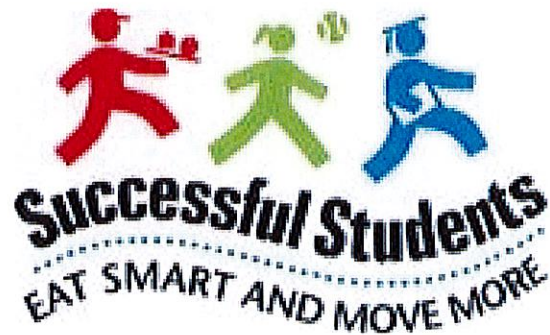


School of St. Peter

Wellness Policy



Wellness Advisory Council

1. Food Service Director/Head Cook – Kathy Antony ADVISOR TO WELLNESS COUNCIL
2. School Nurse – Kylee Erickson
3. Parent Representative – Jenna Drietz
4. Staff Member Representative – Jenna Drietz
5. School Principal – Jason Myhre

Revised in September 4, 2025

[Note: All school districts that receive funding from the federal school lunch program are required by the Child Nutrition and WIC Reauthorization Act of 2004 (“the Act”) to have a Wellness Policy that includes nutrition guidelines, goals for nutrition education, and physical activity to promote student wellness. The Act requires the involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the wellness policy. The Act also requires a plan for measuring implementation of the policy and the designation of at least one person charged with operational responsibility for ensuring the school district is in compliance with the policy. The Act provides for technical assistance and information from the Secretary of Agriculture to aid state and local educational agencies and school food authorities in establishing healthy school nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases.]

Student Nutrition & Physical Activity

Policy Intent/Rational:

St. Peter's School promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. St. Peter's supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. The school contributes to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that every child has a better opportunity to reach a higher level of achievement.

A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be sacrificed because of a dependence on revenue from high-added fat, high-added sugar, and low nutrient foods to support school programs.

B. Support and promote proper dietary habits contributing to students' health status and academic performance.

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

C. Provide more opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity is to be included in the school's daily education program for grades K through 6. Physical activity should include regular instructional physical

education, as well as co-curricular activities, and recess.

D. The school of St. Peter is committed to improve academic performance for all students.

Educators, administrators, parents, and all school support personnel must consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure that students' basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity, an awareness campaign that highlights research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn will be conducted on a regular basis.

Wellness Policy – Page 2

E. Establish and maintain a school-wide Wellness Advisory Council with the purposes of:

- Developing guidance to explicate this policy
- Monitoring the implementation of this policy
- Evaluating policy progress
- Serving as a resource to school personnel, (e.g. providing lists of healthy incentives, snacks, birthdays, etc.)
- Revising policy as necessary

A school-wide Wellness Advisory Council will be established and maintained. The Council will meet a minimum of one time annually with Council membership including, but not limited to:

- Food Service Director/Head Cook
- School Nurse
- A parent representative
- Staff member representative
- School Principal

The Wellness Advisory Council will be responsible for reviewing an Annual Report by September 15 of each year that includes, but may not be limited to, the following information:

- Monthly school menus and meal counts
- Listing any sales of food throughout the school hours including vending machines, school stores, culinary and special education programs, in-school and in-class fundraisers, etc.

- Summary listing of physical activity programs and opportunities for students throughout the school year.

Wellness Policy – Page 3

Student Nutrition

[Note: The Act requires that the school district’s wellness policy provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act (42 U.S.C. 1771 et seq.) and sections 9(f)(1) and 17(a) of the National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a), as those regulations apply to schools.)]

The School Breakfast/Lunch Programs:

- The full meal school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Meals Programs.
- The Food Service Director will work closely with the Wellness Advisory Council.

Cafeteria Environment:

- A cafeteria environment that provides students with a relaxed, enjoyable climate shall be developed.
- The cafeteria environment is a place where students have:
 - Adequate space to eat and clean, pleasant surroundings;
 - Adequate time to eat meals. (The American School Food Service Association recommends at least 20 minutes for lunch from the time students are seated with their food);
 - Convenient access to hand washing or hand sanitizing facilities before meals.

- Recess is before lunch for better eating and digestion.

Fundraising:

- All fund-raising projects are encouraged to follow the school Nutrition Standards.
- All fund-raising projects for sale and consumption within and prior to the instructional day will follow the Nutrition standards when determining the items being sold.

Teacher-to-Student Incentive:

Strong consideration should be given to non-food items as part of any teacher-to-student incentive program. The use of food items as part of a student incentive program is strongly discouraged. Should teachers feel compelled to utilize food items as an incentive, they are required to adhere to the school Nutrition Standards.

Wellness Policy – Page 4

Student Nutrition Education:

St. Peter's School has a comprehensive curriculum approach to nutrition in Kindergarten through 6th grade. All K-6 instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

Knowledge of the Food Guide Pyramid
Sources & variety of foods
Diet and disease
Healthy snacks
Healthy diet
Major nutrients
Serving sizes
Identify and limit foods of low nutrient density

Healthy heart choices
Dietary Guidelines for Americans
Understanding calories
Healthy breakfast
Food labels
Multicultural influences
Proper Food safety/Sanitation

The nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

Parent Nutrition Education:

- Nutrition education will be provided to parents.
- Nutrition education may be provided in the form of handouts, articles and information provided in school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

Staff Nutrition & Physical Activity Education:

With the purposes of:

- Encouraging all school staff to improve their own personal health and wellness
- Improving staff morale
- Creating positive role modeling
- Building the commitment of staff to promote the health of students
- Building the commitment of staff to help improve the school wellness environment.

Wellness education opportunities will be provided to all school staff. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

School Nutrition Standards

Nutrition Standards Intent/Rationale:

St. Peter’s School strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the school has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. All affected parties are encouraged to study these standards and adhere to the policy using the following Nutrition Standards as minimal guidelines.

Food:

- Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS FRESH FRUITS, VEGETABLES, and DAIRY PRODUCTS.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 10% of its total calories derived from saturated fat.

- Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounce or less package size) are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these Standards, but those special occasions must be recorded and included in the Wellness Advisory Council Annual Report.

Beverages:

- ONLY Milk, Water, and beverages containing 50-100 % fruit juices with no added artificial or natural sweeteners may be sold on school grounds both immediately prior to and throughout the instructional day.

Candy:

- Candy is defined as any processed food item that has:
 1. sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose(dextrose), high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup) is listed as one of the first two ingredients AND
 2. sugar is more than 25% of the item by weight.
- Vending sales will not be permitted on school grounds.
- Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day.

Student Physical Activity

Physical Activity Goal:

The School of St. Peter shall provide physical activity and physical education opportunities that provide students with the knowledge and skills to lead a physically active lifestyle.

[Note: The Act requires that wellness policies include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the school district determines is appropriate.]

St. Peter's School shall utilize the following Implementation strategies:

1. Physical education classes and physical activity opportunities will be available for all students.
2. Physical activity opportunities shall be offered daily during school (recess).

3. As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:
 - Expose youngsters to a wide variety of physical activities.
 - Teach physical skills to help maintain a lifetime of health and fitness
 - Encourage self-monitoring so youngsters can see how active they are and set their own goals
 - Individualize intensity of activities
 - Focus feedback on the process of doing your best rather than on the product
 - Be active role models

4. Introduce developmentally appropriate components of a health-related fitness assessment, (e.g. Fitness Gram, Physical Best or President's Council) to the students at an early age to prepare them for future assessments.

5. Begin fitness or activity logging in elementary school. Assist students to interpret their personal attainments and compare them to national physical activity recommendations.

The 2004 Guidelines from NASPE recommend:

 - Children should accumulate **at least 60 minutes, and up to several hours**, of age appropriate physical activity on all, or most days of the week.
 - Children should participate in **several bouts of physical activity lasting 15 minutes** or more each day.
 - Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits
 - **Extended periods (periods of two hours or more) of inactivity are discouraged** for children, especially during the daytime hours.

6. Physical education classes shall be sequential, building from year to year, and content will include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill, and practice. (NASPE recommendations for physical education are 150 minutes per week for elementary students.)

The school district will post this wellness policy on its website, to the extent it maintains a website.

Adopted: June, 2006

Effective: School Year 2006-2007

Reviewed/updated: December 9, 2016

Legal References: Minn. Stat. § 121A.215 (Local School District Wellness Policy)

42 U.S.C. § 1751 et seq. (Healthy and Hunger-Free Kids Act)

42 U.S.C. § 1758b (Local School Wellness Policy)

42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)

7 U.S.C. § 5341 (Establishment of Dietary Guidelines)

7 C.F.R. § 210.10 (School Lunch Program Regulations)

7 C.F.R. § 220.8 (School Breakfast Program Regulations)

Local Resources: Minnesota Department of Education, www.education.state.mn.us

Minnesota Department of Health, www.health.state.mn.us

County Health Departments

Action for Healthy Kids Minnesota, www.actionforhealthykids.org

United States Department of Agriculture, www.fns.usda.gov

Student Nutrition & Physical Activity

Policy Intent/Rational:

St. Peter's School promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. St. Peter's supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. The school contributes to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that every child has a better opportunity to reach a higher level of achievement.

A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be sacrificed because of a dependence on revenue from high-added fat, high-added sugar, and low nutrient foods to support school programs. Nutrition lessons are integrated into the curriculum and the health education program. St. Peter's will also provide nutrition education lessons that cover topics such as reading a Nutrition Facts label etc.

B. Support and promote proper dietary habits contributing to students' health status and academic performance.

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

C. Provide more opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity is to be included in the school's daily education program for grades K through 6. Physical activity should include regular instructional physical education, as well as co-curricular activities, and recess.

D. The school of St. Peter is committed to improve academic performance for all students.

Educators, administrators, parents, and all school support personnel must consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure that students' basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity, an awareness campaign that highlights research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn will be conducted on a regular basis.

E. Establish and maintain a school-wide Wellness Advisory Council with the purposes of:

- Developing guidance to explicate this policy
- Monitoring the implementation of this policy
- Evaluating policy progress
- Serving as a resource to school personnel, (e.g. providing lists of healthy incentives, snacks, birthdays, etc.)
- Revising policy as necessary

A school-wide Wellness Advisory Council will be established and maintained. The Council will meet a minimum of one time annually with Council membership including, but not limited to:

- Food Service Director/Head Cook
- School Nurse
- A parent representative
- Staff member representative
- School Principal

The Wellness Advisory Council will be responsible for reviewing an Annual Report by September 15 of each year that includes, but may not be limited to, the following information:

- Monthly school menus and meal counts
- Listing any sales of food throughout the school hours including vending machines, school stores, culinary and special education programs, in-school and in-class fundraisers, etc.
- Summary listing of physical activity programs and opportunities for students throughout the school year.

Parent Nutrition Education:

- Nutrition education will be provided to parents.
- Nutrition education may be provided in the form of handouts, articles and information provided in school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

Staff Nutrition & Physical Activity Education:

With the purposes of:

- Encouraging all school staff to improve their own personal health and wellness
- Improving staff morale
- Creating positive role modeling
- Building the commitment of staff to promote the health of students
- Building the commitment of staff to help improve the school wellness environment.

Wellness education opportunities will be provided to all school staff. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

School Nutrition Standards

Nutrition Standards Intent/Rationale:

St. Peter's School strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the school has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. All affected parties are encouraged to study these standards and adhere to the policy using the following Nutrition Standards as minimal guidelines. Example: Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.

Food:

- Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS FRESH FRUITS, VEGETABLES, and DAIRY PRODUCTS.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounce or less package size) are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these Standards, but those special occasions must be recorded and included in the Wellness Advisory Council Annual Report.

**St. Peter's will work towards including fresh, locally-grown foods in school meals when possible.

**St. Peter's will follow the Smart Snacks in School standards for all food and beverages served or sold to students on school campus during the school day. At this time St. Peter's Catholic School does not have an A la cart program, vending machines or a school store.

Beverages:

- ONLY Milk, Water, and beverages containing 50-100 % fruit juices with no added artificial or natural sweeteners may be sold or served on school grounds both immediately prior to and throughout the instructional day. Beverages containing caffeine will not be served or sold on school grounds.

Candy:

- Candy is defined as any processed food item that has:
 1. sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose(dextrose), high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup) is listed as one of the first two ingredients AND
 2. sugar is more than 25% of the item by weight.
- Vending sales will not be permitted on school grounds.
- Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day.

Staff Qualifications 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.

4. Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.
5. Advertising of any food or beverage that may not be sold on campus during the school day is prohibited. Advertising of any brand on containers used to serve food or in areas where food is purchased is prohibited.
6. St. Peter's will not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by the principal.
7. It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

POLICY IMPLEMENTATION AND MONITORING

A. Implementation and Publication

1. After approval by the school board, the wellness policy will be implemented throughout the school district.
2. The school district will post its wellness policy on its website, to the extent it maintains a website.
3. Students, parents, staff and/or community members are welcome to join the committee.

B. Annual Reporting

The Nutrition Coordinator and Director of Food and Nutrition Services will annually inform the public via a School Board Presentation about the content and implementation of the wellness policy and make the policy and any updates to the policy available to the public.

C. Triennial Assessment

1. At least once every three years, the school district will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes the following information:
 - a. the extent to which schools under the jurisdiction of the school district are in compliance with the wellness policy;
 - b. the extent to which the school district's wellness policy compares to model local wellness policies; and
 - c. a description of the progress made in attaining the goals of the school district's wellness policy.
2. The Nutrition Coordinator with input from the Director of Food and Nutrition Services and Wellness Committee will be responsible for conducting the triennial assessment.
3. The triennial assessment report shall be posted on the school district's website or otherwise made available to the public.

D. Recordkeeping

The school district will retain records to document compliance with the requirements of the wellness policy. The records to be retained include, but are not limited to:

1. The school district's written wellness policy.
2. Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public.
3. Documentation of the triennial assessment of the local school wellness policy for each school under the school district's jurisdiction efforts to review and update wellness policy (including an indication of who is involved in the update and methods the school district uses to make stakeholders aware of their ability to participate on the Wellness Committee).

Legal References: Minn. Stat. § 121A.215 (Local School District Wellness Policy)

42 U.S.C. § 1751 et seq. (Healthy and Hunger-Free Kids Act)

42 U.S.C. § 1758b (Local School Wellness Policy)

42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)

7 U.S.C. § 5341 (Establishment of Dietary Guidelines)

7 C.F.R. § 210.10 (School Lunch Program Regulations)

7 C.F.R. § 220.8 (School Breakfast Program Regulations)

Local Resources: Minnesota Department of Education, www.education.state.mn.us

Minnesota Department of Health, www.health.state.mn.us

County Health Departments

Action for Healthy Kids Minnesota, www.actionforhealthykids.org

United States Department of Agriculture, www.fns.usda.gov

The school district will post this wellness policy on its website, to the extent it maintains a website.

Adopted: June, 2006 Effective: School Year 2006-2007 Reviewed/updated: December 9, 2016; August 21, 2020 , *September 4, 2025*

UPDATED NUTRITION GUIDELINES

Limits for Added Sugars

The new limitations on added sugars will be implemented in two phases. Phase one begins July 1, 2025, for the 2025-2026 school year, with limits on added sugars in specific foods, including:

Breakfast cereal: limited to 6 grams of added sugars per ounce

Yogurt: limited to 12 grams of added sugars per 6-ounce serving

Flavored milk: limited to 10 grams of added sugars per 8-ounce serving, with up to 15 grams of added sugars per 12-ounce serving allowed for middle and high schools when sold as a competitive food . Competitive foods include all foods and beverages available for sale to students, outside of the reimbursable meal.

Phase two will keep the itemized limits noted above, and includes a weekly limit of 10% of calories from added sugars starting in the 2027-2028 school year.

Limits for Sodium

Sodium levels are categorized by student grade level and vary for breakfast and lunch. The final rule aims to reduce sodium by about 15% at lunch and 10% at breakfast. New limits are set to go into effect by July 1, 2027.

Grades K-5: limit of 485 milligrams of sodium at breakfast; limit of 935 milligrams of sodium at lunch

Grades 6-8: limit of 535 milligrams of sodium at breakfast; limit of 1,035 milligrams of sodium at lunch

Grades 9-12: limit of 570 milligrams of sodium at breakfast; limit of 1,080 milligrams of sodium at lunch.

These limits are interpreted as the average daily amount of sodium in lunch and breakfast menus offered over the course of a school week.

Additional Guidelines for Child Nutrition Programs

Guidelines for flavored milk and whole grains will remain the same as those previously in effect, except for the updated limits on added sugars. Both low-fat and fat-free flavored milk will continue to be offered, and at least 80% of the grains offered each week must be whole grain-rich.

The final rule includes additional information to assist programs interested in incorporating more plant-based, cultural and local foods. However, these actions are encouraged rather than required, unlike the added sugars and sodium limits.

Beginning October 1, 2025, CACFPs will have the same limits noted for school nutrition programs on added sugars in breakfast cereal and yogurt (but not milk). There are currently no changes suggested for sodium content in CACFP meals.

For more information, and a complete guide to these changes, visit the USDA's Food and Nutrition Services website.

References

Federal Register. Final Rule: Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans. Accessed April 25, 2024.

U.S. Department of Agriculture, Food and Nutrition Service. Federal Registrar: Nutrition Standards in the National School Lunch and School Breakfast Program. January 26, 2012.

U.S. Department of Agriculture, Food and Nutrition Service. Child and Adult Care Food Program. Accessed April 25, 2024.

U.S. Department of Agriculture, Food and Nutrition Service. Updates to the School Nutrition Standards. Accessed April 25, 2024.

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