

CATHOLIC EAST ELEMENTARY WELLNESS POLICY SCHOOL NUTRITION AND HEALTHY LIFESTYLE

Catholic East Elementary promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The school administration and staff supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, Catholic East contributes to the basic health status of its students. The children who attend have access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. Improved health fosters student attendance and optimizes student performance potential, which are critical for student success.

Healthy School Environment

- The Hot Lunch and Breakfast Program will follow the U.S. Government's Nutrition Standards.
- Food sales, birthday celebrations, and holiday parties containing food for students that are held during school hours will not conflict with the breakfast and lunch programs.
- Students will be provided with facilities as well as time to wash hands before and after breakfast and/or lunch.
- With the assistance and support of school administration, a positive cafeteria environment will be created by providing an adequate amount of time for students to eat school meals, and schedule lunch periods in a reasonable manner.
- Teachers and administration will provide a list of suggested healthy snack, birthday treat, and cold lunch items to parents.
- Students will receive a minimum of 175 minutes each week at the elementary level, and 100 minutes each week at the middle school level, of recess time for physical activity outside of the physical education program.

Health Curriculum

Catholic East Elementary will provide students with the knowledge, attitudes, skills, and behavior for lifelong healthy eating habits and physical activity. Healthy eating habits will be encouraged and supported through nutrition education and promotion, which is part of the health curriculum. This nutrition curriculum supports the philosophy that the quality of life is dependent upon the student's interaction with their total environment that includes their physical, mental, and social well-being.

The health benefits of good nutrition, physical activity, and responsible choices will be emphasized according to the following curricular topics:

- Understanding Health and Wellness
- Taking Charge of Your Personal Health
- Physical Activity and Fitness
- Nutrition
- Mental and Emotional Health
- Building Healthy Relationships and Resolving Conflicts
- Drugs, Alcohol, and Tobacco
- Personal Safety
- The Environment and Your Health

Physical Education Curriculum

The physical education curriculum will teach the students the importance of physical exercise and exposes them to a wide range of physical activities, so that they develop the knowledge and skills to be physically active for life.

Students will receive instruction in the five health-related components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition). The students will also learn basic locomotor and gross motor skills, as well as learning the fundamental skills necessary to play a wide variety of individual and team sports. At the elementary level, the students will receive 60 minutes of physical education, while the middle school students will receive a minimum of 75 minutes per week. The curriculum will promote lifelong physical activity and fitness, which includes healthy eating as a critical goal.

Daily physical activity will be encouraged for all students.

Parental Partnership

Catholic East recognizes that parents and families are a child's first and most important teachers. When children enter school, the responsibility for their learning is shared by the schools, families, and community, as well as the children themselves. Parents and the school will work together as partners to increase student achievement, promote health, and develop positive attitudes about self and school.

- Communication between staff and parents will be regular and two-way.
- Responsible parenting, quality teaching, and caring community will be promoted and supported.
- Wellness education will be provided to all parents in the form of handouts, posting, or presentations that focus on nutritional value and healthy lifestyles.

Staff Wellness Education

Catholic East Elementary 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. Therefore, the Wellness Committee will develop and promote strategies that will create staff health and wellness.

Evaluation Committee

The Wellness Committee, which is already established and meets monthly, will add to their purpose, the monitoring of the implementation of this policy, evaluating policy progress, serving as a resource to the school, and revising the policy as necessary.

CATHOLIC EAST NUTRITION GUIDELINES

Catholic East strongly encourages the sale and distribution of nutrient dense foods for all school functions and activities. According to the Dietary Guidelines for Americans, “Nutrient-dense foods are those foods that provide substantial amounts of vitamins and minerals (micronutrients) and relatively few calories.” In an effort to support the consumption of nutrient-dense foods in the school setting, staff and interested groups will be encouraged to adopt the following nutrition guidelines when selling food and beverages on school grounds.

Food Items

- Food items provided will be low in fat, calories, and added sugars.
- Food items for sale throughout the school day will have no more than 35% of its total calories derived from fat.
- Food items for sale throughout the school day will have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds are exempt from these standards because they are nutrient-dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
- Nutrient dense food items (whole grains, fresh fruits, and fresh vegetables) will be encouraged for consumption.
- It is recognized that there may be special occasions when the school principal may allow a school group to deviate from these guidelines.

Beverages

- Vending sales of soda will not be permitted during or after the school day.
- Vending sales of beverages with less than 10% real fruit juice may be permitted at the end of the school day, with the encouragement of non-caffeinated beverage choices.
- Milk will be the only choice during breakfast and lunch times.

Candy

- The vending of candy will not be permitted during or after the school day.

Fundraising

- All fundraising projects must be approved by the Principal.
- All fundraising projects will be encouraged to meet the school’s nutritional guidelines. A list of appropriate food items will be provided to fundraising groups.
- Fundraising projects must not compete with the Lunch or Breakfast Program.

Classroom Incentives

- Teachers will be encouraged to consider non-food items as an incentive for student success. If teachers decide to use food items as an incentive, they will be encouraged to adhere to the nutrition guidelines.
- Food or beverages will be discouraged as rewards for academic performance or behavior.
- When using food as part of a class or student program, staff and students will be encouraged to utilize healthy and nutritious food choices.