



Pope John XXIII/ St. Boniface Catholic Schools Wellness Policy

The Catholic Schools of the Pope John XXIII/St. Boniface are committed to providing school environments that promote and protect children's health, well-being, and ability to learn, by supporting healthy eating and physical activity. Therefore, it is the policy of the Pope John XXIII/ St. Boniface that:

- The schools will engage students, parents, teachers, food service staff, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school nutrition and physical activity policies.
- All students in grades Preschool-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the US. Dietary Guidelines for Americans.
- Staff will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

The Catholic Schools of the Pope John XXIII/ St. Boniface will continue to implement and annually update this policy for health and wellness of all students.

Pope John XXIII/St. Boniface Catholic School's Wellness Policy includes the following elements, each addressed with specific goals:

I Wellness Committee

- Pope John XXIII/St. Boniface Catholic Schools Wellness Committee to serve as a resource to develop, implement, monitor, review, and revise school nutrition and physical activity policies.
- The Wellness Committee will meet annually with an agenda and minutes to be kept at the school.
- The Wellness Committee will consist of individuals from the following areas:
 - School Administrator
 - PE Teacher, counselor, faculty and staff members
 - Student(s)
 - Parent(s) or School Advisory Member
 - Cafeteria or Child Nutrition Manager
 - Health Care professional

II. USDA Requirements for School Meals

- The school lunch programs at Pope John XXIII/St. Boniface Schools will:

- Meet, at minimum, nutrition requirements established by USDA for federally funded programs, as found on the USDA website at <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>.
 - Provide access to and emphasis on high quality foods and beverages, such as fruits, vegetables, whole grains, low-fat dairy products, and water.
 - 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 at least twenty minutes for lunch**).
- Parents will be provided information regarding eligibility and application for participation in the free/reduced price meals.

III. Nutritional Guidelines for All Food and Beverages Sold

- Food and beverages sold outside of the Child Nutrition Program, including a' la carte and vending machine items, will be approved by either the school's Food Service Director or the School Wellness Committee, and will meet the following guidelines:
- Beverages
 - Water (flavored and non-calorie sweeteners)
 - Fruit and vegetable juices
 - Fruit based drinks containing at least 50% fruit juice
 - Low-fat unflavored or fat-free flavored fluid milk
 - Sports drinks (middle and high schools only)
- Foods Individual food items must meet USDA Smart Snack Standards, which can be accessed at: <https://www.fns.usda.gov/healthierschoolday/tools-schoolsfocusing-smart-snacks>
 - Elementary (Grades Preschool-6) Vending machines dispensing either food or beverages are not accessible to students in grades Preschool-6.
 - Sale of foods and/or beverages containing caffeine or non-nutritive sweeteners is prohibited during the elementary school day.
 - High Schools (Grades 9-12) At least 50% of all foods and beverages sold outside the reimbursable school meal programs during the school day will meet the nutritional guidelines above.

VI. Nutrition Education

- Pope John XXIII/St. Boniface Catholic School will follow health education curriculum standards and guidelines as stated by the Nebraska Department of Education.
- Nutrition education will be taught throughout grades K-12 including, but not limited to:
- Nutrition Knowledge
 - Benefits of healthy eating
 - Essential nutrients
 - Nutritional deficiencies
 - Use and misuse of dietary supplements
 - Safe food preparations
 - Handling and storage

- Caloric balance between food intake and energy expenditure
- Nutrition Related Skills
 - Planning healthy meals
 - Understanding and using food labels
 - Critical evaluation of nutrition information
 - Commercial food advertising
- Assessing Personal Eating Habits and Setting Achievable Goals
 - Teachers are encouraged to integrate nutrition education into core curriculum in areas such as math, science, social studies, and language arts.
 - Professional development opportunities will be shared with teachers and staff throughout the year.

V. Nutrition Promotion

- Cafeteria staff will introduce students to new food choices once per semester. Consistent encouragement will be given to students to try new foods and make positive comments about foods.
- The cafeteria can be used to display nutrition education posters and food facts to encourage interest in healthy foods.
- Pope John XXIII/St.Boniface Catholic Schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events, thereby allowing sufficient time for students to eat (**the School Nutrition Association recommends at least twenty minutes for lunch**).

VI. Physical Activity

- Classroom Setting
 - Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle
 - Classroom teachers will provide short physical activity breaks, ie. Brain breaks, between lessons or classes as appropriate.
 - Teachers should discourage extended periods of inactivity (periods of two or more hours). When activities, such as mandatory school-wide testing, make it necessary for students to remain sedentary for long periods of time, students should be provided with periodic breaks during which they are encouraged to stand and be moderately active.
- Physical Education Class
 - All elementary students will receive regular physical education.
 - Student involvement in other physical activities will not be substituted for meeting the physical education requirement in grades PK-6
 - High school students must earn two credits in physical education. O
 - Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
 - The student to teacher ratio for physical education classes will be no larger than other classes (30 to 1).
 - Professional development will be available to PE teachers.

- Recess
 - All elementary school students (PK-6) will have at least 20 minutes per 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.

VII. Additional School-Based Activities

- Faculty and Staff will have the opportunity to be involved in wellness programs and/or efforts to build effective school health initiatives.
- Faculty and Staff should encourage healthy eating behaviors by being role models to students during school hours when in the presence of students.
- Cafeteria staff will be hired with the understanding that they are responsible to adhere to the policies the school has in place.
- Pope John XXIII/St. Boniface Catholic Schools 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. Teachers will be assigned after school duties and bike racks will be available
- Nutrition education and wellness will be offered to students, parents, and staff through any of the following methods:
 - Newsletters
 - Handouts
 - Internet information consistent with USDA Dietary Guidelines for

VIII. Evaluation

- The school administrator, along with the School Wellness Committee, will revisit the Wellness Policy on an annual basis.

IX Person Responsible

- The school administrator will ensure compliance with the established Wellness Policy.
- The school food service staff ensures compliance with the nutrition policies for the school meal program and all food and beverages sold through the cafeteria.

X Communication

- Progress reports should be shared annually with the public using any of the following channels of communication :
 - School newsletter,
 - Website
 - Other forms of communication.

