

## Cathedral of the Risen Christ School Wellness Policy

- *The School will coordinate the wellness policy with other aspects of school management, including the School's Improvement Plan, when appropriate.*
- *NOTE: 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

The Local Wellness Committee (hereto referred to as the LWC) will meet at least one time per year to establish goals for an oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this wellness policy (LWP)

The designated official for oversight is Mrs. Angela Miller, Principal. The LWP can be found at [www.cathedraleagles.com](http://www.cathedraleagles.com)

### 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 two times 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").

- *Each school of the Catholic Diocese of Lincoln will establish an ongoing Local School Wellness Committee (LWC) that convenes to review school-level issues,*
- *The CAO or designee(s) will convene the LWC and facilitate development of and updates to the well ness policy, and will ensure each school comply with the policy*
- *The designated official for oversight is Mrs. Angela Miller, Principal ([angela-miller@cdolinc.net](mailto:angela-miller@cdolinc.net))*
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### 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.

Name	Title / Relationship to the School or District	Email address	Role on Committee
Mrs. Angela Miller	Principal	<a href="mailto:Angela-miller@cdolinc.net">Angela-miller@cdolinc.net</a>	Leads the evaluation of the wellness policy implantation
Mrs. Erica Brannen	Lunch Coordinator	Erica-brannen@cdolinc.net	Assists in the evaluation of the wellness policy implantation, especially in regard

			to finances and oversight
Mrs. Kellie Vajgrt	Physical Education	<a href="mailto:Kellie-vajgrt@cdolinc.net">Kellie-vajgrt@cdolinc.net</a>	Assists in the evaluation of the wellness policy implantation, especially in regards to the physical activity.
Mrs. Jeanette Lupori	Lunchroom Coordinator	<a href="mailto:Jeanette-lupori@cdolinc.net">Jeanette-lupori@cdolinc.net</a>	Assists in the evaluation of the wellness policy implementation, especially in regards to nutrition.

- Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

**Implementation, Assessment and Update**

The school will actively inform families each of basic information about this policy, including its content, any updates to the policy and implantation status. The school will make this information available on the website. 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 to 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 implantation of the policy and include:

1. The extent to which the school is in compliance with the wellness policy
2. A description of the progress made in attaining the goals of the wellness policy. The LWC will monito school’s compliance with this wellness policy and will notify families of the availability of the triennial progress report.
3. The wellness policy will be assessed and updates as indicated at least every three years, following the triennial assessment.

**Recordkeeping**

The local 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 in the student/parent handbook;
- 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 actively inform families each year of basic information about this policy, including its content, any updates to the policy and implementation status. 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 Mrs. Erica Brannen at Erica-Brannen@cdolinc.net).

The LWC, will monitor 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**

Our school is committed to serving healthy meals to children. The school meal programs aim to improve the diet and health of school children. Our school is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal children nutritional programs

\*Are accessible to all students

\*Are appealing and attractive to children

\*Are served in clean and pleasant settings

\*Meet or exceed current nutrition requirements establish by local, state, and federal statues and regulations.

Applications for free/reduced priced meals are sent by email to all families at the beginning of the school year. The application is also available on the school website. [Free/reduced application](#)

Families are able to deposit money into lunch accounts and records are kept for students who qualify for free/reduced lunch by the lunch assistant.

A reimbursable meal will be served, regardless of whether the student has money to pay or owes money.

Promote healthy food and beverage choices using at least ten of the following:

- \*Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
- Sliced or cut fruit is available daily.
- Daily fruit options are displayed in a location in the line of sight and reach of students.
- All available vegetable options have been given creative or descriptive names.
- Daily vegetable options are bundled into all grab-and-go meals available to students.
- \*All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
- \*White milk is placed in front of other beverages in all coolers.
- \*Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- \*Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
- Student artwork is displayed in the service and/or dining areas.
- \*Daily announcements are used to promote and market menu options.
- \*Menus will be posted on school websites, and the child nutrition program will accommodate students with special dietary needs.
- \*Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program 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 that families know what programs are available in their children's school.
- The school will implement the following Farm to School activities:
  - Local and/or regional products are incorporated into the school meal program;
  - Messages about agriculture and nutrition are reinforced throughout the learning 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 [USDA professional standards for child nutrition professionals](#). 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. Students are encouraged to bring water bottles to lunch but cups are made available.

## **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 at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

## **Celebrations and Rewards**

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and the [USDA](#).

## **Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

## **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 not only health education classes, but also integrated into other classroom instruction
- 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, farm visits and/or school gardens;
- 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, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Includes nutrition education training for teachers and other staff.

## **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](#)
- 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
- Making healthy choices when eating at restaurants
- [The Dietary Guidelines for Americans](#)
- 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
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- 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 are 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 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 the high school students 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
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- 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 weather is feasible 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 readier to learn if provided with periodic breaks when they can be physically active or stretch.

Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

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 focus on 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 will 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.