

# **St. Sebastian School**

## **Health and Wellness Program**

**2015 - 2016**

## **I. School Health and Wellness Council**

- Paul Hohl, Principal
- Amy Kozina, Teacher
- Leah Sealey, Education Committee
- Mary Zimmermann, Physical Education Teacher
- Naomi Cayce, Cafeteria Director

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

### **Nutrition Standards**

- St. Sebastian Nutritional Services Program serves lunches with menu items and serving sizes in accordance with USDA regulations.  
**<http://www.fns.usda.gov/cnd/Governance/regulations.htm>**
- Students with special dietary needs will be accommodated as required by USDA regulations.  
<http://www.fns.usda.gov/cnd/Governance/regulations.htm>
- A La Carte items available during the school day will meet USDA standards.
- Fruits and vegetable requirement for reimbursable meal by grade level:
  - K-2 = ½ cup fruit or vegetable per meal
  - 3-6 = ¾ cup fruit or vegetable per meal
  - 7-8 = 1 cup fruit or vegetable per meal
- Protein/Protein substitute requirement for reimbursable meal:
  - 2 oz. (cheese, yogurt, meat, nuts, beans, milk, etc.) per student per day.
- Grain requirement for reimbursable meal by grade level: (Buns, noodles, etc.)
  - K-6 = 1 oz. per serving
  - 7-8 = 2 oz. per serving

- Appendix A shows specific portioning of different food groups provided to students. Appendix B shows sample menu items provided to students along with percentages of fat/saturated fat and calorie intake of students.

### **Meal Time Sharing**

- Students are given 20-30 minutes each day to eat their lunch. Middle school grades eat from 11:00 a.m. through 11:45 rotating after 20 minutes. The rotation is: 20 minutes to eat, 5 minute clean up and movement outside, and 20 minutes to play and engage in outdoor physical activity. The lower grades exchange with the same rotation from 11:45 through 12:30. Extra eating time is provided on request.
- Students at St. Sebastian are discouraged from trading foods brought from home with food given from other students that might not fit the nutrition desired from home. Students are encouraged, however, to be satisfied with the foods provided by home and to eat any nutritious items that have been brought.

### **Beverages**

- Students do receive two types of beverages with the lunch program at St. Sebastian. Water is provided along with four variations of milk. These variations of milk include skim milk, 2% milk, 2% chocolate milk, and 2% strawberry milk. Home brought lunches are simply limited to no sugary soda drinks. Milk, water and various juices are acceptable to bring from home.

## **III. Nutrition and Physical Activity Promotion and Food Marketing**

- St. Sebastian aims to teach, encourage, and support healthy eating by students. This will be accomplished by providing students with nutritional education within the classroom on many content level areas as well as

promote physical activity in and out of school. Such activities will be participatory, culturally-relevant and developmentally appropriate.

- Classroom education will incorporate physical activity into the regular classroom lessons while providing short physical activity breaks between lessons or classes. St. Sebastian's middle school does require the students to move between classes eight times a day for approximately five minutes per class change.
- St. Sebastian is a participant in the Free and Reduced Meal Program. The Free and Reduced Meal Program at St. Sebastian is provided in such a way that no student can be identified as being a part of this program. This is to ensure no social stigma is placed on the child leading to harassment or persecution for reasons of income or social status.
- Efforts are made by the school health and wellness council to provide parents and students with information and training sessions on the need for nutritious food and education on and off school grounds. Presentations are to be given on topics such as the importance of nutritious foods brought from home for lunch as well as backpack weight safety and necessity of physical activity at home.
- Food marketing at school will include informing students on the importance of eating correctly in the cafeteria environment. This will be done by placing posters featuring healthy foods on the walls of the cafeteria and in the classrooms. Healthy options for food and drinks will be noted to students by not allowing sugary soft drinks during lunch from home or in-school vending machines.

- St. Sebastian School highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.
- School programs are offered to promote not only the health of the students but the wider community as well. St. Sebastian offers a “Just for the Health of It” fair to promote health and wellness in the general community. This event presents an opportunity for parents, their children and members of the local community to learn about the many ideas for promoting a healthy lifestyle. These ideas include physical activity, health eating, first aid and personal medical awareness. Food tasting, live music, blood donation, local vendors, and many physical action activities provides families and community members a fun opportunity to learn about healthy living. See Appendix C
- Another such health program at St. Sebastian is the Healthy Kids School Initiative sponsored by Froedtert Medical Center and the Medical College of Wisconsin in partnership with the Milwaukee Brewers. This program rewards students who achieve perfect attendance during specified time of the school year. They are rewarded with two free tickets to any Milwaukee Brewers home game at Miller Park. When students are at school, they are participating in the physical activity provided along with eating healthy lunches. The walking to and from school also gives students the opportunity to stay fit.

## **IV. Physical Activity Opportunities and Physical Education**

### **Daily Physical Education**

- Physical education classes are provided for grades K-8. Students participate in two physical education classes per week for a duration of 30-45 minutes. Each class focuses on physical activity such as running, skill sports, and controlled exercises. Students with disabilities or special needs are accommodated to participate in the activities.
- All classes are taught and monitored by a certified physical education teacher. All students are required to participate in the physical education activities to earn grades and meet the physical education criteria for St. Sebastian School.

### **Daily Recess**

- All students receive a supervised 20 minutes of recess every day. Weather permitting, all recesses are held outside where space is available for students to play and exercise using a variety of sports equipment.
- Lower grade students receive an additional 15 minutes of supervised recess outside, weather permitting, where students may play and exercise using a variety of sports equipment. Access to an age appropriate play structure is also available.

### **Physical Activity Before and After School**

- A large number of the St. Sebastian student population walk, ride bikes or scooters to school on a regular basis. The promotion of

walking or riding bikes and scooters to school and home is made during afternoon announcements.

- St. Sebastian offers students extracurricular athletic programs to promote physical activity after school hours. Students may engage in volleyball and basketball throughout the school year.
- Also, students regularly take advantage the basketball hoops set in the parking lot to play after school.

### **Physical Activity and Punishment**

- Faculty, administrators or staff members at St. Sebastian do not use intense physical activity as means of punishment to students, and are encouraged to not limit opportunities for physical activities as means of punishment to students.

### **Use of School Facilities Outside of School Hours**

- Facilities at St. Sebastian give time regularly to programs outside of school hours. Programs such as PAL, the after school day care program, utilizes the gym on a regular basis for after school, highly active games.

## V. **Monitoring and Policy Review**

### **Monitoring**

- The School Health & Wellness Council will ensure accountability with established nutrition and physical activity policies. A designated member of the council will also review compliance with the policies and report the school's compliance to the principal.
  
- St. Sebastian Nutritional Services Program food service staff and director will ensure compliance with nutrition policies within school food service areas and will report on these policies to DPI. Along with this effort, the St. Sebastian Nutritional Services Program will report on any recent changes or findings given by the USDA School Meals Initiative to the health and wellness council.

### **Review**

- The St. Sebastian Health & Wellness Council will conduct a means to assess nutrition curriculum and physical activity implementation at school. The findings will determine prioritizing the policy needs and changes.
- These assessments will occur every three years to make sure that St. Sebastian remains in compliance with state nutrition standards.

### **List of Appendices**

Appendix A	Menu Pattern for School Lunches
Appendix B	Sample Menu Items with serving size, calorie & fat content
Appendix C	Lunch RDA (recommended daily allowances) by age in various Categories – calories, protein, Trans-fats, Saturated-fats, Iron, Calcium, Vitamin A, Vitamin C



## Appendix B

### Chicken Nuggets

Serving: 5 nuggets  
251 calories  
15.9 grams fat  
3.5 grams saturated fat

### Tacos (Meat only)

Serving: 2.1 oz.  
0% Trans-fatty acid  
110 calories  
7 grams fat  
3.5 grams saturated fat

### Cheese Omelet

Serving: 2.1 oz.  
110 calories  
8 grams fat  
3 grams saturated fat

### Pizza Dippers

Serving: 2 oz  
130 calories  
14 grams fat  
7 grams saturated fat

### Applesauce

Serving: ½ cup, 4 oz.  
90 calories  
0 grams fat  
0 grams saturated fat

### Chicken Patty Sandwiches

Serving: 3.37 oz.  
249 calories  
15.8 grams fat  
3.3 grams saturated fat

### Hamburgers (Meat only)

Serving: 2.45 oz.  
154 calories  
9 grams fat  
3.6 grams saturated fat

### Chicken Quesadillas (Meat)

Serving: 2.3 oz.  
100 calories  
5 grams fat  
1.5 grams saturated fat

### Cheese (Grilled Cheese, etc.)

Serving: 1 oz.  
70 calories  
4 grams fat  
2.5 grams saturated fat

### Turkey Corn Dogs

Serving: 2 oz.  
90 calories  
2.5 grams fat  
0.5 grams saturated fat  
0 grams trans. Fat