

# **The Norwalk Catholic School**

## **Wellness Policies on Physical Activity and Nutrition**

### **RATIONALE**

- The physical and mental health of our children is of great importance to our school. Nutrition and physical activity needs to be a part of the whole educational system to develop well rounded children. We strive to promote and educate our children in lifelong health and wellness practices to enhance their lives. We have a role to institute health and wellness in the classroom, in our cafeteria, in our extra-curricular activities and anywhere where students may obtain snack foods. Good health practices need to be demonstrated and engrained in the students' daily activities by all adults who serve students.
- Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;
- Whereas, good health fosters student attendance and education;
- Whereas, healthful foods and physical activity promotes weight control and correct bodily functioning;
- Whereas, community participation is an essential element in the development and implementation of successful school wellness policies;
- Whereas this police provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations guidance by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1785(f)(1), 1776(a)), as those regulations and other guidance and regulations apply to schools;

### **GOALS**

Norwalk Catholic Schools are committed to providing an environment conducive to children's overall health by implementing health nutrition information and physical activity opportunities. Therefore, it is the policy of Norwalk Catholic Schools that:

- Promote healthy eating opportunities by food items offered during meal time and provide healthy alternative snacks.
- Provide outlets for supervised physical activities during the school day and promote extra-curricular activities which utilize physical activities.
- Engage students, administration, parents, teachers, food service professionals, health professionals and interested community members in developing, implementing and reviewing district wide nutrition and physical activities policies.
- All students in grades Pre3-12 will be encouraged daily to be physically active.
- All students will have access to foods and beverages at school that meet the nutrition recommendations of the U.S. *Dietary Guidelines for Americans*.
- We will provide clean and safe eating environment of all students, as well as give adequate time for students to eat.
- We will participate in available federal school meal programs that pertain to our system.
- Our schools will have nutrition education and physical education available to all our students to foster lifelong habits of healthy eating and physical participation and provide a connection between health, nutrition and community opportunities.

## **OUR ACTION PLAN TO ACHIEVE GOALS**

### **I. NUTRITIONAL EDUCATION**

#### *Minimum Requirements*

- Offer a school lunch program with menus that meal patterns and nutritional standards established by the U.S. Department of Agriculture and the Ohio Department of Education.
- Encourage school staff and families to participate in school meal programs.
- Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards.
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.
- Follow Governing Board Policies on competitive foods and extra food sales.
- Establish guidelines for all foods served from the cafeteria during the school day with the objective of promoting student health and reducing childhood obesity.

#### *Additional Requirements*

- We will create a Health and Nutrition Committee to develop, implement, monitor, review and as necessary, revise school nutrition and physical activity policies for our school. The committee will serve as resources to school cafeteria operations on both campuses for implementation of these policies. ( A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school Governing Board, school administration, teachers, health professionals and members of the public). The committee should meet regularly.
- Norwalk Catholic School should provide a minimum of one nutritional assembly per appropriate age group of students each school year.
- Provide visual nutritional information (bulletin board, charts, etc.) that will be visible to students in the cafeteria, Junior High/High School, Elementary buildings (main and annex) and Early Childhood Center.
- Diocese of Toledo health education curriculum and guidelines, including both nutrition and physical education.
- Nutrition Education is integrated into the classrooms as teachers feel it fits the acceptable curriculum.
- Nutrition education is a part of health education classes.

### **II. PHYSICAL ACTIVITY**

#### *Minimum Requirements*

- Provide physical education for all students
- Offer a planned sequential program of physical education instruction incorporating individual and group activities
- Implement physical education programs in accordance with the Diocese of Toledo Course of Study on physical education

#### *Additional Requirements*

- Students in grades Pre-3 through grade 6 have the opportunity for daily recess.
- All students have the opportunity for physical activity through a range of extra curricular activities such as youth athletic sports programs and physical activity clubs.
- Discipline will be administered in ways other than depriving a student of recess or physical education class.
- Parents are encouraged to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.
- Research the pros and cons of moving recess to prior to the lunch period.

### **III. NUTRITIONAL STANDARDS**

School Meals served will:

- Be appealing and attractive to students
- Be served in a clean and pleasant setting
- Meet, at a minimum, nutrition requirements established by Local, State and Federal statutes and regulations
- Offer a variety of fruits and vegetables.
- Serve low fat and fat free milk
- Assure compliance with nutritional standards regarding grains served.

School should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, school website, cafeteria menu boards or other point of purchase materials

**Free and Reduced Priced Meals:** Schools will make every effort to eliminate and social stigma attached to and prevent overt identification of students who are eligible for free and reduced price school meals.

**School Lunch Charge Policy:** Implement a School Lunch Charge Policy as required by U.S. Department of Agriculture and the Ohio Department of Education.

**Meal Times and Scheduling:** School:

- Will provide students at least 20 minutes for lunch.
- Should schedule meal periods at appropriate times, example lunch should be scheduled between 11:00am and 1:00pm.
- Not to schedule meetings during meal time unless students may eat during the meeting.
- Will schedule lunch periods to follow recess periods for elementary students.

- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks
- Should take reasonable steps to accommodate the tooth brushing regimens of students with special oral health needs, example orthodontia or tooth decay needs.
- Allow for student allergy needs as appropriate.

**School Food Service Staff:** Cafeteria Management will administer the school meals program. They will provide continuing nutritional development. Also staff development programs should include training programs for cafeteria workers and volunteers.

**Sharing of Food and Beverages:** Schools should discourage students with sharing their food and beverages with one another during meal or snack times, given concerns about allergies and other possible student dietary restrictions.

**Foods and Beverages sold individually (i.e. Foods sold outside of the reimbursable school meals, such as through vending machines, cafeteria ala carte sales.)**

**Elementary Schools:** The School Health and Nutrition Committee will approve and provide all food and beverage sales to students during school hours in the elementary school building. Given young children’s limited nutritional skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should include low-fat and non-fat milk, fruits and non-fried vegetables.

**Junior High and High School:** In Junior High and High School, all foods and beverages sold individually outside the reimbursable meal program (including those sold through ala carte lines and vending machines) during the school day will meet the following nutrition and portion size standards.

**Beverages**

- Allowed: Water or flavored water without added caloric sweeteners: fruit and vegetable juices and fruit-based drinks that contain fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent non dairy beverages as defined by the USDA.

**Foods/Snacks**

- When food items are sold individually, healthy choices will be included.

**Snacks:**

- Encourage healthy snacks served during the school day or in after-school care or enrichment programs. This will be done through education and implementation according to each buildings needs. Use of existing pre-school menu will be incorporated.

**IV. COMMUNICATIONS WITH PARENTS**

The School will keep parents and guardians informed of the School Wellness Policies either through periodic news letters or information posted to the school website. The school will provide information about the physical education and other school-based physical activity opportunities before, during and after the school day.

## **V. MONITORING AND POLICY REVIEW**

### Monitoring:

- The Business Manager will ensure compliance with the established system-wide nutrition and physical activity wellness policies. In each school, the principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the Business Manager. An annual report presented by the Business Manager will be reviewed and approved annually at a meeting of the School Governing Board.
- School food service staff will ensure compliance with nutrition policies with the school food service areas and will report on this matter to the school principal.

### Policy Review:

- To help with Development of the Norwalk Catholic School Wellness policies, each building will conduct a baseline assessment of the school's existing nutrition and physical activity environment and policies.
- Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the Health and Nutrition Committee will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The individual buildings will, as necessary assist with revising the Wellness Policies as needed.