

Bishop Neumann/St. Wenceslaus/St. John Nepomucene Wellness Policies

- *The School will coordinate the wellness policy with other aspects of school management.*
- *It will also include any relevant data or statistics supporting the need for establishing and achieving the goals in this policy.*

Local School Wellness Committee

Committee Role and Membership

The School will convene a representative local wellness committee (hereto referred to as the LWC or work within an existing school health committee) that meets at least twice per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy (heretofore referred as “wellness policy”).

Leadership

- The CAO or designee(s) will convene the LWC and facilitate development of and updates to the wellness policy and will ensure each school’s compliance with the policy.
- The designated official for oversight is Carolyn Haberman, Food Services Director
- The names and contact information of the LWC are:

Name	Title / Relationship to the School or District	Email address
Fr.Mills	Assistant CAO of Bishop Neumann Central High School	Fr.steven-mills@cdolinc.net
Tasha Rubendall	School Nurse-all schools	tasha-rubendall@cdolinc.net
Carolyn Haberman	Food Services Manager	Carolyn-Haberman@cdolinc.net
Jennifer Benes	Business Manager, BNHS	Jennifer-Benes@cdolinc.net
Casi Schmidt	Parent, BNHS	Goose21_20@yahoo.com
Liz Barry	Teacher, St. John Nepomucene	Linda-Maly@cdolinc.net
Jennifer Dunavan	Parent, BNHS	Jdunavan04@gmail.com
Katie Sladky	Parent, St. Wenceslaus	katie.sladky@gmail.com
Lori Alm	Parent, St Wenceslaus	Lorimach@gmail.com
Carmen Sullivan	Volunteer nurse	Gw4me@yahoo.com

- Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school-level wellness policy coordinators.

Implementation

The school will develop a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

Record Keeping

The school will retain records to document compliance with the requirements of the wellness policy. Documentation maintained in this location will include, but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available via www.saunderscatholic.com website under the “school nurse” and medical forms, and a paper copy on file at each school’s office;
- Documentation of efforts to review and update the Local Schools Wellness Policy, including an indication of who is involved in the update and methods used to make stakeholders aware of their ability to participate on the LWC;
- Documentation to demonstrate compliance with the annual notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;

Annual Notification of Policy

The School will inform families each year of basic information about this policy, including its content, any updates to the policy. The School will make this information available through school communications. Annually, the School will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how they can get involved with the local wellness committee.

At least once every three years, the committee will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school is in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Carmen Sullivan, volunteer nurse @ Saunders Co. Catholic Schools.....carmen-sullivan@cdolinc.net

The LWC will monitor the school’s compliance with this wellness policy.

The school committee will notify families of the availability of the triennial progress report. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Nutrition

SCHOOL MEALS

Saunders County Catholic Schools are committed to serving healthy meals to children. The school meals program aims to improve the diet and health of our students.

Our school participates in USDA child nutrition programs. We are committed to offering school meals through the National School Lunch Program (NSLP) and other applicable federal child nutrition programs, which:

- are accessible to all students
- are appealing and attractive to children
- are served in a clean and pleasant setting
- meet or exceed current nutrition requirements established by local/state/federal statutes and regulations
- promote healthy food and beverage choices using the following:

- whole or cut fruit options available daily.
- fresh vegetable options available daily.
- all staff members have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
- all milk options meet NSLP requirements.
- there are alternative entree options available for Junior and Senior High School students (e.g., chef salads and alternate entree).
- informal student surveys are performed and new menu items tested.
- students have been asked to create and display artwork within the serving area.
- daily announcements are used to promote and market menu options.
- menus will be posted on school website and in the cafeteria.
- the child nutrition program will accommodate students with special dietary needs.
- students will be allowed at least 20 minutes to eat lunch, beginning from the time they have received their meal and are seated, per NSLP gold level criteria.
- students are served lunch at a reasonable and appropriate time of day.
- participation in Federal child nutrition programs will be promoted among students and families to help ensure families know what programs are available in our schools.
- the school will implement Farm to school activities, using local produce companies and the creation of the Beef Boosters program.
- promotional events will be held to display the use of local products, reinforcing and learning about local agriculture and the environment.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the <https://www.fns.usda.gov/tn/professional-standards> . 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.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. Drinking water will be available where school meals are served during mealtimes.

Filtered water option in Hydroboost water bottle water fountains.

Competitive Foods and Beverages

All foods and beverages sold at school during the school day will meet nutrition standards. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available:

Celebrations and Rewards <https://www.fns.usda.gov/tn/guide-smart-snacks-schools>

All foods offered on the school campus are highly encouraged to meet and exceed the USDA Smart Snacks in School nutrition standards. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and this website: <https://www.fns.usda.gov/school-meals/nutrition-standards/smartsnacks>

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating habits and encourage healthy nutrition choices and encourage participation in school meal programs. Proper signage is displayed within the cafeteria to promote and educate students on healthy food choices.

Nutrition Education

The School will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is part of health education classes
- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities and Farm to School programs;
- Teaches media literacy with an emphasis on food and beverage marketing;

Essential Healthy Eating Topics in Health Education

The health education curriculum over the 12 years of Catholic education includes some of the following topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate, or other healthy eating educational tools
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Eating disorders
- <https://www.dietaryguidelines.gov/>
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

The school environment ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools.

As the school nutrition services/Athletics Department/PTA/PTO review existing contracts and consider new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the wellness policy.

Physical Activity

Children and adolescents should participate in physical activity every day. Physical activity during the school day would not be withheld as punishment for any reason. 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 School safety committee will conduct necessary inspections and repairs.

Physical Education

The 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.

All students will be provided equal opportunity to participate in physical education classes.

All **elementary students and middle school students** in each grade will receive physical education throughout the school year. All **secondary students** are required to take the equivalent of one academic year of physical education.

- *All physical education classes in are taught by licensed teachers*
- *Waivers, exemptions, or substitutions for physical education classes are (usually) not granted.*

Essential Physical Activity Topics in Health Education

Health education is required in all grades (elementary), and high school students must take and pass at least one health-related education course. The school will include in the health education curriculum some of the following topics appropriate to the school:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity

- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess (Elementary)

This elementary school offers at least 20 minutes of recess 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. **Outdoor recess** will be offered when the weather is suitable 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.

Classroom Physical Activity Breaks (Elementary and Secondary)

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. Resources and ideas are available through these websites : <https://www.ars.usda.gov/plains-area/gfnd/gfhnrc/docs/news-articles/2013/the-crucial-role-of-recess/> , <https://www.healthiergeneration.org> . Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities - Active Transport

The school will support active transport to and from school, such as walking or biking.

Staff Wellness and Health Promotion

The LWC will help with staff wellness issues, identify, and disseminate wellness resources. Our school will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors, including professional learning.

Community Health Promotion and Family Engagement

The School may promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. The school will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.