

## School Wellness

The Spalding Academy Catholic School is 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 along with healthy spiritual activity through the following:

- \*Engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-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 U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, our school will participate in available federal school meal programs.
- Our school 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. TO ACHIEVE THESE POLICY GOALS:

### **I. Wellness Team**

The school will create, strengthen, or work within the existing wellness team to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The team will also serve as resources for implementing these policies. (The wellness team 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 board, school administrators, teachers, health professionals, and members of the public.)

### **II. School Meals**

# Spalding Academy Wellness Policy

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

Meals served through the National School Food Program will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.

### **Free and Reduced-priced Meals**

SA will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

#### **A la Carte Items**

- Are not offered at this time

### **Celebrations**

SA will limit celebrations that involve food during the school day. Spalding Academy will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties.

## **III. Nutrition and Physical Activity Promotion and Food Marketing**

### **Nutrition Education and Promotion**

Spalding Academy aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

\*Is offered at each grade level to all students, including those with disabilities, special health care needs and in alternative education settings;

\*Encouraged in not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

- For the elementary classrooms, the following topics are encouraged: proper hand washing; importance of drinking adequate water; food groups; trying new foods/importance of eating a variety of foods; feeling full and chewing thoroughly; serving sizes; relationship of food intake (energy input) and physical activity (energy output); nutrition facts label reading; choosing healthful foods using cafeteria meals, vended items 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 skills; and basic food safety (e.g. storing, cleaning);

- For the junior high and high school classrooms, the following topics are encouraged: basic food safety (preparing, cooling, reheating); basic nutrient requirements; relationship of nutrients in food to good health and long-term risks of unhealthful food selections; 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; evaluating fad diets and healthful ways to lose/gain weight; eating disorders; and evaluating health claims on food labels;

\*Administrators will inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students;

\*Enables teachers to secure recommended nutrition resources in adequate quantities for their students; and Enables teachers to access nutrition resources via Nebraska Action for Healthy Kids website and the Nebraska Department of Education Nutrition Services website.

**Family & Community** Parents will be invited to join students for school meals. Family members and community members are encouraged to become actively involved in programs that provide nutrition education. If a lunch is sent to school, parents are encouraged to pack healthy lunches and snacks. The district will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. **Staff Wellness** Spalding Academy highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. This wellness team will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. HPS staff members are encouraged to serve as healthy role models for students. School employees serve as positive role models by adhering to vending guidelines adopted for students.

#### **IV. Physical Activity Opportunities and Physical Education**

##### **Daily Physical Education (P.E.) K-12**

- All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will be provided the opportunity to receive daily physical education for the entire school year.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- The curriculum will be sequential and consistent with Nebraska Department of Education Physical Education Essential Learnings for Kindergarten through grade 12.

\***Daily Recess** Elementary students will have at least 20 minutes a day of supervised recess, preferably outdoors.

\*Moderate to vigorous physical activity will be encouraged verbally and through the provision of adequate space and age-appropriate equipment. **Physical Activity and Punishment** Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. (This guideline does not apply to extracurricular sports teams). **Integrating Physical Activity into the Classroom Setting** 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, students need opportunities for physical activity beyond physical education class. Toward that end: \*Classroom health education will complement physical education by reinforcing the knowledge and self- management skills needed to maintain a physically- active lifestyle and to reduce time spent on sedentary activities, such as watching television;

\*Opportunities for physical activity will be incorporated into other subject lessons;

\*When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active;

\*School administrators will inform teachers about opportunities to attend training on physical activity/physical education and the importance of modeling healthful habits for students; and

\*Teachers will be able to access physical education/physical activity resources via Nebraska Action for healthy Kids website and the Nebraska Department of Education PE Health website. **Safe Routes to School** The school district 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 district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.

### **Use of School Facilities Outside of School Hours**

School spaces and facilities should be available to students, staff and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

### **Family & Community**

Information will be provided to help families incorporate physical activity into the lives of all household members. Families and community members will be encouraged to institute programs that support physical activity, such as a walk to school program, N-Lighten Nebraska program, and/or All Recreate on Fridays program. The district will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day, and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

## **V. Monitoring and Policy Review Monitoring**

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. The elementary and high school principal or designee will ensure compliance with those policies in their school and will report on the school's compliance to the school district superintendent or designee.

School food service staff will ensure compliance with nutrition policies within school foodservice areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies based on both elementary and high school input. That report will be provided to the school board and also distributed to the wellness team, parent/teacher organizations, school principals, and school health services personnel in the district.

### **Policy Review**

The school will as necessary revise the wellness policies and develop work plans to facilitate their implementation and the School Health Index will be reviewed at least every three years.