



Seton Academy Wellness Policy



As each local educational agency that participates in the National School Lunch Program or other federal Child Nutrition programs is required by federal law to establish a local school wellness policy, the following is the content of the Seton Academy Wellness Policy.

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SETON ACADEMY WELLNESS POLICY

The wellness policy of Seton Academy will address the best practice in all aspects of health education, nutrition planning and education, physical fitness activities and staff development. The primary purpose of the establishment of a wellness policy is to promote academic achievement through the creation of policy and practices addressing the foundations of sound learning, proper nutrition, daily physical activity, and sufficient rest for optimal development.

NUTRITION

Food guidelines: All foods served during the school day (reimbursable school lunches) as well as at school sponsored activities shall meet or exceed the state and federal guidelines . This includes but is not limited to: low fat & fat free milk, no trans fats, no added sodium, daily servings of fruits & vegetables with no added sugar, whole wheat breads, rice and pasta.

Empty calories: Any “empty calorie” food or beverage will not be served/sold in the cafeteria, “heart smart” cart, vending machine, or school sponsored event. Any foods sold during school hours are to meet the appropriate nutritional guidelines.

Rewards: Food and beverages cannot be used as rewards for academic performance or behavior. The withholding of food cannot be used as any form of punishment. In keeping a consistent message, opportunities for physical activity (recess, organized school day activities) cannot be used or withheld as a form of punishment.

Food brought in for parties/birthday: we greatly encourage food items follow school guidelines and are as healthy as possible.

PHYSICAL FITNESS

Fitness activities must include opportunities for all students to participate in daily physical activity. This will include activities for students needing adaptive activities and/or equipment with the abilities of Seton Academy to provide such services. Physical education should be provided to all students a minimum of two classes a week.

Supervised recess should be a minimum of 20 minutes outside, weather permitting to allow for additional physical activity.

FUND RAISING

It is understood that fund raising is essential to the continuation of our school. Fund raisers that involve foods that do not meet our nutritional guidelines should be limited. There are to be no bake sales.

STAFF WELLNESS

Teachers will be essential in teaching and modeling the practices of the wellness policy. As role models, teachers will be critical in establishing the routines of incorporating more healthy lifestyle choices. With this in mind, teacher's behaviors in front of students must be aligned with the wellness policy.

NUTRITIONAL PROMOTION AND EDUCATION

Various posters and nutritional information, primarily provided by the state and federal nutrition program will be displayed on the cafeteria's bulletin board.

Teachers will be informed of the various educational/support materials offered through such agencies.

PUBLIC INFORMATION

The wellness policy is to be posted for review on the cafeterias bulletin board as well as on the schools website.

ASSESSMENT AND DATE COLLECTION

The wellness policy is a living and fluid document created to be reviewed, modified, and appended as the needs and goals of students, faculty, and families change over time.

Assessment techniques will be used throughout the school year and will be used to review progress and goals.

GOALS

- continue the walking club 2 mornings a week for a 20 minute interval
- continue to offer exercise opportunities in aftercare such as outdoor time, Zumba, as well as an additional 30 minutes of organized physical activity once a week for each age group
- encourage participation on the basketball team this winter
- encourage children to at least try the fruits and vegetables offered at lunch times in the hope that they will eventually take them because they want to and not because it is required
- organize lunch time exercise opportunities

MARKETING

Any items not meeting the nutritional standards will not be advertised and/or promoted.

STAKEHOLDER INVOLVMENT & PARTICIPATION (to add input and advisement):

Meg Lawliss: physical education teacher & parent
Elizabeth Jensen: 2nd grade teacher
Tammy Arsenault: food service director

We encourage any comments/ideas/suggestions from parents, students, school board members, staff, teachers, and the public.

LOCAL DESIGNATION (to measure wellness policy implementation and ensure compliance):

Sr. Helen Hermann: Principal

***this document was reviewed and updated on 10/7/2016.

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Seton Academy Civil Rights Public Release

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

(1) **Mail:** U.S. Department of Agriculture

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1400 Independence Avenue, SW

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Seton Academy Civil Rights Grievance Report Procedures

In accordance with FNS Instructions 113-1, Seton Academy provides a grievance procedure in the event a person believes he/she or their enrolled participant has been discriminated against and/or denied service on the basis of color, race, national origin, sex, age or disability in the food service program provided by Seton Academy.

GENERAL INSTRUCTIONS:

All complaints, written or verbal, alleging discrimination on the basis of race, color, national origin, sex, age or disability shall be processed within 90 days of receipt in the manner prescribed in this instruction.

PROCEDURE FOR FILING COMPLAINTS OF DISCRIMINATION

- Right to file a complaint

Any person alleging discrimination based on race, color, national origin, sex, age or disability has a right to file a complaint within 180 days of the alleged discriminatory action. Under special circumstances the time limit may be extended.

- Acceptance

All complaints, written or verbal, shall be accepted by Seton Academy. It is necessary that the information be sufficient to determine the identity of the agency or individual toward which the complaint is directed, and to indicate the possibility of violation. Anonymous complaints shall be handled as any other complaint.

- Verbal complaints

In the event that a complainant makes the allegation verbally or through a telephone conversation and refuses or is not included to place such allegations in writing, the person to whom the allegations are made shall write up the elements of the complainant for the complainant. Every effort shall be made to have the complainant provide the following information:

- Name, address, telephone number, or means of contacting the complainant.
- The specific location and name of the entity delivering the program, service, or benefit
- The nature of the incident(s) or action(s) that led the complainant to believe discrimination is a factor.
- The basis on which the complainant feels discrimination exists (race, color, sex, national origin, age, disability)
- The names, titles, and addresses of the persons who may have knowledge of the discriminatory action(s).
- The date(s) during which the alleged discriminatory action occurred, or if continuing, the duration of such actions

CIVIL RIGHTS GRIEVANCE REPORT FORM

Name _____ Date _____

Address _____ Phone _____

If your grievance concerns a discriminatory action due to race, color, national origin, sex, age, or disability, please be very specific and give full details concerning the occurrence.

State the reason(s) you are filing this grievance report.

What response did you receive from the sponsor representative during the alleged occurrence?

What results are you seeking from this communication?

Signature of complainant

Date

October 2016

A recent assessment of the wellness policy finds a few areas that still need improvement.

With the start of school, children once again need reminding that they must take a fruit or vegetable every day, Pre-K and most of the kindergarten children have never been faced with this before so it is a challenge to get them to comply. They don't understand why they are required to take something they do not want. We encourage them to try it...perhaps someday they will like it.

Getting parents to comply with healthy birthday/party treats is a challenge. Teachers should be encouraging this when sending home sign up sheets for all the upcoming holidays and discouraged from sending in cupcakes for birthdays and opting for a healthier treat.

The walking club is going well and most of the children are participating.

The weather has been nice so the children have been able to go out for recess.