



St. Paul Catholic School

Wellness Policy

1416 Main Street

Highland, IL 62249

618.654.7525

www.stpaulhighland.org

St. Paul Catholic School admits students of any race, color, sex, or national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, sex, or national and ethnic origin in the administration of its educational policies, admission policies, scholarships and loan programs, and athletic and school administered programs.

USDA Nondiscrimination Statement

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, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Preamble

St. Paul Catholic School (hereto referred to as the School) is committed to the optimal development of every student. The School believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe, and health-promoting 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. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. 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. 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, this policy establishes goals and procedures to ensure that:

- Students in the School have access to healthy foods throughout the school day – both through reimbursable school 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;
- The School engages in nutrition and physical activity promotion and other activities that promote student wellness; and
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.

The School will coordinate the wellness policy with other aspects of school management, including the School's School Improvement Plan, when appropriate.

This wellness policy can be found at www.stpaulhighland.org

Annual Notification of Policy

The School will inform families and the public 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 school website and/or school-wide communications. The School will provide as much information as possible about the school nutrition environment.

Revisions and Updating the Policy

The School 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.

Wellness Policies on Nutrition and Physical Activity

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. Good health fosters student attendance and education.

St. Paul Catholic School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of St. Paul Catholic School that:

All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at school will meet the nutrition recommendations of the state guidelines for school lunch programs.

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

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 per serving (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.

Our school participates in USDA child nutrition programs, including the National School Lunch Program (NSLP). The District also operates additional nutrition-related programs and activities and are committed to serving meals 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. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices such as:
 - 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 vegetable 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 vegetable 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.

Free and Reduced-priced Meals

Every effort will be made to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, electronic identification and payment systems will be utilized to provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals.

Water

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

Meal Time and Scheduling

St. Paul Catholic School:

Will provide students with at least 20 minutes after sitting down for lunch;

Schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;

Not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;

Will schedule lunch periods to follow recess periods (in elementary schools);

Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Nutrition Education and Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating 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 cafeterias. 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, students and the community.

St. Paul Catholic School aims to teach, encourage, and support healthy eating by students. Nutrition education and promotion will be provided which;

Is offered at each grade level as part of a sequential, comprehensive, stands-based program 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 classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

Includes enjoyable, developmental-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

Links with school meal programs, other school foods, and nutrition-related community services;

Teaches media literacy with an emphasis on food marketing; and

Includes training for teachers and other staff.

Communication with Parents

The School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The School will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

The School will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.

Staff Wellness

St. Paul Catholic 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.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. 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.

Sharing of Foods and Beverages

Students will be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Elementary Schools

The school food service program will approve and provide all food and beverages sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat, fruits, and non-fried vegetables.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with water as the primary beverage. Schools will assess if and when to

offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations.

Rewards

St. Paul Catholic School will discourage the use of foods and beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Celebrations that involve food during the school day will be limited to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. The school will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances)

When feasible, foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually.

Integrating Physical Activity into the Classroom Setting

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. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

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.

To the extent practicable, the School will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education (P.E.) preK-8

St. Paul Catholic School 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 students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The School will make appropriate accommodations to allow for equitable participation for all students.

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

Daily Recess

Daily recess will be offered at least for **20 minutes** on all days during the school year. 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.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers 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

The 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. The School recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

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.

The School 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.

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

Physical Activity Opportunities Before and After School

St. Paul Catholic School offers a variety of extracurricular physical activity programs, including interscholastic sports programs. Programs will include a wide range of activities that will meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage-verbally and through the provision of space, equipment, and activities-daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School

The school will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements. The School will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Monitoring

The principal or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the principal.

Other Activities that Promote Student Wellness

The School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The School 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.

When feasible, St. Paul Catholic School will coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics.

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.

Template used for preparation:

ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY
Updated 9/2016 to Reflect the USDA Final Rule

Edited by Kathy Sherman, Principal of St. Paul Catholic School; July 2018

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St. Paul Catholic School Food Allergy Management Policy

Guidelines for Teachers, Staff, and Parents

St. Paul Catholic School recognizes that school attendance may increase a student's risk of exposure to allergens that could trigger a food-allergic reaction. While it is not possible for a school to completely eliminate the risks of exposure to allergens, a Food Allergy Management Policy using a cooperative effort among students' families, staff members, and students helps the school reduce these risks and provide accommodations and proper treatment for allergic reactions.

The following guidelines aim to minimize the risk of exposure to food allergens at school. The Illinois State Board of Education and Illinois Department of Public Health publication *Guidelines for Managing Life-Threatening Food Allergies in Illinois Schools* is available http://www.isbe.net/nutrition/pdf/food_allergy_guidelines.pdf. A hard copy is also available in the school office.

Communication Expectations

Communication of information between the parents, student, teachers, and school staff is essential.

- Parents of children with food allergies will submit a Food Allergy and Anaphylaxis Emergency Care Plan (also known as Food Allergy Action Plan) at the beginning of the school year, or as needed when an allergy is identified.
- The parents will review the plan with the child's homeroom and classroom teachers. Instructors of other classes, cafeteria servers, administration, and office staff will also be informed of the student's allergies. Administration and classroom teachers will provide a mechanism to inform substitutes about student allergies.
- The parents will review with the teacher how to administer the student's emergency medication.
- The teacher and parents of the allergic child should discuss how food is managed in the classroom.
- The teacher will notify all parents of the class that there are food allergies in the class, distribute a suggested safe snack list, and send a reminder prior to classroom celebrations.
- For special events, such as Grandparents' Day, where food will be served throughout the school, administration will notify parents of students with food allergies in advance so that safe options can be discussed.
- If a student with food allergies rides the school bus, the parents and student are responsible for coordinating with the bus company and driver for appropriate management on the bus.
- Education and training of all school staff about food allergies will be done annually at the start of the school year.

Management Policy

Prior to serving food to a student with food allergies, teachers will read food labels to verify it does not contain the ingredient to which the student is allergic and check for advisory warnings. When developmentally appropriate, the student may verify food labels also.

Unlabeled or unpackaged foods should never be given to a student with an identified food allergy.

The classroom(s), and common areas such as art room, music room, etc., where the students are educated will be safe for the students with food allergies. All food served in the student's classroom(s) will be free of the student's allergen. For example, if a student is allergic to peanuts, their classroom will be a peanut-free room.

For a classroom to be free of the student's allergen, it means that:

- Home-baked food will no longer be served or consumed in that classroom.
- Please note that if home-baked food is sent to school for that classroom, it will not be distributed or consumed during the school day. If it is individually packaged, it will be held in the office and sent home with students that do not have food allergies at the end of the day.
- Commercially prepared food items brought in for classroom parties, birthday treats, class snack time, etc. must be individually pre-packaged, *an ingredient list must be provided along with each food item.*
- Commercially prepared foods containing the student's allergens will not be served or consumed in that classroom.
- Commercially prepared foods with advisory warnings about the student's allergens (such as may contain, manufactured on shared equipment, etc.) will not be served or consumed in the classroom.
- Teacher lead instructional programs must be developed with sensitivity to specific classroom allergies.
- Food containers that originally contained the student's allergens (or had advisory warnings) will not be reused for projects.
- PSR classes (or other after school activities) that utilize the St Paul classrooms will abide by this policy also.

With this food allergy policy, St. Paul Catholic School is placing restrictions on food consumed in the classroom(s) of students with food allergies and common areas, but the cafeteria is not restricted. We will continue to allow consumption of any and all foods at lunchtime in the cafeteria. Children are not permitted to trade or exchange food items.

Bake sales are permitted and will remain unrestricted. To maintain the safety of our classrooms, bake sales will be held at the end of the school day (instead of the start of the day) so that home-baked food is not consumed in the classrooms.

Preparation and Response to Allergic Reactions

The student's emergency medication, epinephrine auto-injector (Epi-Pen), antihistamine, asthma inhaler, etc. and a copy of the Food Allergy & Anaphylaxis Emergency Care Plan will be kept in the student's classroom when the student is in the classroom, in a secure but unlocked location.

The medication and plan will travel with the student on campus, in the possession of the supervising teacher on duty.

When developmentally appropriate, and approved by the parent, the student may self-carry their own medications and plan.

For off-campus activities, such as field trips, it is recommended that a parent of the allergic student (or their designee) attend as a chaperone and carry the student's emergency medication and plan. If this is not possible, the student's teacher will carry the medication and plan.

When allergic symptoms are suspected in a student, the teacher or staff member supervising the student shall promptly activate the Food Allergy & Anaphylaxis Emergency Care Plan with the appropriate medical emergency response. School administration and parents will be contacted as soon as possible after the use of emergency medication.

**St. Paul Catholic School
Allergy History Form**

Dear Parent/Guardian of:

Date:

According to your child's health records, he/she has an allergy to:

Please provide us with more information about your child's health needs by responding to the following questions and returning this form to the school office.

- 1) When and how did you first become aware of the allergy?
- 2) When was the last time your child had a reaction?
- 3) Please describe the signs and symptoms of the reaction.
- 4) What medical treatment was provided and by whom?
- 5) If medication is required while your child is at school, the attached Emergency Care Plan form must be completed by a licensed medical provider and parent/guardian.
- 6) Please describe the steps you would like us to take if your child is exposed to this allergen while at school.

Parent or Guardian: _____

Date: _____

Print Name: _____

Concussion Management Policy

The purpose of this policy is to safeguard student athletes by (1) educating student athletes, school personnel and parents/guardians about concussions, (2) requiring that a student athlete be removed from play when a concussion is suspected and requiring a licensed health care professional to provide clearance for the student athlete to return to play or practice, and (3) implementing the concussion management requirements specified by the State of Illinois. (Public Act 099-0245)

This policy applies to athletic play occurring in sports programs provided by St. Paul Catholic School regardless whether the sports program is intramural, interscholastic, afterschool or provided during the summer (e.g. summer sports camp).

Concussion Signs and Symptoms

A concussion is a traumatic brain injury that interferes with normal brain function. A student athlete does not have to lose consciousness to have suffered a concussion. Signs and symptoms of a concussion include the following

Signs Observed by Others

Appears dazed or stunned
Appears confused
Forgets sports plays
Is unsure of game, score, opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Shows behavior or personality changes
Can't recall events prior to hit or fall
Can't recall events after hit or fall

Symptoms Reported by Athlete

Headache or "pressure in head"
Nausea
Balance problems or dizziness
Sensitivity to light or noise
Double or fuzzy vision
Feeling sluggish or slowed down
Feeling foggy or groggy
Does not "feel right"
Concentration or memory problems
Confusion

Removal and Return to Play

Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game or practice and shall not return to play until cleared in writing by a licensed health care professional. If a health care professional is not immediately available at the athletic event or practice and an injured student athlete has any of the described signs, symptoms or behaviors of a concussion, s/he shall be promptly taken to a facility for appropriate medical evaluation and care.

A player must be removed from an athletics practice or competition immediately if one of the following persons believes the player might have sustained a concussion during the practice or competition:

- a coach
- a physician
- a game official
- an athletic trainer
- the student's parent or guardian or another person with legal authority to make medical decisions for the student
- the student or
- any other person deemed appropriate under the school's return-to-play protocol.

A student removed from an athletics practice or competition may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until:

- the student has been evaluated by a treating physician (chosen by the student or the student's parent or guardian) or an athletic trainer working under the supervision of a physician
- the student has successfully completed each requirement of the "return-to-play" and "return to learn" protocols established for the student to return to play
- the treating physician or athletic trainer working under the supervision of a physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play and return to learn; and
- the student and the student's parent or guardian have acknowledged that the student has completed the requirements of the "return-to-play" and "return-to-learn" protocols necessary for the student to return to play; have provided the treating physician's or athletic trainer's written statement and have signed a consent form indicating that the person signing has been informed and consents to the student participating in returning to play in accordance with the "return-to-play" and "return-to-learn" protocols and understands the risks associated with the student returning to play and returning to learn and will comply with any ongoing requirements in the "return-to-play" and "return-to learn" protocols. A sample acknowledgement is found in the link below:
[http://www.ihsa.org/documents/forms/current/Postconcussion%20Consent%20Form%20\(RPT-RTL\).pdf](http://www.ihsa.org/documents/forms/current/Postconcussion%20Consent%20Form%20(RPT-RTL).pdf)
- A coach of an athletics team may not authorize a student's return to play or return to learn.

Licensed Health Care Professional

For purposes of this policy, licensed health care professional means physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers.

Concussion Policy/Fact Sheet

Information on the school's concussion and head injury policy are included in the Wellness Policy and a copy is available onsite for review. All student athletes and parents must sign the Concussion Information Sheet before practice or competition.

The parent/guardian of each student athlete and the student athlete shall receive annually a concussion information sheet and they shall submit written verification(s) that they have read the information. A student athlete may not participate in practice or competition prior to the school's receipt of this written verification.

Educational materials provided by the Illinois High School Association, and Illinois Elementary School Association to educate coaches, student-athletes, and parents/guardians of student-athletes about the nature and risk of concussions and head injuries, including continuing play after a concussion or head injury may be found at:

https://www.cdc.gov/headsup/pdfs/schools/tbi_returning_to_school-a.pdf

<http://www.ihsa.org/Resources/SportsMedicine/ConcussionManagement/ConcussionResources.aspx>

<https://www.iesa.org/activities/concussion.asp>

Coaches Training

Coaches and licensed officials will need to complete a training program on concussions. Coaches, nurses, and game officials must provide the school with proof of successful completion of the training. Training must be completed every two years.

Return to Learn and Return to Play

If an athlete sustains a concussion or exhibits the signs, symptoms, or behavior of the injury, that athlete must be removed from all athletic activity. That athlete may not return to any practice or game activity until he/she is evaluated by a licensed health care professional trained in the evaluation and management of concussion.

Upon return to school, medical documentation must be provided for academic accommodations. Please see the "Concussion Return to Learn" form to be completed and returned by a licensed health care professional.

The athlete and his/her parent/guardian must provide written clearance from that provider prior to the athlete being allowed to resume physical activity. The school's athletic director will keep evidence of all written clearance forms on file for a period no shorter than seven (7) years.

Concussion Return-To-Learn Recommendations

(To be completed by Licensed Physician (MD/DO) or an LAT, PA, or NP under treating physician's supervision)

Following a concussion, most individuals typically need some degree of cognitive and physical rest to facilitate and expedite recovery. Activities such as reading, watching TV or movies, playing video games, working/playing on the computer and/or texting require cognitive effort and can worsen symptoms during the acute period after concussion. Navigating academic requirements and a school setting present a challenge to a recently concussed student-athlete. A Return-To-Learn policy facilitates a gradual progression of cognitive demand for student-athletes in a learning environment. Healthcare providers should consider whether academic and school modifications may help expedite recovery and lower symptom burden. It is important to review academic/school situation for each student athlete and identify educational accommodations that may be beneficial.

Educational accommodations that may be helpful are listed below.

Return to school with the following supports:

Length of Day

- Shortened day. Recommended ____ hours per day until re-evaluated or (date) _____.
- ≤ 4 hours per day in class (consider alternating days of morning/afternoon classes to maximize class participation)
- Shortened classes (i.e. rest breaks during classes). Maximum class length of _____ minutes.
- Use _____ class as a study hall in a quiet environment.
- Check for the return of symptoms when doing activities that require a lot of attention or concentration.

Extra Time

- Allow extra time to complete coursework/assignments and tests.
- Take rest breaks during the day as needed (particularly if symptoms recur).

Homework

- Lessen homework by _____ % per class, or _____ minutes/class; or to a maximum of _____ minutes nightly, no more than _____ minutes continuous.

Testing

- No significant classroom or standardized testing at this time, as this does not reflect the patient's true abilities.
- Limited classroom testing allowed. No more than _____ questions and/or _____ total time.
 - Student is able to take quizzes or tests but no bubble sheets.
 - Student able to take tests but should be allowed extra time to complete.
- Limit test and quiz taking to no more than one per day.
- May resume regular test taking.

Vision

- Lessen screen time (SMART board, computer, videos, etc.) to a maximum _____ minutes per class AND no more than _____ continuous minutes (with 5-10 minute break in between). This includes reading notes off screens.
- Print class notes and online assignments (14 font or larger recommended) to allow to keep up with online work.
- Allow student to wear sunglasses or hat with bill worn forward to reduce light exposure.

Environment

- Provide alternative setting during band or music class (outside of that room).
- Provide alternative setting during PE and/or recess to avoid noise exposure and risk of injury (out of gym).
- Allow early class release for class transitions to reduce exposure to hallway noise/activity.
- Provide alternative location to eat lunch outside of cafeteria.
- Allow the use of earplugs when in noisy environment.
- Patient should not attend athletic practice
- Patient is allowed to be present but not participate in practice, limited to ___ hours

Additional Recommendations: _____

Name of Athlete: _____

DOB: _____

Date: _____

Physician Signature:

Concussion Return-To-Play Recommendations

The student-athlete shall report all concussion signs and symptoms daily until no symptoms remain. The return to play guidelines consists of six (6) stages, with minimum 24 hours asymptomatic in between each stage. The athlete and his/her parent/guardian must provide written clearance from the student-athlete's licensed health care professional prior to initiating the six (6) stages.

The stages of the return to play guidelines are:

Stage 1 – Rest

Stage 2 – Light aerobic exercise

Stage 3 – Sport specific exercise

Stage 4 – Non-contact drills

Stage 5 - Full-contact practice

Stage 6 – Normal game play



St. Paul Catholic School

Wellness Policy

2018 Revision

Pastoral Ratification

Approved by: *Fr. Paul H. Jpkel*

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