

STUDENT WELLNESS PLAN

All elementary and secondary schools of the Catholic Diocese of Peoria shall be committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition, and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life. It is the policy of the Catholic Diocese of Peoria that:

1. Each school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and reduce childhood obesity.
2. All students in early childhood programs and grades K-12 will have opportunities, support, and encouragement to participate in physical activities on a regular basis.
3. Qualified food service providers will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of the students; will accommodate the religious requirements of the students; and will provide clean, safe, and pleasant settings and adequate time for the students to eat.
4. To the extent practical, the schools in the Diocese will participate in available federal school meal programs.
5. Foods and beverages sold and/or served as part of the school meal programs will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
6. Each school will engage students, parents, teachers, staff, food service providers, health professionals, and interested community members in monitoring and reviewing the implementation of the Diocesan Student Wellness Plan.

STUDENT WELLNESS PLAN

The purpose of this administrative regulation is to ensure a total school environment that promotes and supports student health and wellness, helps reduce childhood obesity, and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004.

GOALS FOR NUTRITION EDUCATION

1. Students in early childhood programs and grades Kindergarten through grade 12 shall receive sequential and interdisciplinary nutrition education. The program shall be designed

to provide students with the knowledge and skills necessary to adopt healthy eating behaviors. Special emphasis should be placed on nutrition education in early childhood through the primary grades as eating habits are established at a young age.

2. The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, field trips, school gardens, or other like activities.
3. Schools shall work with parents to assist in providing a healthy diet and daily physical activity for their children, which may include information to help them incorporate healthy eating and physical activity.

GOALS FOR PHYSICAL ACTIVITY

1. Students in early childhood programs and grades K through 12 shall participate in regularly scheduled formal and informal physical activity programs. Special emphasis should be placed on promoting an active lifestyle in early childhood through the primary grades as health habits are established at a young age. Reasonable accommodations shall be made for students with disabilities and/or other limitations.
2. Elementary schools shall provide a daily, supervised recess period to all students.
3. Students shall be provided opportunities for physical activities through a range of school programs such as intramurals, interscholastic athletics, physical activity clubs, or other like activities.

GOALS FOR OTHER SCHOOL ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

1. Consistent School Activities and Environment – Healthy Eating
 - a. All food service personnel shall have adequate pre-service training and participate in activities or programs that provide strategies for providing tasty, appealing, and healthy school meals; nutrition education strategies including coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.
 - b. Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (My Pyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products.
 - c. It is recommended that food providers share information about the nutritional content of school meals and/or individually sold foods with students, family, and school staff.
 - d. School meals shall be served in clean, safe, and pleasant settings with adequate time provided for students to eat.
 - e. All foods and beverages provided by the school shall comply with federal, state, and local food safety and sanitation regulations.
 - f. Students, parents, school staff, and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options.
 - g. Access to any area involved in storage, preparation, or service of food on the school campus shall be limited to authorized personnel.
2. Consistent School Activities and Environment – Physical Activity
 - a. Schools are encouraged to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active.

- b. Physical activity facilities and equipment on school grounds shall be safe.
 - c. Schools are encouraged to work with the community to create a safe and supportive environment for students walking or biking to school.
3. Food as a Reward or Punishment
- a. School personnel shall not withhold food or beverages from students as punishment.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY

1. Food providers shall offer a variety of age-appropriate, appealing food and beverage choices and employ food preparation, purchasing, and meal planning practices consistent with current Dietary Guidelines for Americans (e.g. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).¹
2. All foods and beverages sold individually (apart from the reimbursable school meal) shall be well-regulated and consistent with the nutritional goals of the student wellness plan. This includes:
 - a. a la carte offerings in the food service program;
 - b. food and beverage choices in vending machines, snack bars, school stores;
 - c. food and beverages sold as part of school-sponsored fundraising activities.
3. Every effort shall be made to provide nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, wherever and whenever food is sold or otherwise offered at school.

GUIDELINES FOR SCHOOL MEALS

1. School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans.²
2. School meals shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.^{3,4}

MEASURING IMPLEMENTATION & COMMUNITY INVOLVEMENT

1. The principal of each building shall be responsible for implementation of the student wellness plan.
2. Individual schools shall involve parents, students, representatives of the school food authority, the Commission on Education/Board of Trustees (if applicable), school administrators, and the public to implement and continue development of the student wellness plan. Their involvement shall include review of the individual school wellness checklist.

Attachments:

Healthful Food and Beverage Options for School Functions
Individual School Wellness Plan Checklist

¹ MyPyramid.gov, United States Department of Agriculture. www.mypyramid.gov

² Dietary Guidelines for Americans 2005, Department of Health and Human Services and the Department of Agriculture, 2005. www.health.gov/dietaryguidelines

³ Minimum School Meal Requirements – section 9(f)(1), 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)) www.access.gpo.gov/uscode/uscmain.html

⁴ Minimum School Meal Requirements – subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) www.access.gpo.gov/uscode/uscmain.html

Healthful Food and Beverage Options for School Functions

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Pure ice cold water

This list is not all-inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices.

Catholic Diocese of Peoria
Individual School Wellness Plan Checklist

School _____ City _____

The school offers a free/reduced breakfast/lunch and/or milk program funded by the federal government?

- Yes
- No

Note: If yes, an Individual School Wellness Plan is required by federal law.

The school food service staff members are:

- school/parish employees
- employees of a third party food service vendor

Note: If a third party vendor is used, provide the name of the firm: _____

Directions for Completing the Individual School Wellness Plan Checklist

Review each step of the Individual School Wellness Plan Checklist and check (√) the appropriate indicator of the school's response to the steps for the current school year. Below is a description of each indicator:

- A. Already implemented: The school had this step in place prior to the current school year.

- B. New implementation: The school will implement this step for the first time during the current school year.

- C. Unable to implement at this time: The school is unable to implement this step during the current school year. The school should provide an explanation on page 4 regarding why this step cannot be implemented during the current school year and give some indication of when it will be implemented in the future.

- D. Unable to implement ever: The school will never be able to respond to this step. The school must provide an explanation on page 4 regarding why this step can never be implemented.

Meeting Nutrition Guidelines & Ensuring Healthy Eating Goals

Please check (✓) the appropriate indicator for each item.

Students will be provided access to a variety of age-appropriate, appealing food and beverage choices that are consistent with the current Dietary Guidelines for Americans.

1. In the school cafeteria, the school will:

- | | A. | B. | C. | D. | |
|------|-----------|-----------|-----------|-----------|---|
| 1.1. | __ | __ | __ | __ | Offer a variety of fruits and vegetables. |
| 1.2. | __ | __ | __ | __ | Serve low-fat (1%) and fat free milk. |
| 1.3. | __ | __ | __ | __ | Ensure whole grain products are served. |
| 1.4 | __ | __ | __ | __ | Ensure meals, at a minimum, meet the nutrition requirements and regulations of the National School Lunch Program and/or School Breakfast Program. |

2. For food and beverages sold or provided individually (vending machines, snack bars, school stores and school-sponsored fundraisers, etc.), the school will:

- | | A. | B. | C. | D. | |
|-----|-----------|-----------|-----------|-----------|--|
| 2.1 | __ | __ | __ | __ | Closely monitor and regulate the items sold, ensuring they are consistent with the nutritional goals of the wellness plan. |
| 2.2 | __ | __ | __ | __ | Closely monitor and regulate the frequency and nature of school sponsored fundraisers. |
| 2.3 | __ | __ | __ | __ | Make every effort to provide nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products whenever and wherever food is sold or otherwise offered at school. |

Students will be served in a clean, safe, and pleasant environment and will be provided with an adequate amount of time to eat.

3. The school will:

- | | A. | B. | C. | D. | |
|-----|-----------|-----------|-----------|-----------|---|
| 3.1 | __ | __ | __ | __ | Schedule meal periods at appropriate times with adequate time for students to eat. |
| 3.2 | __ | __ | __ | __ | Ensure all food and beverages provided by the school comply with federal, state, and local food safety and sanitation regulations. |
| 3.3 | __ | __ | __ | __ | Encourage food providers to share information about the nutritional content of school meals and/or individually sold food with students, family and school staff. |
| 3.4 | __ | __ | __ | __ | Ensure food service personnel have adequate pre-service training. |
| 3.5 | __ | __ | __ | __ | Not withhold food or beverages as a punishment. |
| 3.6 | __ | __ | __ | __ | Restrict access to food preparation and service areas to authorized personnel. |

Meeting Physical Activity Goals

Please check (✓) the appropriate indicator for each item.

Students in grades Kindergarten through 12 will have opportunities, support, and encouragement to be physically active on a regular basis while in the school setting.

4. The school will:

- | | A. | B. | C. | D. | |
|-----|-----|-----|-----|-----|---|
| 4.1 | ___ | ___ | ___ | ___ | Make sure that each student participates in regularly scheduled formal and informal physical activity programs. |
| 4.2 | ___ | ___ | ___ | ___ | Provide all elementary students with daily, supervised recess periods. |
| 4.3 | ___ | ___ | ___ | ___ | Offer some extracurricular activity programs (intramural sports, interscholastic sports, physical activity clubs or other like activities). |
| 4.4 | ___ | ___ | ___ | ___ | Provide reasonable accommodations for students with disabilities and/or other limitations. |
| 4.5 | ___ | ___ | ___ | ___ | Ensure all school physical activity facilities and equipment are safe. |
| 4.6 | ___ | ___ | ___ | ___ | Work with the community to create a safe and supportive environment for students walking or biking to school. |

Meeting Nutrition Education Goals

Students will be provided with nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. Schools will also establish linkages between health education and school meal programs, and with related community services.

5. The school will:

- | | A. | B. | C. | D. | |
|-----|-----|-----|-----|-----|---|
| 5.1 | ___ | ___ | ___ | ___ | Offer students sequential and interdisciplinary nutrition education. |
| 5.2 | ___ | ___ | ___ | ___ | Include interactive activities such as contests, promotions, taste testing, field trips, school gardens, or other like activities in nutrition education programs. |
| 5.3 | ___ | ___ | ___ | ___ | Work with parents to assist in providing a healthy diet and daily physical activity for their children, which may include information to help families incorporate healthy eating and physical activity and disseminating a list of healthy party food ideas to parents and teachers. |

Provide an explanation for each step above checked with a “C” or “D”. When “C” was the indicator checked, also provide an indication of when this step will be implemented.

<u>Step #</u>	<u>Explanation</u>	<u>Timeline</u>
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Describe any other additional efforts being undertaken for the current school year as part of the school’s wellness program:

Please ensure a team including parents, students, representatives of the school food authority, the Commission on Education/Board of Trustees (if applicable), school administrators and the public implement and continue development of the wellness plan by reviewing this checklist and offering comment. List the team members below.

Team Members: _____

A copy of the Individual School Wellness Plan should be signed by the principal and sent to the Office of Catholic Schools.

Signature of Principal

Date