

## **School Wellness Policy**

Policy No. 2007-03

Revised May 2018

The Archdiocese of Indianapolis shall adopt and promulgate an Archdiocesan Wellness Policy for the Catholic schools that takes into account the recommendations made by the Wellness Policy Task Force, whose members have addressed the areas of nutrition, nutrition education and physical activity, in relation to the current laws and research.

The Wellness Policy and accompanying materials will service as a model for local adaptation.

The Archdiocese of Indianapolis Catholic schools are committed to providing school environments that promote and protect children's health, wellbeing, and ability to learn, by supporting healthy eating and physical activity. Therefore it is the policy of the Archdiocese of Indianapolis Catholic Schools that:

- 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. Schools participating in the National School Lunch and/or Breakfast Programs will meet the guidelines set forth by USDA for all foods sold at school, including the Smart Snacks in Schools Standards.
- Schools 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.

In June of 2004, the Child Nutrition and WIC Authorization Act was signed into law. This made 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 Healthy Hunger Free Kids Act of 2010 further strengthened School Wellness Policies with expanded requirements and increased transparency.

The areas of Wellness-Policy include:

I. NUTRITION EDUCATION

II. STANDARDS FOR USDA CHILD NUTRITION PROGRAMS & SCHOOL MEALS

- III. NUTRITION STANDARDS FOR OTHER FOODS & BEVERAGES SOLD OR OFFERED
- IV. PHYSICAL EDUCATION & PHYSICAL ACTIVITY
- V. FOOD AND BEVERAGE MARKETING
- VI. STAFF WELLNESS
- VII. IMPLEMENTATION, EVALUATION, & COMMUNICATION

## **I. NUTRITION EDUCATION**

The schools within the Archdiocese of Indianapolis will follow health education curriculum standards and guidelines as stated by the Indiana Department of Education. The goal is to provide the knowledge and skills necessary for healthy eating and a lifetime of good health to both student and care-giving adults.

### **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:

- 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 and foods important for good health: fruits and vegetables, whole grains, low fat dairy, healthy fats and oils and a variety of protein sources.
- Nutrition related skills, including but not limited to, planning a healthy meal, understanding and using food labels, critically evaluating nutrition information, misinformation, and food advertising.
- 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 if needed so as to be adequately prepared to deliver current nutrition education topics specific to their grade level.

### **B. Nutrition Promotion and Wellness Activities**

Food service staff will participate in nutrition promotion. Students will be educated through new food experiences and exposed to a wide variety of food choices including ethnic foods. Encouragement should be given to children to try new foods.

The cafeteria will serve as a learning lab for healthy eating and be used to display nutrition promotion posters and food facts, and provide education opportunities to encourage interest in healthy foods. Schools where after-school programs are offered will provide opportunities for nutrition education (with life skills formation).

Partnerships and collaborative education interventions will be encouraged between schools, nutrition assistance programs, and/or other community organizations (i.e. public health programs, government designed programs, health care providers, or other related groups).

Nutrition promotion and wellness education will be offered to students, parents, and staff through activities such as health fairs, healthy eating and wellness seminars, newsletters, handouts, links to creditable websites, and other information consistent with the 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.

## **II. STANDARDS FOR USDA CHILD NUTRITION PROGRAMS & SCHOOL MEALS**

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 and whole-grains, and a variety of protein sources wherever and whenever food is sold or otherwise offered at school during the normal school day. 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.

### **A. School Lunch and Breakfast Programs will:**

- Serve as a model for healthy eating.
- Emphasize a variety of fruits, vegetables, whole grains, and low-fat dairy foods and a variety of protein sources.
- 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 from the time a student is seated.
- Promote school meal participation with taste tests, themed lunches, engaging signage, celebrity guests, etc.

### **B. School Foodservice Personnel**

- Are responsible for adhering to the wellness policies the school has in place.
- Will be provided continuing staff development that includes training programs for child nutrition and appropriate training on any nutrition updates or revision to the policy.

## **III. NUTRITION STANDARDS FOR OTHER FOODS & BEVERAGES SOLD OR OFFERED DURING SCHOOL HOURS**

Foods and beverages SOLD outside the Child Nutrition Program such as a la carte and vending machine items will meet the Smart Snacks in Schools Standards. USDA recently published

practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. *\*For the purpose of this policy, a school day is defined as 12:00AM to thirty (30) minutes after schools end.* The standards, required by the Healthy Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

Smart Snacks in School also supports efforts by school food service staff, school administrators, teachers, parents and the school community to instill healthy eating habits in students.

#### A. Nutrition Standards for Snack and Ala Carte Foods\*

Any food SOLD in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable

Foods must also meet several nutrient requirements:

- Calorie limits:
  - Snack items: ≤ 200 calories
  - Entrée items: ≤ 350 calories
- Sodium limits:
  - Snack items: ≤ 200mg
  - Entrée items: ≤ 480mg
- Fat limits:
  - Total fat: ≤ 35% of calories
  - Saturated fat: ≤ 10 of calories
  - Trans fat: zero grams
- Sugar limit:
  - ≤ 35% of weight from total sugars in food.

#### B. Nutrition Standards for Beverages\*

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternative permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary school may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- No more than 20-ounce portions of
  - Calorie free, flavored water, (with or without carbonation); and

- Other flavored and /or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

\*Taken from United States Department of Agriculture's "Smart Snacks in School"

### C. Fundraising Activities

- The sale of food items that meet nutrition requirements are not limited in any way under the Smart Snacks in School standards.
- The Smart Snacks in School standards do not apply during non-school hours on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards. Indiana allows two exemptions per school per school year for fundraisers occurring during the school day involving the sale of food and/or beverages not meeting the Smart Snacks in Schools Standards.

### D. Nutritional Guidelines for non-sold food and beverages:

- High School will allow non-sold food in the classroom for educational purposes. Per the Indiana State Board of Health, it is permissible to bring in food made at home for class purposes, with preference toward healthy options.
- When using food as part of a lesson plan or project, it should be recognized that some students may have food allergies or intolerances or other medical conditions that may be affected by the food they eat. As such, students should not be made to taste food in the classroom and the student's grade should not be dependent on whether or not they sample foods that are brought into the classroom.
- Common food allergens should be identified by the person who brings the food into the classroom. These include: peanuts, tree nuts, fish, shellfish, eggs, wheat, milk and soy.
- Food brought into the classroom should be maintained safely until served. That is, hot food should be kept hot (160 degrees or above) and cold foods should be kept cold (40 degrees or below).
- After food is served in the classroom, proper clean up of the area should be carried out before the next class enters the room. Cleaning with soap and water or a household cleaner must be done. Water alone is not effective to remove allergens.
- Using food as rewards should be discouraged.
- Classes that use food in the classroom on a frequent basis (for example Nutrition and Wellness) will note this fact in the course description in the course catalog.

### E. School Sponsored Events outside of school hours such as, but not limited to, athletic events, dances, performances

- It is recommended that an effort be made to offer or sell foods and beverages that meet good nutrition guidelines as set forth in this policy.

## **IV. PHYSICAL ACTIVITY AND PHYSICAL EDUCATION**

### 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.

### B. Physical Education

All students in grades K-12 will participate in physical education in order to meet the Physical Education Standards.

- The physical education program shall be provided adequate space and equipment to ensure quality physical classes for students.
- All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.
- 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.

### C. 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.

### D. 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.

### E. After School programs

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.

#### F. Physical Activity and Punishment

Teachers and other school personnel will not arbitrarily use physical activity as punishment (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

#### G. 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. When appropriate, the school will work together with local public works, public safety, and/or police departments in those efforts.

### **V. FOOD AND BEVERAGE MARKETING IN SCHOOLS**

School-based marketing will be consistent with nutrition 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 and foods and beverages sold individually (Smart Snacks in Schools guidelines).

- The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy 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; 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 ala carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

### **VI. STAFF WELLNESS**

The Archdiocese of Indianapolis Catholic Schools values the health and wellbeing of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

As part of the Archdiocese of Indianapolis health insurance program, health advocates will administer annual health screenings and provide wellness information to teachers and staff. Staff-led walking programs are strongly encouraged as well as programs and/or contests to encourage fitness and healthy eating.

## **VII. IMPLEMENTATION, EVALUATION, & COMMUNICATION**

### A. School Wellness Committee

Each school in the Archdiocese of Indianapolis will form a School Wellness Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. This committee will consist of a group of individuals representing the school and community and may include:

- Parents/Guardians and Students
- Food Service Staff and the Physical Education teacher
- Members of the School Commission
- One or more teachers and administrators.
- One or more health professionals such as a Registered Dietitian, nurse, etc.
- General public

### B. Monitoring

- Each school will identify at least one person responsible for monitoring the local Wellness Policy and reporting compliance matters to the school administrator/principal.
- The School Administrator/Principal is responsible for ensuring compliance with the local Wellness Policy.

### C. Wellness Policy Implementation and Evaluation

To help with the initial development of the local Wellness Policy, each school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of that assessment will be used to identify and prioritize needs and establish goals for nutrition education, nutrition promotion, physical activity, and other activities that promote wellness.

At least every three years schools will use the Indiana Department of Education Wellness Policy Evaluation Checklist (<http://www.doe.in.gov/sites/default/files/nutrition/evaluation> (or other Evaluation Tool) to review policy compliance, assess progress, and determine areas in need of improvement. The school will, as necessary, revise the Wellness Policy and develop work plans to facilitate their implementation.

### D. Communication

Each school will communicate annually to parents, students, staff, and the community the content and implementation of the local Wellness Policy. This should be accessible to stakeholders through published school handbooks and the school's website.