

WELLNESS POLICY

As required by section 204 of Federal Public Law 108-265, *National School Lunch Act* (42 U.S.C. 1751) or the *Child Nutrition Act of 1996* and the *Child Nutrition and WIC Reauthorization Act of 2004*, and expanded with the *Healthy, Hunger Free Kids Act of 2010*, the School Board establishes the following wellness policy for the School as a part of a comprehensive wellness initiative.

The School recognizes that good nutrition and regular physical activity affect the health and well-being of the students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop a student's healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits. Parents, Students, Staff, and the community will be informed and updated about the content and implementation of the wellness policy.

The Wellness Committee shall be appointed by the school Principal and consist of Parents, Students, School Food Authority Representative, PE Teacher, School Health Professional, School Administrators, General public, and School Commission.

The school Principal, in compliance with the aforementioned federal and state laws, will spearhead this effort in conjunction with the existing wellness committee to implement, monitor, review, and revise school nutrition and physical activity programs. The principal will present the policy annually to the school commission for approval or re-adoption if revisions are necessary. The program will establish a plan for Measuring and Evaluating the local Wellness Policy, utilizing the St. Susanna Wellness Evaluation tool to measure compliance. The principal is charged with operational responsibility for measuring and evaluating the schools implementation and progress under this policy. An annual report of the Wellness Policy will be submitted to the Archdiocesan Education Committee (AEC), showing compliance with to Section 204 of Public Law 108-265, by April 1st each year.

The Principal shall be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy.

A. In order to inform the public, the Principal shall:

1. distribute information at the beginning of the school year to families of school children
2. include information in the student handbook
3. Post the wellness policy on the School's website.

B. With regard to nutrition education, the school:

1. Shall integrate nutrition education into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
 2. Nutrition education shall extend beyond the school by engaging and involving families and the community
- C. With regard to physical activity, the Corporation shall:
1. Physical Education
 - a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
 - b. All students in grades **K - 5**, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for **(40)** minutes **1 day per week** for the entire school year.
 - c. All students in grades **6 - 8**, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for **(45)** minutes **2 days per week** for the entire school year.
 - d. Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education.
 - f. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
 - g. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.
 2. Physical Activity
 - a. Physical activity **shall** not be employed as a form of discipline or punishment.
 - b. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
 - c. All students in grades **K- 5** shall be provided with a daily recess period at least **(25)** minutes in duration. Recess shall not be used as a reward or punishment.
 - e. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
 - f. All students in grades **K - 8** shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.
- D. With regard to other school-based activities the school shall:
- a. Provide at least (25) minutes daily for students to eat.
 - b. The schools shall schedule mealtimes so there is minimum disruption by bus

- schedules, recess, and other special programs or events.
 - c. The school shall provide attractive, clean environments in which the students eat.
 - d. Students are permitted to have bottled water only in the classroom.
 - e. An organized wellness program shall be available to all staff.
 - f. The school may demonstrate support for the health of students by hosting health clinics and screenings.
 - g. School will utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
 - h. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
- E. With regard to meal services within the school:
 - a. Meals served through the National School Lunch and Breakfast Programs will meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs. During school hours all food items for purchase will comply with the current USDA's *Dietary Guidelines for Americans* and the USDA's *Smart Snacks in Schools* regulations,
 - b. <http://www.fns.usda.gov/>
 - c. Be appealing and appetizing to children;
 - d. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- F. With regard to nutrition promotion, the school:
 - a. Will create an environment that reinforces the development of healthy eating habits, including offering a variety of fresh and frozen; fruit, vegetables, and whole grains, with fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored)
 - b. Design meals to meet specific calorie ranges for age/grade groups
 - c. Food and/or beverages, including food served through the school meals will not be withheld from students as a disciplinary measure.
 - d. No soft drinks may be brought into the school during school hours.
 - e. Nutrition education posters, such as the ***My Plate***, and other promotional materials to reinforce good health and nutrition will be displayed in the cafeteria.