

## **ST. CHARLES BORROMEIO SCHOOL WELLNESS PLAN**

The purpose of these goals and guidelines is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity, and meets the requirements of Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, and the Healthy, Hunger-Free Kids Act of 2010.

### **Nutritional Guidelines for Non-Sold Foods and Beverages**

- Students are permitted to have bottled water only in 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
- Teachers and staff will not use food as a reward.
- No more than 2 “bake sales” throughout the school year that do not meet guidelines.

### **Food & Beverage Marketing**

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

### **Nutrition Education Goals**

The main goal of St. Charles’ nutrition education is to influence students’ eating behaviors and to assist students in making wise decisions when eating.

- Students in grades K-8 receive nutrition education that is interactive and teaches skills students need to adopt healthy eating behaviors.
- Nutrition education is offered in the cafeteria as well as in the classroom.
- Consistent nutrition messages are made throughout the school, classroom, cafeteria, home, and parish community.
- The school follows the Indiana Academic Standards for Health Education.
- Nutrition is integrated into the health and science curriculum and supported by the math and language arts curriculum.
- Staff members that provide nutrition education have the necessary training and/or licenses.
- School nurse provides classroom support as needed on nutrition education.

### **Nutrition Promotion Goals**

The main goal of St. Charles’ nutrition promotion is to promote healthy eating behaviors and to assist students in making wise decisions when eating.

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

## **Physical Activity Goals**

The main goal of the St. Charles physical activity component is to provide opportunities for every student to develop the knowledge and skills for certain physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthy lifestyle.

- Students participate in regularly scheduled physical education classes in K-8. The program emphasizes leading an active life in the primary grades, since healthy habits begin at such a young age. Class accommodations are made for students with disabilities.
- The physical education program follows the Indiana Academic Standards for Physical Education classes.
- Each grade level and class is allocated two formal physical education classes per week as determined by the school schedule.
- Students in grades PreK-6 will have at least 20 minutes a day of supervised recess. Recess will be outdoors whenever possible if weather permits. At least 3 times per week, a second recess is included into a class' schedule in grades PreK-3.
- Students in grades K-6 will have the opportunity to participate in the St. Charles Mileage Club during recess.
- Teachers will be provided Brain Break activities to be used during class and in between classes.
- St. Charles will provide safe, approved equipment and allow adequate space to engage in physical activity. Moderate to vigorous physical activity is encouraged for students.
- The St. Charles After-Care Program will provide supervised physical activity time each day.
- Students in grades 5-8 have the opportunity to participate in variety of Catholic Youth Organization (CYO) athletics.
- Girls in grades 3-5 may participate in Girls On The Run
- An intramural program is organized for students in grades 3-4 as coaches and space is available.
- A safe procedure is in place for walkers and bike riders with adequate sidewalks and crosswalks.

## **Nutrition Standards for Food Served at School**

Lifelong eating habits are influenced by the types of foods and beverages available to students during school hours. These goals are written to help guide St. Charles when choosing what foods are served during the school day to our students.

- The St. Charles cafeteria will offer a variety of age-appropriate food and beverage choices to students on a regular basis in the lunch program.
- The lunch program will follow current Nutritional Standards based on Indiana Code.
- Lunch shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program.
- Beverages sold separately during the lunch hour will consist of 1% milk, low-fat milk, and chocolate milk only. Those that are lactose intolerant have an alternative beverage option.
- All vending machines, if available, will sell healthy snacks. These snacks will be low-fat, fat-free, whole grain products when possible.
- Efforts will be made to encourage the sale of nutritious snacks and beverages in the athletic concession stand.
- The Before/After-Care Program will provide healthy, nutritious snacks after school that are low in fat and include fruits and vegetables.
- St. Charles administration and staff protect the identity of those students who qualify for free or reduced meals.

### **Other Student Activities Related to Wellness**

In order to give the St. Charles students a healthy learning environment, the building and activities will support the goals written in this plan.

- St. Charles will provide a clean, safe, enjoyable cafeteria for students.
- The school will provide adequate time for students to enjoy eating healthy food with friends.
- Grade level lunch times will be as near to the middle of the school day as possible.
- When possible and the schedule allows, recess will be before lunch so the students will come to lunch less distracted and ready to eat.
- St. Charles will provide enough space to serve and eat lunch with a minimum time of waiting.
- Teachers and staff should not deny a student's participation in recess or other physical activity as a form of punishment.
- Teachers may utilize recess a maximum of two times per week to allow for student instructional time.
- All fundraising efforts should support the wellness plan and a healthy lifestyle.
- Ongoing professional training and development for foodservice staff and teachers in the areas of nutrition and physical education will be provided by the school.
- When possible and with the proper supervision, students may have access to the gymnasium outside of school hours.
- The playground, basketball hoops, and painted blacktop games are available outside of school hours.
- Drinking fountains are available throughout the school for students during lunch and to have throughout the course of the day.
- Annually, students will participate in health screenings organized by the school nurse.
- Staff will be trained in QPR Youth Suicide Prevention every three years.
- School safety professional development will be provided for staff
- Staff are encouraged to participate in the Diocesan CHC Wellness program and are provided a discount on membership to local YMCAs to promote staff wellness.

### **Goals for Measurement and Evaluation**

The St. Charles wellness plan needs to be measurable to ensure that the plan is being implemented and followed. The following guidelines have been established to ensure this:

- The diocese will provide an assessment tool to be used by the school to evaluate the wellness goals.
- The St. Charles administration will be responsible for the implementation of the school wellness plan.
- St. Charles will involve parents, students, cafeteria management, school administration, and teachers to implement and continue the development of the wellness plan.
- The diocesan office or school administration will recommend revision of the plan as it is needed.
- The plan will be updated whenever new state or national health and/or physical standards are made.
- St. Charles school administration will review this plan with staff, parents, and students annually.
- The assistant principal 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.