

SACRED HEART CATHOLIC SCHOOL WELLNESS POLICY January 2018

As required by the U. S. Federal Government and the State of Indiana, Sacred Heart of Jesus School establishes the following wellness policy.

Sacred Heart Catholic School Commission, Wellness Policy Committee, Faculty and Staff recognize that good nutrition and regular physical activity affect the health and well-being of the students of this school. The school also recognizes the link between individual student's healthy diet, exercise, and ability to learn efficiently and effectively and achieve high personal and academic standards. Additionally, the school can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the school's meal program, by promoting increased physical activity both in and out of school and by positive role modeling of appropriate eating and drinking habits when in the presence of the students. Nutrition involves healthy eating, which is associated with reduced risk of many diseases, including the three leading causes of death - heart disease, cancer, and stroke. Healthy eating in childhood and adolescence is important for proper growth and development and can prevent obesity, dental caries, iron deficiency anemia, and other health problems.

Sacred Heart Catholic School (also referred to as "the school" in this document) accepts its role as part of the larger communities of Sacred Heart Parish and the city of Jeffersonville. The school alone, however, cannot develop in students' healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

Sacred Heart Catholic School sets the following goals in an effort to enable students to establish good health and nutrition habits:

REQUIREMENT 1 - NUTRITION

A. With regard to nutrition education:

1. An economical, sustainable, healthy, and nutritious meal program shall be available each school day to every student.
2. Nutrition education shall be included in the health curriculum so that instruction is sequential, age-appropriate, and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
3. Nutrition education standards shall promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
4. Nutrition education shall extend beyond the classroom so that the school's food service staff is educated in all areas of food nutrition and health safety standards by attending various trainings, workshops, webinars, etc. Each part-time staff member is required by

the State of Indiana to complete 6 hours of professional standards hours per year. The food service director is required to complete 12 hours per year.

5. Nutrition education posters, such as "My Plate" Guide, will be displayed in the kitchen at the beginning of and throughout the serving line and in the cafeteria if wall space permits.
6. A shift from food-based planning to nutrient-based planning (as set forth by the USDA) is now in effect. The policy states that students must be served one dark green vegetable per week, one red/orange vegetable per week, one type of legume (bean) per week, i.e.; baked, refried (pinto), kidney, chili, (red), black, etc., and at least one ounce of whole grain per day, for a total of 8 ounces per week. Only low-fat white milk, fat-free flavored milk, 100% juice, or water may be served as beverages.
7. The school shall encourage students to increase their consumption of healthful foods during the school day.
8. After-care snacks should meet Health Snack Guidelines.
9. The school shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

B. With regard to nutrition standards for all foods sold a la carte:

All food and beverages sold to students during the school day as a la carte items must meet all nutrient and ingredient requirements set in place by the Indiana Dept. of Education (IDOE) Smart Snacks Standards.

C. With regard to nutritional guidelines for non-sold foods and beverages:

Foods and beverages that are brought in to school during school hours for classroom celebrations must meet nutritional guidelines for smart/healthy snacks. Healthy food options and non-food alternatives shall be made available to parents/guardians as an attachment to this policy and on our school website.

D. With regard to other school-based activities that affect nutrition:

1. The school shall provide at least twenty (20) minutes daily for students to eat after sitting down for lunch.
2. The school shall refrain from scheduling tutoring, meetings, or sit down activities during meal and recess times.
3. The school shall provide attractive, clean environments in which the students eat.
4. Faculty, staff, and students are encouraged to recycle, conserve materials, water, and energy. The use of non-disposable tableware and dishes is one practice that encompasses most all of these areas.
5. All qualified children will become eligible for free/reduced meals through application approvals and direct certification which is done three times per year.

6. The school utilizes electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
7. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
8. Parents are encouraged to provide nutritionally appropriate meals for students when not purchasing school lunches.
9. Teachers, staff, and parents shall discourage rewarding children in the classroom with candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.
10. The school shall limit the number of celebrations involving serving food during the school day to no more than three parties per class per year during the last 30 minutes of the day. Only healthy foods may be brought in for these occasions. A list of healthy treats that may be brought in for such celebrations is listed on the school website.
11. If parents/guardians wish to bring in treats for their child's birthday, they must be healthy foods only.
12. Fundraisers will be kept at a minimum and will be approved in advance.
13. With regard to nutrition promotion, the school shall:
 - a. Encourage students to increase their consumption of healthful foods during the school day.
 - b. Create an environment that reinforces the development of healthy eating habits, including offering healthy foods/snacks (See Attachment, "Healthy Snacks and School Celebrations).
 - c. Discourage the use of food as an award or incentive.

REQUIREMENT 2 - PHYSICAL EDUCATION

Physical Education is a positive, crucial, and integral part of a student's education. Sacred Heart Catholic School promotes vigorous physical activities that aid in the development of a student's physical, mental, emotional, and social well-being. Besides promoting high levels of personal achievement and a positive self-image, physical education activities teach students cooperation, sportsmanship, and striving for common goals.

- A. With regard to physical education:
 1. A comprehensive physical education program shall be provided for students in grades K-8 in accordance with the physical education academic content standards and benchmarks adopted by the State of Indiana.
 2. The comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.

3. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State of Indiana.
4. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
5. All students in grades K-8, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive physical education according to Indiana State Standards. The physical education instructor shall provide alternative activities that restrict excessive physical exertion of students with physical disabilities.
6. The comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
7. Planned instruction in physical education shall meet the needs of all students.
8. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.
9. Students are not prevented from participating in physical education classes or recess for academic or disciplinary reasons.

REQUIREMENT 3 - PHYSICAL ACTIVITY

Physical inactivity and poor eating habits are just two of the primary causes of the chronic diseases such as heart disease, cancer, stroke, and diabetes that are the leading causes of death in our nation. These risk behaviors are typically established during childhood and adolescence, and the physiological processes that lead to chronic diseases also can start in youth. Unfortunately, more children and adolescents are overweight than ever before.

A. With regard to physical activity:

1. Physical activity shall not be employed as a form of discipline or punishment.
2. All students in grades K-5 shall be provided with a daily recess or other form of physical activity period with at least twenty (20) minutes in duration.
3. Recess should be avoided as a punishment. Staff should exhaust alternative behavior management options before issuing a walking recess.
4. On days of inclement weather when students are not able to have recess outside, the gym or PAC will be open for recess when not in use.
5. The after-school-care program shall provide developmentally appropriate physical activity for the students who participate.
6. The school shall discourage extended periods of student inactivity without some physical activity.

- B. With the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:
1. The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
 2. The guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture.
 1. The school subsidizes the food service program by offering for sale several items that are sold as a la carte items, otherwise known as "extras". These food items must adhere to all nutrient and ingredient requirements set in place by the Indiana Department of Education (IDOE) Smart Snacks Standards.
 3. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
 4. The Child Nutrition Service Director will review this policy and ensure that the policies are not less restrictive than those set by the Secretary of Agriculture or state law.

The school food service director is charged as the individual who is responsible for measuring and evaluating the school's implementation and progress under this policy. The food service director shall appoint a school wellness committee that includes parents and/or grandparents, students, educational staff (including the physical education/health teacher) the school health professional/counselor, at least one member from the school commission, and at least one member from the public to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.

The wellness committee shall on a yearly basis evaluate the implementation of the policy:

1. Assess the wellness policy.
2. Measure the implementation of the wellness policy.
3. Recommend revision of the policy, as appropriate.
4. Present the wellness policy, with any recommended revisions, to the principal for approval or re-adoption if revisions are recommended.

The principal shall be responsible for informing the public, including parents, students, and community members, on the content and implementation of this policy. In order to inform the public, the principal shall post the wellness policy on the school's website.

RECISSION: SACRED HEART OF JESUS SCHOOL WELLNESS POLICY February 2007

Frank Barlag

Principal

ATTACHMENT

"HEALTHY SNACKS AND SCHOOL CELEBRATIONS"

The Center for Disease Control (CDC) statistics show that one in five school-aged children (ages 6-19) has excess body fat, or obesity. This is an alarming number, more than tripling since the 1970's. Obesity has both immediate and long-term impacts on physical, social and emotional health.

- Children with obesity are at a higher risk for chronic health conditions including asthma, sleep apnea, bone and joint problems, type 2 diabetes, and risk factors for heart disease.
- Children with obesity are bullied and teased more than normal weight peers and are more likely to suffer from social isolation, depression and lower self-esteem.

At Sacred Heart Catholic, we take our role in improving dietary and physical activity behaviors seriously. Indiana state nutritional guidelines are the foundation for all meal/snack decisions. We rely on parents and guardians to fully support our efforts. Traditional snack and celebration foods (cupcakes, cookies, candy, sugary drinks, etc.) are no longer appropriate as we work to help our children learn to build and sustain a healthy lifestyle. Snacks that do not meet basic healthy guidelines will not be shared, but will be returned home to the parent/guardian.

HEALTHY SNACK OPTIONS

Fruits and vegetables:

- Apple Slices
- Oranges/Cuties/Halos
- Bananas
- Strawberries
- Blueberries
- Pineapple
- Grapes
- Watermelon
- Fruit cups with extra light syrup
- Frozen Fruit
- Dried Fruit
- Carrots
- Celery
- Cherry or Grape Tomatoes

NOTE: When considering dips for fruit and vegetables, be sure to take into account any classroom allergies. Apples and bananas are great with peanut butter, but an increasing number of children have nut allergies. An alternative in this case could be honey.

Dairy:

- Yogurt (watch fat and sugar levels)
- Cheese - cubes, slices, or string (great with crackers)

Grains:

- Whole grain crackers
- Ready-made cheese crackers with cheese spread or peanut butter
- Whole grain bagels with fruit and/or cream cheese
- Baked whole grain tortilla chips with salsa or bean dip
- Low-fat popcorn
- Healthy Granola Bars
- Nuts/Nut Bars (if no nut allergies in the class)

Beverages:

- Bottled water
- Silly water-add fruit and herbs to plain water for fruit-infused blend
- 100% fruit juice with no added sugars
- Fat-free or low-fat milk. Milk may be white or chocolate; white milk may be fat-free or low-fat, but chocolate milk **MUST BE** fat-free.
- Fruit smoothies made with frozen fruit with no added sugar and fat-free or low-fat yogurt
- 100% fruit juice slushes with no added sugar

Non-Food Choices:

- Pencils
- Erasers
- Stickers
- Sticker books
- Reading books
- Trinkets
- Bubbles
- Mini Play-Doh containers
- Silly Straws

Looking for ideas to make healthy snacks and party treats? The internet is filled with ideas!