

### **Local Wellness Policy Area 1: Setting Nutrition Education Goals**

The primary goal of nutrition education, which may be defined as “any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being,” (SNAP-ED, US Department of Agriculture, March 29, 2013)

- Classroom Teaching: Students in grades PreK-8 will receive nutrition education as part of the P.E. and regular classroom curriculum. This will include information that teaches the skills needed to adopt healthy eating behaviors.
- Cafeteria-Based Nutrition Education: Food Service Manager and Staff will offer nutrition education to the students in the school dining area during the daily lunch program.
- Food Service Staff will be provided opportunities for on-going professional training and development in the areas of nutrition.
- MyPlate posters will be displayed in the cafeteria. Other posters that promote nutrition will be displayed as well.
- Teacher Training: Teachers will receive periodic training and updates on incorporating MyPlate classroom materials in classroom education.

### **Local Wellness Policy Area 2: Setting Physical Activity Goals**

The primary goal for the school’s physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short-and long-term benefits for a physically active and healthy lifestyle.

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including: physical education, recess, after-school programs that incorporate physical activity and physical activity breaks within regular classrooms.

- Physical Education: Physical education is a curriculum based/graded subject for grades K-6.
- Grades K-6 students for at least 80 minutes per week (3 days per week)
- Teacher-to-student ratio will be approximately 1:15 in the physical education classes.
- Physical education teachers will utilize a curriculum with incorporates the basics of various sports throughout the year (e.g. Basketball, volleyball, soccer, and track).
- Physical education teachers will receive ongoing professional development throughout the year.
- Physical Activity Outside of Physical Education:

The following programs are to be offered outside of physical education requirements:

- Variety of Field trips grades PK-6
  - Field Day Activities K-6
  - Race for Education
  - President's Physical Fitness Award
  - In addition interscholastic sports will be offered to the various grades including track and field, volleyball, and basketball. In addition, football and wrestling information will be distributed during their respective seasons. Other opportunities in the community will be made available to students when brought to our attention.
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- Recess to Promote Physical Activity: Recess will provide physical activity and will be held 5 times per week for PK-8.
    - Grades PK: 20 minutes per day in attendance
    - Grades K-3: 50 minute per day
    - Grade 4: 35 minutes per day
    - Grades 5-6: 20 minutes per day
  - After School Programs: Physical Activity is included in the after school program and includes outside activities utilizing the playground or activities in the gym if the weather prohibits outside activity.
  - Coordinated school health approach: Programs are in place to address smoking, tobacco and drugs during the D.A.R.E. program for 5th and 6th grades every other year. The school is a smoke-free facility. Education will also be incorporated in the classroom where appropriate.
  - School Health Council: A Wellness Committee consisting of a staff member, the dietary director, a school board member, and the principal will meet yearly to go over any policies and procedures and make recommendations to the school concerning the wellness policy and its implementation. In addition the policy will be discussed at one or more student council meetings per year.
  - Community/family involvement: Communications to families on health or nutrition topics occurs through weekly newsletters, teacher notes, and menu postings. Involvement of parents that have physical education and/or coaching backgrounds and local community members such as doctors and other health care workers in any or all aspects of physical activities and wellness is encouraged.
  - Staff Wellness: The school encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas. Encouragement of physical activities to benefit the health of the staff will be provided through access to schedules for the local community center, YGH Wellness Facility, and other community programs. In addition, the Hot Lunch program is available to staff.
  - Counseling, psychological, and social health services: Services, which safeguard the physical, emotional, and social well-being of students, will be coordinated through Catholic Social Services and/or the LIU. This includes Title I Reading, Resource Rooms, Speech Therapy, and English Language Learners (ELL) programs.

### **Local Wellness Policy Area 3: Establishing Nutrition Standards for All Foods Available on School Campus During the School Day**

Students' lifelong eating habits are greatly influenced by the types of food and beverages available to them. Schools must establish standards to address all foods and beverages sold or served to students, including those available outside of the school meal program. The standards should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size.

#### **Nutritional Value of Foods and Beverages:**

The following nutritional guidelines apply to all students in grades PreK-6

- **Water Consumption-** Water consumption will be encouraged throughout the day. Staff members should be particularly sensitive to students needs for water during periods of hot weather. Staff members should remind students of the value of consuming water. Water sales should be an option through concession services.
- Water is available during mealtimes. Water pitchers and glasses are available to all students during lunch.
- **Water Bottle Policy:**
  - Students are allowed to have water bottles in the classroom if they are clean and have a secure cap.
  - They may not share water bottles.
  - Teachers have discretion in determining classroom use.
- **Content from Sugar-** No individual item served by food service as part of a traditional meal or as snack items may contain more than one third of its weight from added sugar. An exception may be made periodically for a traditional meal treat.
- **Milk Products-** Milk will be promoted during all meals. Milk will be available to students bringing sack lunches. Both unflavored and flavored milk will be available during the school lunch program. No products will be served which derive more than one-third of their weight from added sugars. Low-fat and nonfat (skim) forms of milk will be featured in single-serving sizes whenever possible, this includes fat-free chocolate milk.
- **Juice-based drinks-** Pure juice may be available as an additional beverage during the school lunch time. Other juice-based drinks without added sugars (e.g. juice diluted with water or flavored waters) may be served. No sweetener-based juice drinks or sports drinks which derive more than one-third of their weight from added sugars will be served during mealtimes.
- **Portion Sizes-** In all cases, single-serving sizes will be featured.
- **Sack lunches-** children who bring sack lunches from home are encouraged to bring 100% juice or water with them, instead of consuming heavily sweetened juice drinks or sport drinks. Milk is available for purchase.
  - Soda Pop-Soda pop will only be allowed for students on special occasions and never during lunch.
  - Caffeine and Additives- Products containing caffeine will not be available during mealtimes. An exception will be made for items containing chocolate.

- Food Service- Food Service manager will be sensitive to the presence of dyes, sulfites, MSG and other additives to food by limiting their use whenever possible or finding alternative products that have fewer additives. Food service will follow federal guidelines regarding sodium content in all food served.
- Guidelines for Food and Beverages Offered to Students at School Functions-The school encourage the use 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. At any school function (parties, celebrations, feasts, sporting events, etc.) healthy food options should be available.

#### **Local Wellness Policy Area 4: Setting Goals in the School Meals Program:**

Schools play a role in helping students make healthy food choices. The school encourages all students to participate in school meals program. At a minimum, the school must serve reimbursable meals that meet USDA's requirements as well as follow principles of the Dietary Guidelines for Americans.

- Developing goals that exceed minimum nutrition standards set by USDA: The Food Service Manager develops goals that exceed minimum nutrition standards set by USDA in developing the lunch menus.
- Access to school nutrition programs: All children who require food are able to obtain it in a non-stigmatizing manner. Information for Free and Reduced Price School Meals is provided to all families in the beginning of the year school packet.
- Time and scheduling for meals: Students are provided with 20 minutes to eat for lunch periods; meal periods are scheduled at appropriate times, as lunch is scheduled between 11:30 am and 12:45 pm; and access to hand washing or hand sanitizing will be provided before all meals or snacks.
- Surroundings for eating: Lunch will be served in clean and pleasant surroundings. The Food Service Manager and staff will provide nutritional information daily during lunch periods and ensure students will enjoy eating healthy foods. Milk Marketing Board materials containing nutritional information will be posted, distributed, and discussed with the students.

#### **Local Wellness Policy Area 5: Setting Goals for Other School-Based Activities Designed to Promote Student Wellness**

- Marketing of food and/or beverages: Lunchroom marketing materials will primarily consist of MyPlate information to increase the appeal of healthful food and beverage items.
- Sustainable food practices: The school will participate in environmentally friendly practices such as the use of locally grown and seasonal foods and the use of nondisposable tableware.
- Parties and celebrations: Celebrations that involve food during the school day should be limited to 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. Snacks will be offered based on timing of school meals, children's nutritional needs, children's ages and other considerations (i.e. allergies). Newsletters and notes from teachers will encourage healthy snacks for the classroom.

- Food Rewards: The use of foods of minimal nutritional value as learning incentives should be kept to a minimum, and healthy food choices or non-food items should be substituted. This will be monitored by the school principal.
- Foods of Minimal Nutritional Value as Defined by the USDA:
  - Soda Water-any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
  - Water Ices-any frozen, sweetened water such as popsicles and flavored ice with the exception of products that contain fruit or fruit juice.
  - Chewing Gum-any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
  - Certain Candies-any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients.
  - Hard Candy-a product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture and includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops.
- Qualifications of food service staff: Qualified nutrition professionals will administer the school meal programs. As part of the school's responsibility to operate a food service program, continuing professional development will be provided for all nutritional professionals.
- Food sales/parties: Food sales and parties will be during hours that do not conflict with the school food programs.
- After School Programs: Healthy snacks such as fruit and crackers will be served. No soda waters will be served as beverages and juice will be limited. Snacks served will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.
- Field Trips: Brown bag lunches may be purchased through the Hot Lunch Program and meet USDA's requirements and follow the Dietary Guidelines for Americans.

#### **Local Wellness Policy Area 6: Delegation of Responsibility**

The Department for Catholic Schools shall be responsible to monitor diocesan schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

- Each building principal or designee shall report to the Department of Catholic Schools regarding compliance in his/her school.
- Staff members responsible for programs related to student wellness shall report to the Diocesan Wellness Committee or the Department of Catholic Schools regarding the status of such programs.
- The Department of Catholic Schools shall annually report to the Diocesan Board of Education on compliance with law and policies related to student wellness.

The report may include:

- o Assessment of school environment regarding student wellness issues.
  - o Evaluation of food service program, including all available foods during mealtime.
  - o Review of all foods and beverages sold in schools for compliance with established nutrition guidelines, based on the action plan.
  - o Listing of activities and programs conducted to promote nutrition and physical activity should be available upon request.
  - o Recommendations for policy and/or program revisions for improvement in specific areas.
  - o Feedback received from school staff, students, parents/guardians, community members and Wellness Committee available upon request.
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- An assurance that diocesan guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the designated school officials in charge of the Cafeteria Management.