, he/she will not be permitted to return to school the same day or the following day and will be excluded from school activities.
- Most inflammatory eye conditions, such as pink eye. The student will not be allowed to return to school until the prescribed eye medication has been given for 24 hours or unless written approval by a physician/SRS policy.
- Rashes that are known to be contagious or infectious.
- Head cold of any consequence, especially with a persistent cough
- Sore or inflamed throat – if strep throat is diagnosed, the student needs to be on medication for at least 24 hours before returning to school.
- Discharge from the ears
- Body lice or head lice – if nits or lice are found during school hours, the parent will be called to pick up his/her child from school. The child must be treated for lice with appropriate lice/nit eliminating shampoo. The student will not be allowed to return to school until all lice are removed from hair or unless written approval by a physician.⁴
- Bed bug infestation

Vomiting: The parent will be called to pick up his/her child if he/she vomits at school and is thought to be contagious. In some instances, children gag easily and would not be sent home for non- contagious vomiting. Sometimes this can be difficult to determine. When in doubt, the

⁴ <http://www.headlice.org/downloads/nonitpolicy.htm>

parent will be called to pick up the child from school. Parents are encouraged to keep children home if he/she vomits during the night.

Serious Incidents: In the event of a serious accident during school hours, we will attempt to immediately notify a parent. If necessary, the student will be transported by ambulance to the appropriate hospital as determined by the medical emergency personnel. If an accident occurs during a field trip, the nearest medical care facility will be utilized.

Accidents: If a child has a minor accident and/or injury at school, parents will be notified electronically or by phone. If a serious accident/injury occurs, which may require additional medical attention; the staff will contact the parent and call 911. The EMT will decide the appropriate course of action at that point. The parent will be responsible for all medical charges.

Blood-Bourne Pathogens - Exposure Control Plan

Every year the teachers are to be in-serviced on blood-bourne pathogens. The typed plan is located in the school office. This is also copied and placed in every teacher's "class medical information folder." Essentially, this standard of practice is for controlling your exposure to blood or other potentially infectious materials. Gloves are always to be used when handling any body fluids. The school office provides gloves. If you have been exposed to any body fluids, immediately wash area of exposure thoroughly with soap and water. A variance form needs to be filled out which is included in the information in your folder. A red biohazard container is located in the office for disposal of any body fluids. Every classroom should have gloves, red bags, and Band-Aids.

Immunizations

When a student enrolls in school, the student's parent/guardian must provide proof that he student has been immunized or meet the requirements for exemptions from the State of Indiana.

All new or updated immunization records are to be submitted to the school by the first day of school. **The school reserves the right to terminate the admission of a student to St. Lawrence if immunizations are not up to date and records are not turned into the school office.** All immunization records are to be entered into CHIRP after obtaining the parent's permission.

Epi-Pens/Allergies

Any child who has been prescribed an Epi-pen by a physician is to have the Epi-pen, liquid Benadryl, and an Allergy Action Plan turned in by the first day of school. Failure to comply may result in the delay of your child entering school. Allergies are a serious matter with the potential for serious medical problems.

Medical Conditions: Parents are asked to notify the school prior to the first day of any changes in allergies or medical conditions. Parents are to notify the school office staff with any changes in medical history throughout the school year.

MONITORING AND POLICY REVIEW

The principal or designated person will ensure compliance with wellness policy and report findings to the Wellness Committee. The policy will be reviewed for any changes/updates annually.

The School Nutrition Director will ensure compliance with the nutritional standards of food served and report the summaries of any state agency review to the principal.

The Physical Education Instructor will prepare an annual report on improvements made by students throughout the year, using useful self-assessment tools as measurement. Report will be made to the principal or designated person/s.



HAVE YOU HEARD... NO MORE CUPCAKES AT SCHOOL?

Let's think about it... 20 kids in a class means 20 cupcakes a year. One of those store bought cupcakes has over 20 grams of fat! Ugh!

**So can I still bring something to
make my child feel special
on their birthday?
Absolutely!!**



Students would love fruits and vegetables just as much! Kids love new pencils, crayons, erasers, or having you come and read their class a story. Goodness, even those party trinkets and a party hat would excite them. Get creative and have fun with it. Share something your child loves other than cupcakes.



P.S. Most kids just like the cupcakes for the rings anyway!

