

Wellness policy: St Luke Catholic School

Wellness Committee Members:

School Nurse
Cafeteria Manager
Principal
PE Teacher
Social worker
Classroom Teachers
Parents
Resource room teacher

Goals:

To educate and form the whole person-mind, body and soul- parents, students and staff alike. Education should include, nutrition, physical activity, healthy habits and spirituality. The wellness policy should be based on Section 204 of Federal Public Law 108-265, the Archdiocese of Indianapolis Wellness Policy and the input from wellness committee members, current laws and research.

Monitoring and Policy Review:

- This Wellness Policy is being introduced in August 2015,
- Once yearly the committee will update the policy in compliance with state law.
- Each School will submit an annual report to the Archdioceses Education commission by April 1 of each year, listing its responses to the wellness policy requirements.
- The food service staff will ensure compliance with the nutrition policies mandated by the state of Indiana and the Federal School Lunch Program. The food service coordinator will give an annual summary to the wellness committee. State inspection results will be reported.
- The Wellness Committee will meet at least 3 times a year to assess policy outcomes and review implementations.

Health and Nutrition Education:

- St. Luke will continue to participate in the federal school meal and milk programs.
- Foods and beverages sold or served at school will meet the current nutrition recommendations of the U.S. Dietary Guidelines for Americans. (This document may be accessed at <http://healthierus.gov/dietaryguidelines>)
- Health education is offered through grade eight, as part of the state of Indiana standards-based curriculum designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Health education may include enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, cultural fairs, carrying for

chickens and learning about egg laying, taste testing in classrooms or cafeteria, farm visits and school gardens.

- Health education will promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Health education will include the study of food advertising, marketing goals versus nutritional truth. Emphasis will be placed on caloric balance between food intake and energy expenditure.
- Health notes and tips will be shared with parents and students once a month via school news emails and/or letters.
- Parents are encouraged to pack healthy lunches and snacks and to refrain from beverages and foods that do not meet the nutritional standards. This will be communicated in our school policy guide.
- The school lunchroom will serve as a focus to support the integration of nutrition education with healthy lifestyle choices. The cafeteria will display promotional materials to reinforce good health along with the nutritional value of food.

School Nutrition:

- School meals will be appealing and attractive to children. They will be served in clean and pleasant settings.
- The cafeteria will serve only low fat milk and nutritionally equivalent non-dairy alternatives, i.e. natural fruit juice.
- School meals will meet, at the minimum, nutrition requirements established by local, state and federal statutes and regulations. Fresh fruits and vegetables will be offered as often as possible.
- Whole grains, brown rice, oatmeal, etc. will be offered when possible.
- All students will have 20 minute lunch periods. All efforts will be made to have recess prior to lunch,
- Teachers will refrain from scheduling tutoring, club or organizational meetings or activities during meal times, unless students may eat school lunch during such activities.
- A minimum of 50% of food items and beverage items available for sale at school, or on school grounds, must qualify as “better choice foods”(smart snacks) or beverages.
- No foods or beverages other than those associated with St. Luke School food-service program are to be sold during food service hours.

- Only food items and beverages as determined by the Food Service Department to be in compliance with the current USDA's Dietary Guidelines for Americans and the USDA's Smart Snacks in Schools regulations will be served in the cafeteria
- Any competitive food items and beverages that are available for sale to students a la carte, will comply with the above standards.
- Students identified as consistently making poor food choices which will affect both their long term health and performance in the classroom may require a call to parents to discuss the nutrition and health of their student.
- Students will not be allowed access to the staff soda vending machines during school hours thru after care hours.
- Staff will be encouraged to keep non-water beverages in an opaque thermos or container to decrease visibility of non-nutrient rich beverages.
- In order to support children's health and school nutrition educational efforts, every attempt will be made to replace school fundraising activities which involve food, with alternative choices.
- As a positive contribution to a child's diet and health, fruit and vegetables will be offered as the primary snack, with water as the primary beverage. (See chart A for other healthy snack options)
- School Food service personnel will participate in training, provided by the state, county, or local educational agency, on a regular basis.
- Soft drinks may not be brought to school. Water or low-fat milk options are available in the cafeteria. This includes any lunch brought to school for birthdays or star students of the week or any other lunches brought in.
- Other drink's high in sugar such as Gatorade, sports drinks, or specialty drinks such as Frappichino's high caffeine drinks or sweet teas etc. should not be brought in with student's lunches. USDA approved drinks are available in the cafeteria for purchase.
- Brown Bag Breakfasts may be allowed once a month per classroom. All attempts should be encouraged for breakfast items to be healthy choices. A fruit option should be made available for students at these gatherings.
- "Fast food" meals brought in to the school will occur no more than once per month. Those foods chosen for these meals should be low in fats, sugar and sodium. Whole grain products should be chosen when available.
- In light of the information available regarding childhood nutrition, the practice of using candy, soft drinks or food snacks as a reward for academic performance, or good behavior will be discontinued. An exception will be allowed if it is written in a student's IEP.

- Food or beverages, including food served through the school meals will never be withheld from students as a disciplinary measure.
- Schools will limit celebrations that involve food during the school day to no more than one party per classroom per month. When food is involved, healthy food choices should be made. (refer to chart A). Other means of celebrating birthdays, holidays or special times should be encouraged (refer to chart B).

CHART A

Healthy Snacks

- Baked chips
- Dried fruit mix
- Fresh fruit
- Fruit wedges
- Whole grain granola bars
- Popcorn low fat
- Pretzels, soft pretzels
- Fruit Kabob's
- Cheese Kabob's
- Fruit salad
- Vegetable trays with low-fat dip
- Whole grain crackers and cheese cubes
- Humus
- Salsa, baked tortilla chips
- Angel food cake, plain or topped with fresh fruit
- Pinwheels (turkey or ham)
- Raisins
- Craisins
- Banana Chips
- Veggie sticks with low-fat dip
- Frozen juice bars
- Frozen low-fat yogurt bars
- String cheese-reduced fat
- Yogurt (drinkable bottles or tubes)
- Fruit smoothies
- Low fat pudding
- Cottage cheese
- Applesauce
- Graham crackers/animal crackers
- Vanilla Wafers
- Fig bars
- Whole-grain bread or mini bagels

Healthy Beverages

- Water
- Water – vitamin enhanced
- Water/flavored 100% fruit juice
- low fat sparkling fruit juice
- Milk-low-fat or fat free
- 100% fruit juice no added sugar

CHART B

Celebration ideas

- Post b-day on bulletin board- classmates pin up cards and wishes
- Extra recess time
- Special activities; arts, crafts, sports
- Chat break
- Homework pass
- Extra Credit points or “bonus bucks”
- Stickers, pencils, books
- Sit by friends
- Lunch with the teacher
- Eat lunch outdoors
- Fun video

- Teacher or special person reads book to classroom then donates it to room or library

- Read a book outside
- Have “free choice” time at the end of the day or class period
- Take care of the class pet
- Prizes from a treasure box
- Time for music and dancing
- Class leader for the day
- Show and tell
- Additional computer time
- Coupons for prizes or privileges