St. Patrick Catholic School's Local Wellness Policy (LWP)

Local School Wellness Committee

Committee Role and Membership

The Local Wellness Committee (hereinafter referred to as the LWC) will meet at least one time 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 (LWP). The designated official for oversight and to ensure compliance is Mrs. Becky Redl.

Name	Title/Relationship to the School	Email address
Becky Redl	Principal	becky-redl@cdolinc.net
Amanda Peterson	Assistant Principal	Amanda-Peterson@cdolinc.net
Stephanie Roth	Lunch Program Director	Stephanie-Roth@cdolinc.net
Toni Gerver	PE Teacher	toni-gerver@cdolinc.net
Lena Koebel	Parent/Librarian	Lena-Koebel@cdolinc.net
Mary Beth Eisenmenger	Nurse	mbeisenmenger@yahoo.com

Implementation, Assessment and Update:

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 and on the website www.stpatrickmccook.com. 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 LWC will monitor the school's compliance with this wellness policy and 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**.

References/Governance:

Healthy, Hunger Free Kids Act of 2010

USDA Local Process 2014-How to Develop, Implement, & Evaluate a Wellness Policy

USDA National School Lunch and Breakfast Program

Presidential Youth Fitness Test

Nebraska Department of Education Policy

Nebraska Department of Health and Human Services-Health Screening Policy

Diocese of Lincoln Catholic Schools' Healthy Schools Local Wellness Policy Requirements.

General Statement

St. Patrick Catholic School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Our school will provide nutritional and physical education programs to foster habits that promote lifelong health.

Policy Focus/Public Involvement

St. Patrick Catholic School will engage students, parents, teachers, food/health professionals, school family leadership, school administrators, other interested community members, and the public in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.

The public can obtain this local wellness policy on the school website www.stpatrickmccook.com

Nutrition

School Meals

Our school is committed to serving healthy meals to children. The school meal program aims to improve the diet and health of school children.

School Meals will be prepared and served in accordance with state guidelines and the federal USDA National School Lunch Program to meet or exceed current nutrition requirements. Students are to have at least a 20-minute lunch period.

Families deposit money into their child's lunch account before their child takes hot lunch or milk. We will send statements to families when their balance is negative $5 or more per student. We will send a notice home each week when the balance is negative. Any student with an unpaid lunch balance will be served lunch but will not be allowed seconds. We will notify the family by email and/or USPS if this situation arises. Forms notifying all families of eligibility terms for free or reduced lunch costs are sent home in the summer mailer in July. Any information families provide is strictly confidential.

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 use USDA's Professional Standards for School Nutrition Standards website to find training that meets their learning needs.

Parents or guardians are encouraged to join students for meals and become involved in the school nutrition program. Parents and guardians are encouraged to pack nutritional food and drinks in sack lunches, to include: lean protein, fresh fruits/vegetables, whole grains, and milk/dairy products.

Water

To promote hydration, free, safe, unflavored filtered drinking water will be available to all students throughout the school day*. Filtered drinking water will be available where school meals are served during mealtimes as well as in the hallway during the school day for water bottle refills.

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.

Vending machines with food/drinks of minimal nutritional value are not allowed for student use on school property and modeling of good nutritional choices are encouraged by staff.

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.

No requirements apply to food/beverages sold during non-school hours, such as weekends and evenings. See websites https://www.education.ne.gov/NS/forms/nslpforms/CompetitiveFoods.html & https://www.fns.usda.gov/sites/default/files/allfoods_fundraisers.pdf for additional information.

Food rewards should be avoided and if given, should be healthy. Teachers are encouraged not to use food as teaching tools when non-edible items will work.

Birthdays may be recognized in many ways without involving food. Therefore, the school will move towards limiting edible treats for birthday celebrations by students or faculty. If food is brought in, it should follow the USDA Smart Snacks in School nutrition standards and be individually wrapped. Non-edible gifts such as pencils, erasers, or stickers are preferred.

Nutrition Education and 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.

Our Goal: Students and staff will choose nutritious foods and drinks, resulting in normal BMIs and energy levels that positively affect learning. 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;

-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, Farm to School programs, other school foods and nutrition-related community services;

-Teaches media literacy with an emphasis on food and beverage marketing;

-Teaches the risks of unhealthy weight control practices and accepting body size differences

- Includes nutrition education training for teachers and other staff.

Staff should be knowledgeable on basic nutrition, physical activities, and Federal, State, and Local school policies and guidelines. This will allow them to better educate students and to model healthy behaviors in nutrition, physical activity, and non-use of tobacco for a consistent message.

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. No outside marketing or promotions by competitive food suppliers will be allowed.

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. Schools should not withhold physical activity during the school day as punishment. If a child consistently misses recess, the school should develop a plan with parents to address the child's needs. 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 help students develop skills to engage in lifelong healthy habits, while incorporating essential health education concepts. All PE classes will be taught by a Nebraska Certified PE Educator.

All students will be provided equal opportunity to participate in physical education classes. **All elementary students and middle school students** will receive physical education. Physical Education classes will be offered daily for grades K-4, twice weekly for grades 5-8. Grades 6-8 will also have the opportunity to participate in extracurricular sports such as volleyball, basketball, and track. Exemptions or substitutions for physical education classes are (usually) not granted. In addition, physical activity can be used as a reward for positive reinforcement.

Physical tests will be conducted in select grades using the Presidential Youth Fitness Program.

Essential Physical Activity Topics in Health Education

Health education is required in all grades. 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: eg. avoiding heat stroke, hypothermia and sunburn while being physically active

 How much physical activity is enough: 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

The school offers at least 20 minutes of recess for junior high students and 20 minutes for elementary students 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 conditions allow 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

The school recognizes that students are more attentive and ready to learn when they have periodic breaks to be physically active or stretch. USDA and the Alliance for a Healthier Generation provide resources and ideas. 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. Organized athletics are encouraged for Junior High students.

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 education.