

St. Mark Catholic School
Wellness Policy
7/1/2017

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I. Nutrition Education

St. Mark Catholic School will follow health education curriculum standards and guidelines as stated by the Indiana Department of Education. The goal is to provide the knowledge and skills necessary for healthy eating and a lifetime of good health to both student and caregiving adults.

A. Classroom Nutrition Education

Nutrition education will be taught in grades K-8 as part of a sequential, comprehensive, health curriculum designed to provide students with the necessary knowledge and skills to promote and protect health. Nutrition education will be designed to help students learn:

- Nutrition knowledge, including but not limited to, the benefits of healthy eating, essential nutrients, nutritional deficiencies, the use and misuse of dietary supplements, safe food preparations, handling and storage, caloric balance between food intake and energy expenditure (physical activity/ exercise), and adequate fruits and vegetables, whole grains and low-fat dairy.
- Nutrition related skills, including but not limited to, planning a healthy meal, understanding and using food labels, critically evaluating nutrition information, misinformation, and commercial food advertising.
- How to assess one's personal eating habits, and how to set and achieve goals for improvement.

Teachers are encouraged to integrate nutrition education into core curriculum in areas such as math, science, social studies, and language arts. Tools will be available through health curriculum resources and suggestions through professional development. The staff responsible for nutrition education will participate in professional development if needed so as to be adequately prepared to deliver current nutrition education topics specific to their grade level.

B. Nutrition Promotion and Wellness Activities

Cafeteria staff will participate in nutrition education. Students will be educated through new food experiences and exposed to a wide variety of food choices. Encouragement should be given to children to try new foods.

The cafeteria will be used to display nutrition education posters and food facts, and provide education opportunities such as taste tests to encourage interest in healthy foods. Schools where after-school programs are offered, will provide opportunities for nutrition education (with life skills formation).

Partnerships and collaborative education interventions will be encouraged between schools, nutrition assistance programs, and/or other community organizations (i.e. public health programs, government designed programs, health care providers, universities, or other related groups).

Nutrition education and wellness education will be offered to students, parents, and staff through activities such as health fairs, healthy eating and wellness seminars, newsletters, handouts, and Internet information consistent with current USDA Dietary Guidelines for Americans.

School faculty and staff should encourage healthy eating behaviors by being role models to students during school hours. Faculty and staff will have the opportunity to be involved in wellness programs and/or efforts to build effective school health initiatives.

II. Standards for USDA Child Nutrition Programs and School Meals

Nutritional integrity should be used as a basis for establishing the nutrition guidelines for foods offered in the school. St. Mark School will provide all students access to high quality foods and beverages such as fruits, vegetables, low-fat dairy foods and whole-grain foods, wherever and whenever food is sold or otherwise offered at school during the normal school day.

A. School Lunch Programs will:

- Emphasize fruits, vegetables, whole grains, and low-fat dairy products.
- Be appealing and attractive to students.
- Be served in clean and pleasant surroundings.
- Provide students with adequate time to eat. The School Nutrition Association recommends twenty minutes for lunch from the time a student is seated.
- Promote school meal participation with taste tests, contests, etc.

B. School Foodservice Personnel

- Are responsible for adhering to the wellness policies the school has in place.
- Will be provided continuing staff development that includes training programs for child nutrition and appropriate training on any nutrition updates or revision to the policy.

III. Nutrition Standards for Other Foods and Beverages Sold or Offered During School Hours

Foods and beverages sold outside the Child Nutrition Program such as a la carte and vending machine items will meet the Smart Snacks in Schools Standards promulgated by the United States Department of Agriculture (USDA) as part of the Healthy Hunger-Free Kids Act of 2010.

A. Nutrition Standards for Foods as Defined by the Smart Snacks in Schools Standards

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetables.

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items :≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 200mg
 - Entrée items: ≤480mg
- Fat limits:
 - Total fat:≤35% of calories
 - Saturated fat: ≤10 of calories
 - Trans fat: zero grams
- Sugar limit:
 - ≤35% of weight from total sugars in food.

B. Nutrition Standards for Beverages

St. Mark School may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternative permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary school may sell up to 8-ounce portions. Middle school may sell up to 12-ounce portions. There is no portion size limit for water.

C. Fundraising Activities

- The sale of food items that meet nutrition requirements are not limited in any way under the standards.
- The standards do not apply during non-school hours on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet

the nutrition standards. Indiana allows two exemptions per school per school year for fundraisers occurring during the school day involving the sale of food and/or beverages not meeting the Smart Snack Standards.

D. Food as a Reward

- It is strongly recommended that school staff not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior.

E. Classroom Celebrations

- Parents and staff are strongly encouraged to provide healthy snacks for classroom and birthday celebrations.
- Classroom celebrations will focus on activities (e.g. giving free time, extra recess, music and reading time,) rather than food.

F. School Sponsored Events Outside of School Hours

- It is recommended that an effort be made to offer or sell foods and beverages that meet good nutrition guidelines as set forth in this policy at events such as athletic events, dances and performances.

IV. Physical Activity and Physical Education

A. Physical Activity

St. Mark School will have in place a comprehensive school physical activity program that provides physical activity throughout the school day and addresses the needs of students, staff, and the school community.

- Staff should be provided with opportunities for professional development about physical activity.
- For students to receive the nationally recommended amount of daily physical activity, (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, staff are encouraged to provide additional opportunities for physical activity beyond physical education class.

B. Physical Education

All student will participate in physical education in order to meet the Physical Education Standards.

- The physical education program shall be provided adequate space and equipment to ensure quality physical classes for students.
- All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.
- All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive regular physical education.
- A certified physical education teacher in grades that are departmentalized will teach

physical education. In self-contained classrooms, teachers holding an appropriate license may teach their own physical education, as well as other required subjects as their license allows.

- Student involvement in other physical activities (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement in grades K-8. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

C. Daily Recess

All elementary school students (K-5) will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity, verbally and through the provision of space and equipment.

D. Physical Activity Opportunities Before and After School

Elementary, middle, and high schools are encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. High schools and middle schools, as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interest, and abilities of all students.

E. After School programs

After school child care and enrichment programs will provide and encourage, verbally and through the provision of space, equipment, and activities, daily periods of moderate to vigorous physical activity for all participants.

F. Physical Activity and Punishment

Teachers and other school personnel will not arbitrarily use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

G. Safe Routes to School

The school will assess and, if necessary, and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the school will work together with local public works, public safety, and/or police departments in those efforts.

V. Food and Beverage Marketing in School

School-based marketing will be consistent with nutrition education and health promotion. The school will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.

- The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

- Marketing unhealthy foods is prohibited. Examples of marketing techniques that could lead to unhealthy behaviors include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; free samples or coupons; and food sales through fundraising activities.
- Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

VI. Staff Wellness

The Archdiocese of Indianapolis Catholic Schools value the health and wellbeing of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

As part of the Archdiocese of Indianapolis insurance program, health advocates will administer annual health screenings and provide wellness information to teachers and staff. Staff-led walking programs are strongly encouraged as well as programs and/or contests to encourage fitness and healthy eating.

VII. Implementation, Evaluation, and Communication

A. School Wellness Committee

St. Mark School will form a School Wellness Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. This committee will consist of a group of individuals representing the school and community and may include:

- Parents/Guardians and Students
- Food Service Staff
- Members of the School Commission
- One or more teachers and administrators, including the Physical Education teacher
- One or more Health Professionals such as a Registered Dietitian, Nurse, etc.

B. Monitoring

- St. Mark School will identify at least one person responsible for monitoring the local Wellness Policy and reporting compliance matters to the school administrator/principal.
- St. Mark School Administrator/Principal is responsible for ensuring compliance with the local Wellness Policy.

C. Wellness Policy Implementation and Evaluation

At least every three years St. Mark School will use the Indiana Department of Education Wellness Policy Evaluation Checklist

(<http://www.doe.in.gov/sites/default/files/nutrition/evaluation> (or other Evaluation Tool) to review

policy compliance, assess progress, and determine areas in need of improvement. The school will, as necessary, revise the Wellness Policy and develop work plans to facilitate implementation.

D. Communication

St. Mark School will communicate annually to parents, students, staff, and the community the content and implementation of the local Wellness Policy through published school handbooks and the school's website.