



**St. Bernard Catholic School
2019-2020**

NUTRITION, WELLNESS, AND FITNESS POLICY

St. Bernard Catholic School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn, by supporting healthy eating and physical activity. Following the policy of the Catholic Schools in the Diocese of Evansville, St. Bernard Catholic School 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.
- Provide students in grades PS-8 opportunities, support, and encouragement to be physically active on a regular basis.
- Monitor the foods and beverages sold or served at school so that they meet the nutritional recommendations of the *U.S. Dietary Guidelines for Americans*.
- 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, pleasant settings and adequate time for students to eat.
- 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 as well as related community services.

The areas of the Nutrition, Wellness, and Fitness Policy include:

- I. NUTRITION EDUCATION
- II. STANDARDS FOR USDA CHILD NUTRITION PROGRAMS & SCHOOL MEALS
- III. NUTRITION STANDARDS FOR COMPETITIVE & OTHER FOODS & BEVERAGES
- IV. PHYSICAL EDUCATION 7 PHYSICAL ACTIVITY
- V. WELLNESS PROMOTION & MARKETING
- VI. IMPLEMENTATION, EVALUATION & COMMUNICATION

ST. BERNARD CATHOLIC SCHOOL HEALTH ADVISORY COUNCIL

Beth Strodel – Principal

Kim Hanaway – Cafeteria Manager

Jessica Obermeier – Teacher

Ashley Obermeier – Teacher and Parent

Sara Durbin – RN, School Board Member, and Preschool Parent

Grace Madison – Student

Tate Schulte – Student

I. NUTRITION EDUCATION

St. Bernard Catholic School follows health education curriculum standards and guidelines as stated by the Indiana Department of Education. SBCS links nutrition education activities with the Coordinated School Health Program. The goal is to provide the knowledge and skills necessary for healthy eating and a lifetime of good health to students and caring-giving adults.

A. Classroom Nutrition Education

Nutrition Education is taught in grades K-8 as part of a sequential, comprehensive, health curriculum designed to provide students with the necessary knowledge and skills to promote and protect health.

Nutrition education is designed to help students learn:

- Nutrition knowledge, including but not limited to, the benefits of healthy eating, essential nutrients, nutritional deficiencies, the use and misuse of dietary supplements, safe food preparations, handling and storage, caloric balance between food intake and energy expenditure (physical activity/ exercise), and adequate fruits and vegetables, whole grains and low-fat dairy.
- Nutrition related skills, including but not limited to, planning a healthy meal, understanding and using food labels, critically evaluating nutrition information, misinformation, and commercial food advertising.
- How to assess one's personal eating habits, and how to set and achieve goals for improvement.

SBCS nutrition education provides age appropriate lessons that address but are not limited to:

- Benefits of healthy eating, essential nutrients, the use and misuse of dietary supplements
- How to assess personal eating habits, and how to set and achieve goals for improvement
- Safe food preparation, handling, and storage
- Caloric balance between food intake and energy expenditure (physical activity/exercise)
- Adequate fruits and vegetables, whole grains, and low-fat dairy
- Planning healthy meals and snacks
- Understanding and using food labels
- My Plate
- Evaluating nutrition information, misinformation, and commercial food advertising
- Integration of nutrition education into core curriculum areas such as math, science, social studies, and language arts
- Purdue Extension programs (I.e. Healthy Happy Me and Professor Popcorn)
- Scholastic News and Current Health magazines
- Handwashing lessons

Staff responsible for nutrition education will participate in professional development.

Sara Durbin will serve as resource consultant for diet and nutrition.

B. Other Nutrition Education and Wellness Activities

Cafeteria staff participate in nutrition education. Students are educated through new food experiences and exposed to a wide variety of food choices. Encouragement is given to children to try new foods.

The cafeteria displays nutrition education posters and food facts.

The cafeteria will do a taste testing of new healthy foods each semester and will allow students to vote for new items to be included on future menus.

SBCS has installed a drinking fountain that can easily fill water bottles. Students may fill water bottles as needed.

SBCS after-school programs follow the health education standards within this policy.

Partnerships and collaborative education interventions are provided including the Spencer County Health Department, the St. Bernard Catholic School volunteer nurse and other community groups to provide support in targeting overweight issues and obesity.

Nutrition education is provided to students, parents, and staff through *Nutrition Nuggets* Newsletters which are sent home in family folders.

School faculty and staff encourage healthy eating behaviors and exercise by being role models to students during school hours.

Faculty and staff have the opportunity to be involved in wellness programs and/or efforts to build effective school health initiatives.

II. STANDARDS FOR USDA CHILD NUTRITION PROGRAMS AND SCHOOL MEALS

(Supports I.C. 20-26-9-18)

St. Bernard Catholic School provides all students access to high quality foods and beverages such as fruits, vegetables, low-fat dairy products, free water (from the drinking fountains), bottled water (offered before and after school) and low-fat whole-grain products, whenever and wherever food is sold or otherwise offered during the normal school day.

A. Child Nutrition Programs

1. SCHOOL LUNCH PROGRAM WILL:

- Meet, at a minimum, nutrition requirements established by USDA for federally funded programs.
- Emphasize fruits, vegetables, whole grains, and low-fat dairy products.
- 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 twenty minutes for lunch.)
- Promote school meal participation with taste tests, contests, etc.

Nutritional analysis of menu items will be available at each school and available to parents.

2. The SBCS school lunch program:
 - Meets nutrition requirements established by the USDA for federally funded programs
 - Emphasizes fruits, vegetables, whole grains, and low-fat dairy products
 - Juice and water are offered as drink choices.
 - Juices served as a drink options are 100% fruit
 - Low-fat cheese is used.
 - Turkey and chicken are offered frequently.
 - Portion sizes are in accordance with national guidelines.
 - Cafeteria staff, teachers, and the other staff are made aware of food allergy information provided by the parents/guardian.
 - Alternates are offered to those students with food allergies.
 - Students are allowed to take as much time as they need to eat.
 - Meals are appealing and attractive to students
 - Meals are served in clean and pleasant surroundings
 - Portion sizes meet the Child Nutrition Program requirements.
 - Nutritional analysis of menu items is available to parents.

3. St. Bernard Catholic School does not participate in a School Breakfast Program.

4. Snacks served in the school after-care program
 - Emphasizes healthy smart snacks.
 - Emphasizes water as a beverage.

5. School cafeteria staff
 - Understand their responsibility to adhere to the policies St. Bernard Catholic School has in place.
 - Participate in staff development training programs for good child nutrition and updates or revision to the policy.
 - The cafeteria manager and other staff are trained in Serv-Safe.
 - The cafeteria manager provides staff development on nutrition and safe serving practices.

III. NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES *(Supports I.C. 20-26-9-19)*

A. Food and Beverages Outside of the Child Nutrition Program

1. BEVERAGES

- Students have access to free palatable drinking water in several locations throughout the school.
- Students are encouraged to have a water bottle with them during the school day.
- Water bottle refill stations are available at 3 water fountain locations.

2. FOODS:

- Food items sold individually have no more than 35 % of its calories from fat, sugar and sodium and 10 % of its calories from saturated and trans fat combined.

3. PORTION SIZES – LIMIT PORTION SIZES OF FOODS AND BEVERAGES SOLD INDIVIDUALLY TO THE FOLLOWING:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky.
- One and one half ounces for cookies.
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, and other bakery items.
- Three ounces for bagels and pretzels.
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream.
- Eight ounces for non-frozen yogurt.
- Twelve fluid ounces of all beverages, excluding water in the elementary schools; age-appropriate portion sizes for middle and high school students.
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion size limits.

USDA Smart Snack standards are followed at SBCS. The link to the Smart Snack website is: <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

The school wellness committee will approve all food and beverage sales to students in elementary schools. SBCS does not have vending machines.

The sale of foods and/or beverages containing caffeine at all grade levels is prohibited during the school day. *(As of 2014, USDA Smart Snacks standards prohibit the sale of foods and beverages containing caffeine in elementary and middle schools.)*

B. Other Foods Offered in the School Environment

- FUNDRAISING: Less than 50% of school fundraising activities involve food or will use foods that meet the above nutrition standards.
- REWARDS: Food or beverages, especially those that do not meet the nutrition standards for food and beverages, are not used as a reward for academic performance or good behavior unless on very rare occasions.
- CELEBRATIONS: School celebrations are limited to Christmas and Valentine's Day for grades Preschool - 8. Preschool through fifth grade also have a Halloween celebration. Each party will include no more than one food or beverage that does not meet nutrition standards for food and beverages sold individually. *(Supports I.C. 20-26-9-19)*
- Beginning with the 2017-18 school year, birthday treats are not permitted. For the current school year, healthy smart snacks or non-edible items are suggested if parents do wish to bring in something to celebrate their child's birthday.
- School Sponsored Events (such as, but not limited to, athletic events, dances, or performances): Healthy and nutritious snacks and beverages that meet nutrition guidelines will be offered.
- There are no vending machines at SBCS.

The St. Bernard Catholic School Health Advisory Council will be responsible for identifying areas for improvement and review lunch menus. The committee will review progress toward compliance with the Diocese of Evansville Nutrition, Wellness, and Fitness Policy.

IV. PHYSICAL ACTIVITY AND PHYSICAL EDUCATION GOALS (*Supports I.C. 20-30-5-7.5*)

A. Physical Activity

SBCS has developed and implemented a comprehensive school physical activity program that provides physical activity throughout the school day and addresses the needs of students, staff, and the school community.

Staff is provided opportunities for professional development about physical activity.

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.

- K-5 students will receive an average of 30 minutes of the recommend 60 minutes of physical activity in their physical education classes.
- 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; teachers will receive training and resources to that end.
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- The student teacher ratio for physical education classes will be no larger than other classes (30-1).

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12. All students in grades **K-8**, including students with disabilities, special health-care needs, and in alternative educational settings, receive regular physical education. In our self-contained classrooms, teachers holding an appropriate license may teach their own physical education, as well as other required subjects as their license allows. Student involvement in other physical activities (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement in grades K-8. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. All elementary school students (K-5) will have at least 20 minutes a 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.

Our school discourages extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, SBCS gives students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. Elementary and middle school students are encouraged participate in extracurricular physical activity programs, such as physical activity clubs, intramural programs, or interscholastic sports programs. Our school tries to offer a range of activities that meet the needs, interest, and abilities of all students.

After school child care and enrichment programs will provide and encourage, verbally and through the provision of space, equipment, and activities, daily periods of moderate to vigorous physical activity for all participants.

Parish community use of school facilities will be encouraged. (I.e. Our adult basketball league)

Physical Activity and Punishment. Teachers and other school and community personnel will not arbitrarily use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School. The school will assess and, if necessary, and to the extent possible, make needed improvements to make it safer and easier for students to walk to school. When appropriate, the school will work together with local public works, public safety, and/or police departments in those efforts.

In accordance with the Diocesan Nutrition, Wellness, Fitness Policy, St. Bernard Catholic School has implemented the following:

- All students in K-8 receive two (2) forty-minute physical education classes each week.
- Students spend 50% or more of P.E. class time in active participation in physical activity.
- Students in grades K-5 have fifteen minutes for recess each morning and twenty-five minutes for recess after lunch each day.
- The students in grades 6-8 are offered ten minutes in the morning and ten minutes after lunch for physical activity.
- Classroom health education complements 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.
- Classroom teachers provide short physical/brain break activities between lessons or classes, as appropriate. Resources are provided to teachers.
- The student/teacher ratio for physical education classes will be larger than (25-1).
- A wide variety of sports for after school hours are offered through St. Bernard Catholic School and the community. SBCS teams allow everyone to participate.
- The after school care program provides opportunities for physical exercise.
- Teachers do not withhold opportunities for physical activity as punishment.
- Teachers do not use physical activity as punishment.
- SBCS works closely with parents and the community to create safe procedures for students walking to and from school as well as morning drop off and dismissal procedures.
- Home nutrition information is provided through ***Nutrition Nuggets*** which is sent home through School Messenger and posted on the school website.
- Parents are given healthy snacks options for class parties.
- Students are not permitted to bring soft drinks in their packed lunch from home.
- SBCS does not use marketing techniques to promote unhealthy foods.
- Teachers are creative in providing physical activity when students stay indoors for recess on consecutive days.

V. WELLNESS PROMOTION & MARKETING

Staff Wellness. The Catholic schools in the Diocese of Evansville value 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. St. Bernard Catholic School has established and is maintaining a health and wellness committee which will develop and promote staff health and wellness. Our plan will be based on input solicited from school staff and outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

As part of the diocesan insurance program, health advocates administer annual health screenings and provide wellness information to teachers and staff.

Breastfeeding Locations. St. Bernard Catholic School will provide private locations where employees can express milk, will provide cold storage for expressed milk, and will not be liable. (I.C. 22-2-14-2)

CPR and AED Training. St. Bernard Catholic School faculty, staff, and substitute teachers are offered yearly opportunities for CPR and AED training.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, SBCS limits food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. Marketing unhealthy foods is prohibited.

(Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.)

Communications with Parents. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will encourage healthy eating to parents, send home nutrition information (*Nutrition Nuggets*), and provide nutrient analyses of school menus. SBCS encourages parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The school provides parents with information and ideas for healthy celebrations/parties, rewards, and fundraising activities.

The school 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 class newsletters, or other take-home materials, special events, or physical education homework.

VI. IMPLEMENTATION, EVALUATION, & COMMUNICATION

Coordinated School Health Advisory Council

(Supports I.C. 20-26-9-18)

St. Bernard Catholic School Health Advisory Council was formed to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee will serve as a resource to the school for implementing those policies. This committee will consist of a group of individuals representing the school and community and will include:

- 1) One or more parents
- 2) One or more students (may decide when student is involved in committee work; include students in “lunch input” discussion)
- 3) Cafeteria manager or child nutrition manager
- 4) Member of the school board
- 5) School administrator
- 6) One or more teachers
- 7) One or more Healthcare professionals or nutritionist/certified dietitian

Monitoring. The school administrator will ensure compliance with established nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school’s compliance to the Diocesan Catholic Schools Office.

School food service staff will ensure compliance with nutrition policies and will report on this matter to the school principal.

The school administrator will develop a summary report by using the Diocesan Healthy School Checklist (DHSC) every three years on school-wide compliance with the established nutrition and physical activity wellness policies. That report will be provided to the local school board and also to the Diocesan Catholic Schools Office.

Policy Review. To help with the initial development of the wellness policies, each school will conduct a baseline assessment of the school’s existing nutrition and physical activity environments and policies, DHSC. The results of that assessment will be used to identify and prioritize needs.

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 school will review nutrition and physical activity policies; provide for an environment that supports healthy eating and physical activity; and adhere to nutrition and physical education policies and program elements. The schools will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Communication: Progress reports should be shared with the public using the following channels of communication: The Message, school newsletter, website, School Messenger, and/or other forms of communication.

Progress reports ensure transparency by including: the web address of the wellness policy, a description of each school's activities and progress toward meeting the wellness goals, contact details for committee leadership, and information on how to join the committee.

This Wellness Policy will be reviewed each year and revised when necessary.

Reviewed: September 9, 2019