

St. Joseph Catholic School Local Wellness Policy

Local School Wellness Committee

St. Joseph Catholic School is committed to the optimal development of every student. The school will provide an environment that promotes and protects the student's health, well-being, and ability to learn by supporting healthy eating and physical activity. The school will provide nutritional and physical education programs to foster habits that promote lifelong health.

I. School Wellness Committee

Committee Role and Membership

The Local Wellness Committee (hereto 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 local wellness policy (LWP). The designated official for oversight and to ensure compliance is Kevin Naumann, school principal.

Leadership

The school principal will convene the LWC and facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy.

Committee Members:

Name	Title/Relationship to School	Email Address	Role on Committee
Kevin Naumann	Principal	Kevin-naumann@cdolinc.net	School Wellness Policy Coordinator
Christina Wahlmeier	School Nurse	Christina-wahlmeier@cdolinc.net	School Wellness Policy Co-Coordinator
Jessica Slattery	P.E. Teacher	Jessica-slattery@cdolinc.net	Evaluation and Implementation of Physical Education and Health
Dorothy Urbanovsky	School Lunch Program Director	Dorothy-urbanovsky@cdolinc.net	Implementation of Nutrition and Nutrition Education
Abigail Oborny	School Nurse	Abigail-oborny@cdolinc.net	Assists in the evaluation and implementation of the LWP.
Kate Walker	Parent	Kate-walker@cdolinc.net	Assists in the evaluation and implementation of the LWP.

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The school will actively inform families each year of basic information about the LWP, including its content, and any updates to the policy and implementation status. The school will make this information available through school communications and on the website, [home \(stjosephlnk.org\)](http://home.stjosephlnk.org). 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 LWC.

Recordkeeping

St. Joseph Catholic School will retain records to document compliance with the requirement of the wellness policy. Documentation will include but is not limited to:

- The written LWP
- Documentation demonstrating that the policy has been made available in the student/parent handbook
- Minutes of meetings to update the policy
- The most recent assessment on the implementation of the wellness policy
- Goals that are a part of the LWP
- Documentation of the triennial assessment of the policy for the school

Triennial Progress Assessments

At least once every three years, the LWC 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 LWP.

The LWC will monitor school's compliance with this wellness policy and will notify families of the availability of the triennial progress report.

Revisions and Updating the Policy

The LWC will update or modify the wellness policy based on the results of the triennial assessment, and/or if wellness goals are met, new health science information emerges, and new Federal or state guidance are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement and Communications

St. Joseph Catholic School will engage students, parents, teachers, food/health professionals, school family leadership, school administrators, other interested community members in the developing, implementing, monitoring and reviewing of the LWP. The school will also inform parents of the improvements that have been made to school meals and compliance with school meal standards through means of electronic newsletters.

The public can obtain the LWP on the school website, [home \(stjosephlnk.org\)](http://home.stjosephlnk.org).

III. 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, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices with accommodating special dietary needs.

School meals will be prepared and served in accordance with state guidelines and the federal USDA National School Lunch Program. The school is committed to offering school meals that are accessible to all students, are served in clean and pleasant settings, and meet or exceed current nutrition requirements established by local, state, and Federal regulations.

Families can deposit money into their family lunch account before their child takes hot lunch or milk. Account balance can be checked at [My School Bucks](#). The St. Joseph's School Lunch Program's Meal Charge Policy is posted online.

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.

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. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water, with them throughout the day.

Celebrations and Rewards

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. The school recommends non-edible treats for birthday celebrations by students or staff. If edible items are brought to school, it is recommended to follow the USDA Smart Snacks in School nutrition standards.

Competitive Foods and Beverages

All foods and beverages sold during mealtimes will meet nutrition standards. Food and beverages sold for school fundraisers are recommended to follow the USDA Smart Snacks in School guidelines. A summary of the standards and information, as well as a Guide to Smart Snacks in school are available at [A Guide to Smart Snacks in School | Food and Nutrition Service \(usda.gov\)](#).

There are no requirements for food/beverages sold during non-school hours, for example weekends and evenings. See the following websites for additional information, <https://www.education.ne.gov/ns/forms-resources/national-school-lunch-program/competitive-foods/>, [fundraisersfactsheet.pdf \(azureedge.us\)](#).

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 promotion also includes marketing and advertising nutritious foods and beverages to students.

Our Goal: Students and staff will choose nutritional food and drinks (including fresh fruits and vegetables) resulting in energy levels that positively affect learning.

Nutrition Education

The school aims to teach, model, encourage, and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge to promote healthy choices
- Is part of not only health education classes, but also integrated into other classroom instruction
- Includes enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise)
- 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 knowledge will allow staff to better educate students as well as model healthy behaviors in nutrition and physical activity.

Food and Beverage Marketing in Schools

The school is committed to providing an environment that ensures opportunities for all student to practice healthy eating and physical activity behaviors throughout the school day. The school is committed to teaching students how to make informed choices about nutrition, health, and physical activity.

Food and beverages marketed or promoted to students on the school campus during the school day, will meet the USDA Smart Snacks in School nutrition standards. Food and beverage marketing are defined as advertising made for the purpose of promoting the sale of a food or beverage.

IV. Physical Activity

Students should participate in 60 minutes of physical activity every day. Physical activity throughout the school day may include physical education, recess, and/or classroom-based physical activity. Physical activity during the school day should not be withheld as punishment. If a student is consistently missing recess, a plan will be developed in conjunction with parents to address the student'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 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.

Our Goal: All students will be provided equal opportunity to participate in physical education classes. The school will make appropriate accommodations to allow for equitable participation for all students as necessary.

All **preschool age through eighth grade students** will receive physical education throughout the school year taught by a licensed staff member. Exemptions or substitutions for physical education classes are (usually) not granted.

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, 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
- 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 on most days during the school year for preschool age through 8th grade students. **Outdoor recess** will be offered when weather is feasible for outdoor play. In the event that the school must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class.

Classroom Physical Activity Breaks

The school recognizes that students are more attentive and prepared to learn if provided with periodic breaks where they can be physically active or stretch. Resources and ideas are available through USDA and the Alliance for a Healthier Generation. The school recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The school will support active transport to and from school, such as walking or biking. Organized athletics are encouraged for Junior High students. When feasible, students enrolled in the extended day program will be offered outdoor free time.

V. Other Activities that Promote Student Wellness

Staff Wellness and Health Promotion

The school will focus on staff wellness and will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. When feasible, the school will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Community Health Promotion and Engagement

The school will promote to parents/guardians, 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, as well as non-electronic mechanisms, to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

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 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 School Local Wellness Policy Requirements

St. Joseph Wellness Committee recommendations