



St. Joseph Catholic School – Princeton, IN NUTRITION, WELLNESS, AND FITNESS POLICY 2016-2017

The Catholic Schools of the Diocese of Evansville are 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 the Catholic Schools in the Diocese of Evansville that:

- The schools will engage students, parents, teachers, food service staff, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school nutrition and physical activity policies.
- All students in grades K-12 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 *U.S. Dietary Guidelines for Americans*.
- Staff will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- 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.

In June of 2004, the Child Nutrition and WIC Authorization Act was signed into law. This makes it MANDATORY for schools that participate in the National School Breakfast Program or the National School Lunch Program, to have a written School Wellness Policy by July 1, 2006. The Catholic Schools of the Diocese of Evansville will continue to implement and annually update this policy for health and wellness of all students.

The areas of the Nutrition, Wellness, and Fitness Policy include:

- I. NUTRITION EDUCATION
- II. STANDARDS FOR USDA CHILD NUTRITION PROGRAMS & SCHOOL MEALS
- III. NUTRITION STANDARDS FOR COMPETITIVE & OTHER FOODS & BEVERAGE
- IV. PHYSICAL EDUCATION & PHYSICAL ACTIVITY
- V. WELLNESS PROMOTION & MARKETING
- VI. IMPLEMENTATION, EVALUATION, & COMMUNICATION

OUR WELLNESS POLICY STATES:

In the interest of promoting healthier habits in students, the U.S. Department of Agriculture recently verified that all schools, including private schools, which participate in the National School Lunch Act or the Child Nutrition Act, must develop a School Wellness Plan. Each school in the Diocese of Evansville will engage students, parents, teachers, food service staff, and health professions in developing, implementing, monitoring and reviewing school nutrition and physical education policies. To achieve these goals, schools will form wellness committees, set campus nutrition guidelines, and determine nutrition education and physical activity opportunities. A copy of the complete plan can be found in the school office.



To achieve these goals:

I. NUTRITION EDUCATION

Catholic Schools in the Diocese of Evansville will follow health education curriculum standards and guidelines as stated by the Indiana Department of Education. Schools will link nutrition education activities with the Coordinated School Health Program. The goal is to provide the knowledge and skills necessary for healthy eating and a lifetime of good health to both students and care-giving adults. All K-5 and K-8 schools will use the Nutrition Nuggets newsletter on their websites, take home folders, or by email to communicate nutrition and wellness education to parents.

A. Classroom Nutrition Education

Nutrition education will be taught in grades K-12 as part of a sequential, comprehensive, health curriculum designed to provide students with the necessary knowledge and skills to promote and protect health.

Nutrition education will be designed to help students learn:

- a. Nutrition knowledge, including but not limited to, the benefits of healthy eating, essential nutrients, nutritional deficiencies, the use and misuse of dietary supplements, safe food preparations, handling and storage, caloric balance between food intake and energy expenditure (physical activity/ exercise), and adequate fruits and vegetables, whole grains and low-fat dairy.
- b. Nutrition related skills, including but not limited to, planning a healthy meal, understanding and using food labels, critically evaluating nutrition information, misinformation, and commercial food advertising.
- c. How to assess one's personal eating habits, and how to set and achieve goals for improvement.

Teachers are encouraged to integrate nutrition education into core curriculum in areas such as math, science, social studies, and language arts. Tools will be available through health curriculum resources and suggestions through professional development.

The staff responsible for nutrition education will participate in professional development. They will be adequately prepared to deliver current nutrition education topics specific to their grade level.

Access to a registered dietician will aid the teacher in answering student questions related to nutrition. The registered dietician will be provided through coordinated school health collaborations.

B. Other Nutrition Education and Wellness Activities

Cafeteria staff will participate in nutrition education. Students will be educated through new food experiences and exposed to a wide variety of food choices. Encouragement should be given to children to try new foods. It may take several attempts before they like it. Discourage students from making negative comments about new foods and healthy foods so that the child will learn to try new flavors.

The cafeteria can be used to display nutrition education posters and food facts, and provide education opportunities such as contests encouraging interest in healthy foods. Schools where after-school programs are offered, will provide opportunities for nutrition education (with life skills formation), and will follow the health education standards in this policy.

Partnerships and collaborative education interventions will be encouraged between schools, nutrition assistance programs, and other related groups (i.e. public health programs, government designed programs, health care providers, universities, other faith-based groups, and/or other community organizations) for prevention efforts targeted at overweight issues and obesity.

Nutrition education and wellness will be offered to students, parents, and staff through health fairs, healthy eating and wellness seminars, newsletters, handouts, and Internet information consistent with current USDA *Dietary Guidelines for Americans*. School faculty and staff should encourage healthy eating behaviors by being role models to students during school hours.

Faculty and staff will have the opportunity to be involved in wellness programs and/or efforts to build effective school health initiatives. The staff can set a powerful example to the students through healthy eating and regular exercise.

II. STANDARDS FOR USDA CHILD NUTRITION PROGRAMS & SCHOOL MEALS (Supports I.C. 20-26-9-18)

Nutritional integrity should be used as a basis for establishing the nutrition guidelines for foods offered in the school. The School Nutrition Association defines nutritional integrity as a level of performance that assures all foods and beverages available in schools are consistent with the *U.S. Dietary Guidelines for America*. Therefore, schools should provide all students access to high quality foods and beverages such as fruits, vegetables, low-fat dairy products, bottled water and low-fat whole-grain products, wherever and whenever food is sold or otherwise offered at school during the normal school day.

A. Child Nutrition Programs

1. SCHOOL LUNCH PROGRAM WILL:

- a. Meet, at a minimum, nutrition requirements established by USDA for federally funded programs.
- b. Emphasize fruits, vegetables, whole grains, and low-fat dairy products.
- c. Be appealing and attractive to students.
- d. Be served in clean and pleasant surroundings.
- e. Provide students with adequate time to eat (the School Nutrition Association recommends twenty minutes for lunch.)
- f. Promote school meal participation with taste tests, contests, etc.
- g. No fast food may be carried into school. This includes parents coming in at lunch time to eat with their children. Parents are welcome to come eat lunch with their children, but encouraged to eat the school lunch.
- h. Those students bringing their lunch boxes to school are encouraged to bring healthy foods and drinks. No soda is allowed in lunch boxes.

Nutritional analysis of menu items will be available at each school and available to parents.

2. SCHOOL BREAKFAST PROGRAM:
 - a. Because of the low percentage of free and reduced lunch students in our schools, only a few schools in the Diocese of Evansville have a breakfast program in place.
3. SNACKS SERVED IN AFTER-SCHOOL CARE OR ENRICHMENT PROGRAMS WILL:
 - a. Make a positive contribution to children's diets and health.
 - b. Emphasize fruits, vegetables, whole grains, low-fat dairy products, and the importance of water as a beverage. Soda will not be a choice for a drink.
4. SCHOOL CAFETERIA STAFF WILL:
 - a. Be hired with the understanding that they are responsible to adhere to the policies the school has in place.
 - b. Be provided continuing staff development that includes training programs for good child nutrition and appropriate training on any nutrition updates or revision to the policy.

III. NUTRITION STANDARD FOR COMPETITIVE & OTHER FOODS & BEVERAGE *(Supports I.C. 20-26-9-19)*

A. Foods and beverages sold outside of the Child Nutrition Program, such as a' la carte and vending machine items, will meet the following guidelines:

1. BEVERAGES:
 - a. Water, (flavored and non-calorie sweeteners), fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice, unflavored or flavored low-fat or fat-free fluid milk, sports drinks (middle and high school students).
 - b. Students will have access to free palatable drinking water during the school day. Schools may offer the option of student water bottles.
2. FOODS:
 - a. A food item sold individually will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters, cheeses) sugar and sodium and 10 percent of its calories from saturated and trans fat combined.
3. PORTION SIZES – LIMIT PORTION SIZES OF FOODS AND BEVERAGES SOLD INDIVIDUALLY TO THE FOLLOWING:
 - a. One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky.
 - b. One and one half ounces for cookies.
 - c. Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, and other bakery items.
 - d. Three ounces for bagels and pretzels.
 - e. Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream.

- f. Eight ounces for non-frozen yogurt.
- g. Twelve fluid ounces of all beverages, excluding water in the elementary schools; age-appropriate portion sizes for middle and high school students.
- h. The portion size of a' la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion size limits.

USDA Smart Snack standards are to be followed in all schools. The link to the Smart Snack website is: <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

Elementary Schools: The school wellness committee will approve and provide all food and beverage sales to students in elementary schools. Vending machines that dispense food or beverages will not be accessible to students in grades K-5. For students in grades 6-8, see guidelines as outlined below for high school students.

The sale of foods and/or beverages containing caffeine at all grade levels is prohibited during the school day. *As of 2014, USDA Smart Snacks standards prohibit the sale of foods and beverages containing caffeine in elementary and middle schools.*

High Schools: In high school, at least 50% of all foods and beverages sold outside the reimbursable school meal programs during the school day will meet nutrition guidelines outlined above. [The sale of foods and or beverages containing non-nutritive sweeteners during the school day is prohibited as per USDA guidelines.](#)

B. Other Foods Offered in the School Environment

1. **FUNDRAISING ACTIVITIES** - To support children's health and school nutrition education efforts, 50% of the school fundraising activities will not involve food or will use only foods that meet the above nutrition standards.
2. **REWARDS** - It is strongly recommended that schools not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior.
3. **CELEBRATIONS** - Schools will limit celebrations involving food during the school day. Each party will include no more than one food or beverage that does not meet nutrition standards for food and beverages sold individually. (Supports I.C. 20-26-9-19)
 - a. Treats brought in will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters, cheeses) sugar and sodium and 10 percent of its calories from saturated and trans fat combined.
 - b. If you volunteer to bring in treats for a classroom party, please familiarize yourself with the options for students with food allergies. Contact your child's teacher for a recommended list of food items.

4. SCHOOL-SPONSORED EVENTS (SUCH AS, BUT NOT LIMITED TO, ATHLETIC EVENTS, DANCES, OR PERFORMANCES) - It is recommended that an effort be made to offer or sell only those foods and beverages that meet good nutrition guidelines as set forth in this policy, and offer healthier options such as baked snacks and fresh fruit.
5. SCHOOL STORES – There are no stores in K-8 buildings which sell food items to students.

The CSHAC will be responsible for identifying areas for improvement as well as review lunch menus. This committee will also review progress toward compliance with this policy.

IV. PHYSICAL EDUCATION & PHYSICAL ACTIVITY *(Supports I.C. 20-30-5-7.5)*

A. Physical Activity

Schools are encouraged to develop and implement a comprehensive school physical activity program that provides physical activity throughout the school day and addresses the needs of students, staff, and the school community.

Staff should be provided with opportunities for professional development about physical activity.

Integrating Physical Activity into the Classroom Setting – For students to receive the nationally recommended amount of daily physical activity, (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

1. K-5 students will receive an average of 30 minutes of the recommend 60 minutes of physical activity in their physical education classes.
2. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.
3. Opportunities for physical activity will be incorporated into other subject lessons; teachers will receive training and resources to that end.
4. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
5. The student teacher ratio for physical education classes will be no larger than other classes (30-1).
6. Professional Development for PE teachers will be available throughout the year, especially at the Diocesan Share meetings.

7. All PE teachers in grades 6-8 will be licensed in Physical Education. It is strongly recommended that teachers in grades K-5 be licensed.

B. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12. All students in grades **K-8**, including students with disabilities, special health-care needs, and in alternative educational settings, will receive regular physical education. A certified physical education teacher in grades that are departmentalized will teach physical education. In self-contained classrooms, teachers holding an appropriate license may teach their own physical education, as well as other required subjects as their license allows. Student involvement in other physical activities (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement in grades K-8. High school students must earn two credits in physical education. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. All elementary school students (K-5) will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity, verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. Elementary, middle, and high schools are encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. High schools and middle schools, as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interest, and abilities of all students.

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.

Parish community use of school facilities will be encouraged. Senior fitness groups, adult volleyball leagues, and open use of fitness equipment are encouraged.

Physical Activity and Punishment. Teachers and other school and community personnel will not arbitrarily use physical activity (e.g., running laps, push-ups) 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. Crossing guards, school safety patrol and bike racks will be available at each K-8 school. When appropriate, the school will work together with local public works, public safety, and/or police departments in those efforts.

Communications with Parents. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will encourage healthy eating to parents, send home nutrition information (Nutrition Nuggets), post



nutrition tips on school web sites, and provide nutrient analyses of school menus. Schools should 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 parents with information and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the school will provide opportunities for parents to share their healthy food practices with others.

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. Such supports will include sharing information about physical activity and physical education through a web site, newsletter, or other take-home materials, special events, or physical education homework.

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. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. Marketing unhealthy foods is prohibited.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a' la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

V. WELLNESS PROMOTION & MARKETING

Staff Wellness. The Catholic schools in the Diocese of Evansville value 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. Each school will establish and maintain a staff wellness committee to develop and promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

As part of our diocesan insurance program, health advocates will administer annual health screenings and provide wellness information to teachers and staff. They are also available to each school on a monthly basis. Staff-led walking programs are strongly encouraged as well as programs and/or contests to encourage fitness and healthy eating. School staff members are encouraged to use fitness facilities before or after school.

Breastfeeding Locations. The Catholic schools in the Diocese of Evansville will provide private locations where employees can express milk, will provide cold storage for expressed milk, and will not be liable. (I.C. 22-2-14-2)

VI. IMPLEMENTATION, EVALUATION, & COMMUNICATION

Coordinated School Health Advisory Council (Supports I.C. 20-26-9-18)

The Catholic Schools in the Diocese of Evansville will each form a Coordinated School Health Advisory Council (CSHAC) to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee will serve as a resource to the school for implementing those policies. This committee will consist of a group of individuals representing the school and community and will include:

- 1) One or more parents
- 2) One or more students (may decide when student is involved in committee work; include students in “lunch input” discussion)
- 3) Cafeteria manager or child nutrition manager
- 4) Member of the school board
- 5) School administrator
- 6) One or more teachers
- 7) One or more Healthcare professionals or nutritionist/certified dietitian

Monitoring. The school administrator will ensure compliance with established nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school’s compliance to the Diocesan Catholic Schools Office.

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

The school administrator will develop a summary report by using the WellSAT 2.0 (www.wellsat.org) every three years on school-wide compliance with the established nutrition and physical activity wellness policies. That report will be provided to the local school board and also to the Diocesan Catholic Schools Office.

Policy Review. To help with the initial development of the wellness policies, each school will conduct a baseline assessment of the school’s existing nutrition and physical activity environments and policies, DHSC. The results of that assessment will be used to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review nutrition and physical activity policies; provide for an environment that supports healthy eating and physical activity; and adhere to nutrition and physical education policies and program elements. The schools will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Communication: Progress reports should be shared with the public using the following [channels of communication: The Message, school newsletter, website, School Messenger, and other forms of communication.](#)

[Progress reports ensure transparency by including: the web address of the wellness policy, a description of each school’s activities and progress toward meeting the wellness goals, contact details for committee leadership, and information on how to join the committee.](#)