

WELLNESS POLICY

"Do you not know that your body is a temple of the Holy Spirit?"
(I Corinthians 6:19)

Conscious of our mission to form the entire person, body, mind, and soul, we adopt this wellness policy to bring diocesan schools into compliance with state and federal law. The Superintendent of Schools will develop guidelines to implement this policy.

Meals served through the National School Lunch program as well as all a la carte and vended food or beverage items sold by the school or served at school-sponsored activities and events shall meet at least the minimum wellness guidelines set by state and federal law.

All students shall participate in nutrition education as outlined in the diocesan physical education and health standards.

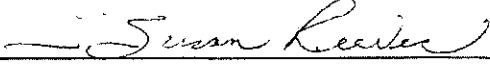

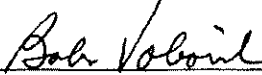

Each school shall develop a staff wellness plan and implement activities to improve school staff wellness.

All students will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis. All schools will have a physical education program that complies with the diocesan physical education curriculum guide.

Families will be encouraged to incorporate physical activity into the lives of all household members.

The use of tobacco products in any diocesan school building or on school buses is prohibited. Schools are encouraged to prohibit the use of tobacco products on school grounds.

Local schools may adopt this policy as is, the policy of the LEA, or devise a policy that meets or exceeds the minimum standards of this policy and also the accompanying guidelines.

Recommended:	 _____ Diocesan Catholic School Council	<u>March 13, 2006</u> Date
Reviewed:	 _____ Human Resources	<u>03/31/06</u> Date
Approved:	 _____ Superintendent of Schools	<u>4/3/06</u> Date
Promulgated:	 _____ Bishop of Wichita	<u>5/2/06</u> Date

**DIOCESE OF WICHITA
WELLNESS POLICY GUIDELINES**

**Nutritional Quality of Foods and Beverages
Sold and Served on Campus**

Meals

1. Meals served through the National School Lunch and Breakfast Programs will
 - a. be appealing and attractive to children and served in clean and pleasant settings;
 - b. meet nutrition requirements established by governmental statutes and regulations;
 - c. comply with National School Lunch guidelines for portion size;
 - d. include a variety of fruits and vegetables;
 - e. serve only low-fat unflavored (1%), or fat-free flavored or unflavored milk and/or nutritionally-equivalent non-dairy alternatives;
 - f. ensure that the grains served are a whole grain rich grain product (at least 50% whole grain);
 - g. offer fruit daily;
 - h. offer a variety of vegetables to meet weekly sub-group requirements;
 - i. offer a variety of meat/meat alternative sources to satisfy daily and weekly requirements;
 - j. gradually reduce sodium in menus;
 - k. limit saturated fat and eliminate trans-fats;
 - l. meet calorie ranges for age/grade groups.

A La Carte and Vended Foods

2. All food and beverage items not included in the hot lunch program but sold by the school whether in the cafeteria or elsewhere are considered a la carte. A la carte items and all vended items must comply with USDA Smart Snacks in Schools Standards.
3. Foods must also meet several nutrient requirements:
 - a. calorie limits
 1. snack items \leq 200 calories
 2. entrée items \leq 350 calories,
 - b. sodium limits
 1. snack items \leq 230 mg (\leq 200 mg on July 1, 2016)
 2. entrée items \leq 480 mg,
 - c. fat limits
 1. total fat \leq 35% of calories
 2. saturated fat $<$ 10% of calories
 3. trans fat = zero grams,
 - d. sugar limit
 1. \leq 35% of weight from total sugars in foods.

4. Nutrition standard for beverages: all schools may sell plain water, with or without carbonation, unflavored low-fat milk, unflavored or flavored fat-free milk, 100% fruit or vegetable juice or 100% fruit juice diluted with water with no added sweeteners.
5. Elementary schools may sell up to 8-ounce portions while middle and high schools may sell up to 12-ounce portions of milk and juice. No portion limit for plain water.
6. No calorie and lower calorie beverage options for high schools:
 - a. < 5 calories per 8 ounces or ≤ 10 calories per 20 fluid ounces
 - b. no more than 12 ounce portions of beverages with ≤ 40 calories/8 oz. or ≤ 60 calories/12 oz.

Cafeteria Environment

7. School regulations should ensure that the cafeteria
 - a. is clean and orderly;
 - b. has adequate seating to accommodate all students served during one period;
 - c. has adequate supervision;
 - d. serves meals between 11:00 AM and 1:30 PM; starting the last lunch period no later than 1:00 PM;
 - e. allows students a minimum of 15 minutes to eat lunch exclusive of time spent walking to/from class or waiting in line.
 - f. discourages students from sharing food;
 - g. allows students to converse with one another while they eat their meals;
 - h. attempts to serve meals after recess; and
 - i. displays nutritional education materials that are changed periodically. Teachers should discuss these materials with the students, encourage them to eat a healthy breakfast, and choose nutritious foods throughout the day.

School-sponsored Activities and Events

8. All foods and beverages offered at school-sponsored activities and events are in compliance with USDA smart snacks in schools standards. This includes food for classroom parties and celebrations, classroom rewards, fundraisers, and intramural events but not interscholastic events.
 - a. Students may be allowed to have individual water bottles in the classroom
 - b. Schools should limit celebrations that involve food during the school day. Each party should not include food or beverage that does not meet nutrition standards for foods and beverages sold in vending machines.
 - c. The portion size of any food served during a celebration/reward shall be the same size of any food item served in the National School Lunch Program.
 - d. Schools will limit the use of foods or beverages as rewards for academic performance or good behavior, and will not withhold them as punishment.
 - e. Fundraising activities will *not* involve the sale of food and/or beverages or will use only foods that meet the nutrition and portion size standards for vended food.
 - f. Snacks served during the school day will emphasize fruits, vegetables, and beverages that meet guidelines for vended foods.

- g. The school should disseminate a list of healthy snacks to parents and teachers.
- h. Each year, some classrooms will participate in an event that is centered on nutrition. After the event, lessons are used to reinforce the information gained.
- i. Snacks served in after-school programs will be fresh fruits and vegetables, 100% fruit or vegetable juice. After-school programs should limit portion sizes of foods and beverages supplied/sold individually to those listed under portion sizes.
- j. At least twice a week, the after-school educator explains why the snack served is a healthy choice. Programs may choose to reinforce classroom learning by providing nutrition education activities.

Nutrition Education

- 9. As outlined in Diocesan health education standards, each school's nutrition education program shall
 - a. be taught not only in health education classes, but also in other subjects and in appropriate grade levels as outlined in the curriculum guides;
 - b. include hands-on activities such as contests, promotions, taste-testing, farm visits, food preparation, and school gardens;
 - c. promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and good nutritional practices;
 - d. emphasize caloric balance between food intake and exercise;
 - e. teach media literacy with an emphasis on food marketing;
 - f. be based on the most recent Dietary Guidelines for Americans; and
 - g. be taught by a licensed teacher or under a licensed teacher's supervision.
 - h. Use such resources as KSDE, KSU Research and Extension, health and agriculture organizations, universities, and consulting registered dietitians.

- 10. The following topics will be included annually in the Nutrition Education Program. They may be addressed at more than one level, and are to be covered with increasing depth at higher grade levels.
 - a. Pre-Kindergarten
 - Proper hand washing
 - Importance of drinking adequate amounts of water; food groups; trying new foods; and feeling full and chewing thoroughly.
 - b. Elementary (K-5)
 - Importance of eating a variety of foods
 - Serving sizes
 - Balancing food intake (energy input) and physical activity (energy output)
 - Reading nutrition labels
 - Choosing healthy foods using cafeteria meals and vended and a la carte items as examples
 - Foods that help keep the body healthy and foods that may contribute to poor health (including oral health)
 - Healthy body image
 - Agricultural origins of common foods
 - Basic food preparation and food safety skills
 - Eating a healthy breakfast

c. Middle/High School

- Proper hand washing
- Importance of drinking adequate amounts of water
- Relationship of nutrients in food to good health and long-term risks of unhealthful food selections
- Basic nutrient requirements for a healthy plan
- Dietary guidelines and personal eating plans
- Importance of meals and how meal time contributes to family life
- Eating patterns in various cultures
- Balanced and unbalanced meals in the student's own eating pattern
- Healthy body image
- Balancing food intake (energy input) and physical activity (energy output)
- Evaluating fad diets and healthful ways to lose/gain weight
- Eating disorders
- Dangers of dietary supplements
- Basic food preparation and food safety skills (e.g. storing, cleaning, preparing, cooking, cooling, reheating) and
- Evaluating health claims on food labels

11. Physical Activity

- a. Elementary students will receive a minimum of 60 minutes of physical education (PE) per week, increasing by 10 minutes per week annually until it meets the recommended level of 100 minutes. Students should engage in moderate to vigorous physical activity at least 15 minutes in each PE class.
- b. All students will have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.).
- c. All PE teachers are to be properly licensed and endorsed. Age-appropriate equipment should be available for students to participate in physical activity, and all physical activity facilities are to meet the standards of Catholic Mutual Insurance (CMI).
- d. Elementary (K-8) school students should have at least 20 minutes a day of supervised recess that (preferably) is outdoors; divided into two 10-minute periods; offered before lunchtime; and provides at least some moderate to vigorous physical activity.
- e. Moderate to vigorous physical activity should be encouraged verbally and through the provision of adequate space and age-appropriate equipment. Physical activity should not be used or withheld as punishment. This guideline does not apply to extracurricular sports teams.
- f. Catholic schools will comply with Quality Performance Accreditation Regulation 91-31-34 and the KSDE requirement regarding "Athletic Practice."

12. When circumstances make it necessary for students to remain indoors and/or inactive for two or more hours, students should be given periodic breaks during which they are encouraged to stand and be moderately active.

13. In order for students to receive the recommended 60 minutes of daily physical activity and embrace regular physical activity as a personal behavior, schools are encouraged to provide opportunities for physical activity beyond PE class.

Therefore, health education should complement PE by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.

14. Schools should consider offering extracurricular physical activity programs, such as clubs or intramural programs.

Family & Community

15.
 - a. Parents will be encouraged to incorporate physical activity into family life. Possibilities might include a wellness sub-committee for Parent-Teacher Organization, wellness information in school newsletters, open gym time for family use, or sponsoring/group participation in physical activities (e.g. fun runs, walk-a-thons, lap swims, golf/tennis tournaments, bike rides etc.)
 - b. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including FMNV.
 - c. The school should provide parents with a list of foods that meet the lunch, snack, and beverage standards of these guidelines.
 - d. Parents will be invited to join students for school meals (where feasible).
 - e. Schools may forbid adults to bring in purchased meals for the students.
 - f. Parental involvement in discouraging tobacco use will be promoted through newsletters; by assigning homework and projects that involve families; and by providing information at Home and School meetings.

16.
 - a. The use of tobacco products in any school building is prohibited. Not included are buildings or portions thereof used for residential purposes or leased from the school for non-school sponsored activities (KSA 72-53, 107) (1998). Smoking is also prohibited on school buses (KSA 21-4009 et seq.) (1987).
 - b. Prevention education will be provided in grades K-12 consistent with the diocesan health education standards.
 - c. Schools are encouraged to have students participate in programs to prevent tobacco use.
 - d. It is recommended that local tobacco policies include a requirement that violators participate in a cessation class. The Kansas Tobacco Quitline (1-866-526-7867) is one resource.
 - e. Pre- and post-tests may be given to students using U.S. Center for Disease Control and Prevention's Guidelines for School Health Programs to Prevent Tobacco Use and Addiction.