

# St. Bernadette School Wellness Policy 2022-23

Catholic education has as its goal the total development of the individual as a responsible member of the family, the Catholic faith community and the global community in which we live. Good health is essential to wholesome growth through the spiritual, mental, physical, and social development of the individual as well as the community.

A major theme of Catholic school teaching, carries the responsibility to care for the health and wellbeing of not only oneself, but of others. The concept of wellness is a core principle undergirding both health and physical activity. The parable of the talents indicates that we are expected to develop our potential and our gifts. Another of the justice themes calls us to *Care for God's Creation*. There is a direct relationship between the health of the planet and the health of its inhabitants.

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for the studies to achieve their full academic potential, full physical and mental growth, and lifelong health. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduce risk for many chronic diseases. The schools of the Diocese of Cleveland, and the community itself, have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns.

## Statement of Policy

St. Bernadette School is committed to providing school environments that promote and protect children's health and well-being. It is the policy that:

- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis and school staff will be encouraged to role model healthy eating behaviors;
- To the extent practicable, St. Bernadette School will participate in available school meal programs, and students will be provided access to a variety of affordable, nutritious and appealing foods that meet their health and nutrition needs, while accommodating the religious, ethnic, and cultural diversity of the student body in clean, safe and pleasant surroundings with adequate time to eat.
- Food and beverages sold or served throughout the school day will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations as well as, to the maximum extent possible, incorporate the *Dietary Guidelines for American*;
- St. Bernadette will maintain a food safety program that is based on the principles of the Hazard Analysis and Critical Control Point (HACCP) system implemented with intent of preventing food-borne illnesses.

Commitment to Nutrition St. Bernadette School will:

- Administer Child Nutrition Programs by school food service staff members that are properly qualified according to current professional standards.
- Offer school meal programs using the traditional meal pattern that meet the nutrition standards established by the U.S.D.A. and the Ohio Department of Education, Office of Child Nutrition Programs.
- Encourage increased participation in the available federal Child Nutrition
- Establish food safety as a key component of all school food operations based on Food Code requirements for licensed facilities.
- Encourage students to make healthy food choices by emphasizing menu options that feature baked items (will limit fried foods), whole grains, fresh fruit and vegetables, reduced-fat dairy products.
- Provide school food service staff routine professional development training opportunities.
- Follow USDA Child Nutrition Programs regulations restricting competitive food sales and serving food of minimal nutritional value.
- Encourage school-based organizations to use non-food items and/or healthful foods for contests and fundraising programs.
- Ensure all foods made available during the school day comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HAACCP) plans and guidelines are implemented as

required by Child Nutrition Programs and regulations regarding school meals.

- Ensure water is available to students during mealtimes at no charge. If water fountains are not available in eating or adjacent readily accessible areas, water will be offered via means such as pitchers, coolers etc.
- Monitor all food and beverages sold or served to students outside of the federally regulated child nutrition programs (i.e. vending, school stores, fundraising efforts) by school administration to ensure compliance with all local, state, and federal statutes and regulations. Nutrient density and portion size will be considered before permitting food and beverages to be sold or served to students. State provided software (if provided and available) Snackwise or Alliance for a Healthier Generation guidelines and software will be utilized to determine acceptability.

Nutritional Quality of Foods and Beverages Sold and Served on Campus School Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat free milk, fat-free flavored milk, and nutritionally equivalent non-dairy alternatives;
- Ensure that half of the served grains are whole grain.

#### Food and Beverages Sold Individually

St. Bernadette School will ensure that student access to foods and beverages meet federal, state, and local policies and guidelines, including Ohio Senate Bill 210 requirements for evaluating food and beverage items to sell a la carte. Schools will comply with the most recent guidelines for competitive food sales issued by the Alliance for a Healthier Generation or Snackwise in respect to the sale of a la carte items. Additionally, Senate Bill 210 includes specific guidelines and restrictions on beverages that must be followed.

A food item sold individually:

- Will have no more than 150 calories for elementary students, 180 calories for middle school students, and 200 calories for high school students;
- Will have no more than 35% of its calories from fat and 10% of its calories from saturated or trans fats;
- Will have no more than 35% of its weight from added sugars;
- Will contain no more than 230 mg of sodium per serving for snack items (chips, cereals, crackers, French Fries, baked goods, etc.), no more than 480 mg of sodium per serving for pastas, meats, and soups.

A beverage item sold separately

- Elementary K-4: Limited to water, milk, and 8 ounces or less of 100% fruit juice (or fruit/water blend with no added sweeteners) with no more than 160 calories per 8 ounces. No other Beverages Allowed.
- Elementary 5-8: Same limitations except 10 ounces of juice are allowed with no more than 160 calories per 8 ounces.

Commitment to Comprehensive Health Education Offer comprehensive health education in grades K-8. Include in each grade level, as stated in the Graded Course of Study, the five strands related to real life choices; nutrition, growth and development, disease prevention and control, safety and first aid, and health issues and dangerous substances.

#### Commitment to Physical Activity

- Provide physical education opportunities for all students in grades K-8.
- Offer planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Create wider opportunities for students to voluntarily participate in extracurricular physical activity programs.

- Incorporate physical activity such as stretching before classes and at appropriate intervals during the day.
- If the schedule allows, provide for physical activity before the lunch period.
- Promote school wide challenges in conjunction with charitable events such as Bulldog Run, Girls on the Run, Etc.

#### Commitment to Healthy School Environment

- Provide a clean, safe, enjoyable meal environment for students.
- Provide positive, motivating messages, both nonverbal and verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events, e.g., school registration, parent teacher conferences, PTC meetings, open houses, health fairs, book fairs, teacher in-services, sporting and other events.
- Ensure an adequate time for students to enjoy eating healthy foods, providing at least 10 minutes from the time the students sit down until the end of the period to consume lunch. However, following the National Association of State Boards of Education recommendations, every effort will be made to provide every student with 20 minutes after sitting down to eat lunch.
- Schedule meal periods at appropriate times with not less than three hours between breakfast and lunch. Serve lunch as near the middle of the school day as possible, preferably between 11 am and 1 pm.
- Make efforts in the future to schedule recess for elementary grades before lunch so that children will come to lunch less distracted and ready to eat.
- Make available drinking fountains or other accessible drinking water in all schools so that the students have access to water at meals and throughout the day.
- Refrain from using food as a reward or punishment for student behavior.
- Avoid scheduling tutoring, club/organization meetings, and other activities that interfere with appropriate mealtime allotments whenever possible. Activities that are scheduled during mealtimes should be structured to accommodate an appropriate mealtime for students.
- Annually, before the beginning of the school year, review with staff and students the safety and crisis plans for the school.
- Review emergency procedures with parents.
- Update parent and faculty handbooks on a regular basis to reflect health and safety concerns.

#### Commitment to Implementation

- Conduct a review of the progress toward Health and Wellness Policy goals each year to identify areas of improvement.
- Review of implementation of wellness policy in conjunction with the ongoing OCSAA accreditation process.

Members of Wellness Policy:

Maureen Goodwin, Principal

Gilda McWilliam, Foodservice Manager

Carla McWilliam, Kitchen Manager

Megan Koch, Physical Ed Teacher

Katie Preto, Kindergarten Teacher, Parent

Christine Soxie, Lunch Monitor and PSR Teacher

Chris Jacobson, School Nurse

Ed Grady, School Maintenance