



## Nutrition Promotion

### *LEA states at least 2 specific goals for Nutrition Promotion*

Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.

School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens, reading food labels and maintaining a caloric balance between food intake and physical activity/exercise).

Nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations and any other appropriate means available to reach parents/guardians.

Nutrition educators will partner with school staff of the school food service program to use the cafeteria as a learning lab. Healthy items, such as salads and fruits, will be displayed prominently in cafeterias to make healthier choices more appealing.

Healthier food options are clearly identified on menus, lunch lines, and concessions.

In elementary schools, nutrition education will be integrated at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards.

All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

Schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

Schools will provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.

School environment will reinforce the development of healthy eating habits, including offering healthy foods, health-conscience fundraising, and staff wellness support.

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

School will implement at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques.



## Nutrition Education

### *LEA states at least 2 specific goals for Nutrition Education*

Nutrition education is designed and implemented to help students learn 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.

Nutrition education is designed and implemented to help students learn 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.

Nutrition education is designed and implemented to help students learn how to assess one's personal eating habits, and how to set and achieve goals for improvement.

Nutrition education is included in health curriculum so that instruction is sequential and standards-based and provides students with knowledge, attitudes, and skills necessary to lead healthy lives.

Nutrition education shall apply opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.

Nutrition education will reinforce lifelong balance, emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

Cafeteria staff will participate in providing nutrition education. Students will be educated through new food experiences and exposed to a wide variety of food choices through our SuperFood Heroes program. Consistent encouragement should be given to children to try new foods. Discourage students from making negative comments about new foods and healthy foods so that the child will learn to try new flavors.

Superfood Heroes will be introduced to the students during morning announcements along with some talking points about the benefits of eating those foods. The classroom teachers will follow up this introduction by incorporating the talking points/lessons into their classwork.

Periodically, students will be given incentives for testing the Superfood Heroes. The goal of incentives is to encourage students to keep trying the goods and develop a taste for them.



## Physical Activity

### *LEA states at least 2 specific goals for Physical Activity*

Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

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.

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.

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

The student teacher ratio for physical education classes will be no larger than other classes (30-1).

Students will not be removed or excused from physical education to receive instruction in other content areas.

School prohibits 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, teachers will implement periodic breaks during which students are lead to stand and be moderately active.

The school arranges yearly walk audits to make needed improvements for safer and easier walking/biking routes to school.

School will allow and encourage walking and bicycling to school. The school will explore the availability of both local and federal funding to finance such improvements.

Schools shall promote families to provide physical activities outside the regular school day, such as outdoor play at home, participation in sports, and in lifelong physical activities

Schools will schedule recess before meals when possible.

Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.



### **Physical Activity** *continued*

#### *LEA states at least 2 specific goals for Physical Activity*

The Board actively supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks; before- and after-school activities; and walking and bicycling to school. Additionally, the Board mandates physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.

Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day and when appropriate will inform the community of the availability of such spaces and facilities through the website handouts.

Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs, and individual use.

If outdoor recess is not possible, due to inclement weather, teachers will provide an indoor physical activity break in the classroom or gym.

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

Staff-led walking programs are utilized 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.

Students will be given the opportunity to exercise prior to the beginning of each school day. Weather permitting, students will have access to the running/walking track and also fitness/cardio stations on the upper level playground. During inclement weather, students will use the hallways for the stations before the morning announcements.

Class schedules will be designed to engage students in physical activity throughout the day. The teacher is given freedom to tailor this to his/her individual classroom but some examples are Take 10!, presidential fitness stations, dance/workout videos, running, etc.

School will use space available to offer indoor activities during inside recesses. Possibilities include but are not limited to games in the gym, fitness stations in the hallways, and exercise/dance videos or physical games within the rooms.

Waivers will not apply towards the physical education courses required for a diploma. Credit flexibility in physical education will be limited to elective physical education courses.

After-school enrichment providers will include physical activity in their programs, to the extent space and equipment allow.



### **Physical Activity** *continued*

#### *LEA states at least 2 specific goals for Physical Activity*

Schools will schedule walking and bicycling to school events, including the promotion of International Walk to School Day, which falls on the first Wednesday of October each year and Bike to School on the first Wednesday of May each year.

Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces will be open to students, their families, and the community outside of school hours.

Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions

Taking away recess for punishment is prohibited and enforced.



### Other Activities that Promote Student Wellness

*LEA states at least 2 specific goals for other school-based activities that promote student wellness.*

Schools will host health clinics and screenings and encourage parent to enroll their children in Medicaid or in other children's health insurance programs for which they may qualify.

The Corporation nutrition department will implement Farm to School efforts in order to provide healthy foods.

A wide variety of healthy, alternative rewards are used to provide positive reinforcement for children's behavior and academic performance.

The concession items sold at school-sponsored events to participants, fans and visitors shall include at least 50 percent healthy beverages and foods, according to the approved nutrition standards.

As long as scheduling allows, students will be given the 2:30-3:00 time on Friday afternoons for physical activity. The goal of this time is to have all students engage in a sustained cardiovascular activity such as exercise stations, running, dancing, and team games.

School will host a family health fair once a year to encourage all families to engage in physical activities with their kids, try new foods, and learn healthy habits.

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 model healthy eating behaviors to students during school hours.

Faculty and staff wellness programs are incorporated to build effective school health initiatives.

Students will have access to free palatable drinking water during the school day. Teachers may offer the option of student water bottles at the student desk.

Educational presentations on health and wellness will be conducted at least twice each school year.

At least 75% of the food options available at staff meetings will meet the approved nutrition standards. During meetings lasting longer than one hour, staff will be led in a stretch and physical activity.

School cafeteria staff will be hired with the understanding that they are responsible to adhere to the policies the school has in place.



### **Other Activities that Promote Student Wellness** *continued*

*LEA states at least 2 specific goals for other school-based activities that promote student wellness.*

School cafeteria staff will 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.

School walking program will be offered every morning in the Arena from 7:00-7:20.

After school child care and enrichment programs will provide daily periods of moderate to vigorous physical activity for all participants.

The school will work with local fitness centers to offer reduced membership fees.

Foods and beverages that meet good nutrition guidelines as set forth in the policy will be available at school-sponsored events such as, but not limited to, athletic events, dances, or performances.

Snacks served in after-school care or enrichment programs will make a positive contribution to children's diets and health; *emphasizing* fruits, vegetables, whole grains, low-fat dairy products, and the importance of water as a beverage.

Farm to School programs enhance the nutritional and educational experience of school children by providing:

- a. Nutritious, locally grown food as part of the school food program
- b. Opportunities for school children to visit local farms and learn about the origins of their food and how their food is grown
- c. Interdisciplinary teaching tools to influence student food choices and lifelong healthy eating habits.

The school will sustain a partnership with Purdue Extension by scheduling health educators twice per semester.



### Standards and Nutrition Guidelines for All Foods and Beverages Sold

*Standards for all foods and beverages sold to students during the school day (e.g., School Lunch and Breakfast Program,).*

Schools will make an effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Schools will, to the extent possible, operate the School Breakfast Program;

- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation in the school breakfast program;
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program;
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

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. Healthy food options and bottled water will be offered.

Fundraising activities will support children's health and school nutrition education efforts, school fundraising activities will not involve food.

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.

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.

Meals served through the National School Lunch and Breakfast Programs will:  
be appealing and attractive to children;

- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits, vegetables, and whole grains;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (as defined by USDA).





### **Standards and Nutrition Guidelines for All Foods and Beverages Sold** *continued*

*Standards for all foods and beverages sold to students during the school day (e.g., School Lunch and Breakfast Program,).*

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

**BEVERAGES:**

- 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).
- Students will have access to free palatable drinking water during the school day. Schools may offer the option of student water bottles.

**FOODS:** Portion sizes – limit portion sizes of foods and beverages sold individually to the following:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky.
- One and one half ounces for cookies.
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, and other bakery items.
- Three ounces for bagels and pretzels.
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream.
- Eight ounces for non-frozen yogurt.
- Twelve fluid ounces of all beverages, excluding water in the elementary schools; age-appropriate portion sizes for middle and high school students.
- 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.

School lunch program will:

- Meet, at a minimum, nutrition requirements established by USDA for federally funded programs.
- Emphasize fruits, vegetables, whole grains, and low-fat dairy products.
- Be appealing and attractive to students.
- Be served in clean and pleasant surroundings.
- Provide students with adequate time to eat (the School Nutrition Association recommends twenty minutes for lunch.)
- Promote school meal participation with taste tests, contests, etc.
- Provide children adequate time to eat. (at least 20 minutes)
- Not allow soda during lunch.
- Not allow outside food (parents may not bring in Subway, etc.)
- Will not allow students to leave for lunch.
- Provide a free/reduced lunch information to all students.



### Standards and Nutrition Guidelines for Non-Sold Foods and Beverages

*Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).*

Students are permitted to have bottled water only in the classroom.

School will not allow outside food (parents may not bring Subway, etc)

Classroom celebrations only include activities (e.g., giving free time, extra recess, music and reading time) rather than food. In lieu of treats or gifts, it is encouraged that a book be donated to the library or an item for recess may be donated to the classroom.

Foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, are not used as rewards for academic performance or good behavior.

Students are not allowed to bring in food or beverages to celebrate their birthday. Birthdays are celebrated using non-food items or special activities (develop a school building birthday recognition system)

Teachers and staff will not use food as a reward.

We will not reward our kids with candy. Only non-food birthday treats are allowed.

Rewarding children in the classroom will not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits.

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.



### Food & Beverage Marketing

*Permits marketing on the school campus during the school day of only those foods and beverages that meet the competitive food and beverage requirements (Smart Snacks).*

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

These marketing/incentive techniques will follow Smart Snacks:

- 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
- in-school television, such as Channel One
- free samples or coupons
- food sales through fundraising activities.

These marketing activities that promote healthful behaviors (and are therefore allowable) will be used:

- vending machine covers promoting water;
- pricing structures that promote healthy options in a' la carte lines or vending machines;
- sales of fruit for fundraisers;
- coupons for discount gym memberships.

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.



## Description of the Evaluation Plan

*Members of a school wellness committee will complete a triennial assessment and summarize the three required components 1) compliance with the wellness policy 2) how the wellness policy compares to model wellness policies 3) progress made in attaining the goals of the wellness policy.*

The school administrator will develop a summary report by using the Diocesan Healthy School Checklist (DHSC) 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.

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.

Before the end of each school year the wellness committee shall submit to the Superintendent and Board their report in which they describe the environment in each of the Corporation's schools and the implementation of the wellness policy in each school, and identify any weaknesses or issues that should be addressed in the current policy.

The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Advisory Council. And will be responsible for the three-year assessment of each school's compliance with the policy and its regulations. The three-year assessment must measure:

- the implementation of this policy and its regulations
- the extent to which each school is in compliance with the policy
- the extent this policy compares to other model school wellness policies
- progress made in attaining the goals of the wellness policy

Policy and regulation language will be assessed each year and revised as needed.

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.



### **Description of the Evaluation Plan** *continued*

*Members of a school wellness committee will complete a triennial assessment and summarize the three required components 1) compliance with the wellness policy 2) how the wellness policy compares to model wellness policies 3) progress made in attaining the goals of the wellness policy.*

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.

Superintendent shall distribute information at the beginning of the school year to families of school children, include information in the student handbook, and post the wellness policy on the Corporation's website, including the assessment of the implementation of the policy prepared by the Corporation.

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