Sacred Heart School Wellness Policy on Nutrition and Physical Activity
Sacred Heart School strives to provide a well-rounded education for every child

Research shows that children and youth who begin each day as healthy individuals are better learners. Sacred Heart School promotes healthy children by supporting a school-wide wellness policy. This policy includes guidelines for nutrition education, physical activity, nutritional guidelines for all foods and beverages available at school and other school-based activities.

SCHOOL WELLNESS ADVISORY COMMITTEE
Sacred Heart School Wellness Advisory will help ensure that the policy directives are met and modified as needed in the future. The Advisory will work with the Parents, the Staff and the CUES Board to provide technical support in the areas of nutrition and physical activity.
The Advisory Committee will be comprised of:

- Physical Education/Health Teacher
- Cafeteria Representative
- Administrative Team Representative
- Parent Representative

This committee will meet twice a year, mid-October and mid- April.

Healthy School Environment:
Sacred Heart recognizes the critical role its staff has in creating a healthy environment for the prevention of childhood obesity and combating problems associated with poor nutrition and lack of physical activity. This policy requires all members on staff of the school and community to encourage and maintain a healthy environment that enhances maximum student well-being.

School meals are monitored by adults both serving the portions and teachers on duty to enhance the best nutritional choices made by the students. Students are encouraged to eat from all nutrition categories, especially fruits and vegetables.

Sacred Heart School strives to meet students' whole health including mental, physical, spiritual, and emotional wellbeing. Students will have access to mental health services and families will have access to social services support.

Nutrition Education:
The primary goal of nutrition education is to influence student's eating behaviors. Sacred Heart School will promote nutrition education throughout its curriculum program. These curriculum experiences are incorporated in all classroom activities to provide the knowledge and skill necessary to make necessary food choices for a lifetime.
Curriculum will include:

- Basic instruction based on recommended by the USDA/ Dietary Guidelines for Americans.

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- Developmentally appropriate activities which reinforce a healthy living style.
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure (physical activity-exercise).
- Teaches media literacy with an emphasis on food marketing.

Physical Activity

"The primary goals are to offer opportunities for students to experience a variety of physical activities and to teach the value of a consistent fitness program for better health, academic success and general personal wellbeing[1]." Sacred Heart School will promote opportunities for physical activity throughout the school day and during afterschool programs. Physical activity, health and fitness education are incorporated in to our educational program.

- Grades K – 5 have at least 20 minutes of daily recess.
- All grade levels receive Physical Education and Health instruction weekly taught by a licensed Nebraska Physical Education teacher.
- Organized sports offered include basketball and soccer.

Nutrition Standards

Students' lifelong health and nutritious eating habits are greatly influenced by the types and choices of foods and beverages available to them. School reimbursable meals meet the federal program requirements and nutrition standards. Staff will promote archdiocesan standards and provide information relative to foods and beverages sold or served to students outside of the school meal programs.

Sacred Heart School will meet nutrition standards by:

- Serving lunches that meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- Employing school food service staff that is properly qualified according to current professional standards and providing continuing professional development for all nutrition professionals in schools.
- Staff development programs should include appropriate certification and/or training programs for child nutrition directors and cafeteria workers, according to their levels of responsibility.
- Students and staff shall have adequate space to eat meals in pleasant surroundings and shall have adequate time to eat, relax, and socialize.
- Cafeteria supervisory staff (teachers, aides, custodial staff, etc.) shall receive appropriate training in how to maintain safe, orderly, and pleasant eating environments.
- Cafeteria facilities will provide for a physical and aesthetic surrounding that constitutes a healthy, safe, caring culture that maximizes the health of students and staff.
- School personnel should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- For the safety and security of the food and facility, access to the food service operations are limited to food service staff and authorized personnel.

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- Careful consideration should be given when scheduling tutoring, assemblies, organization meetings, classroom instruction, and other activities during meal times.

Nutrition Quality Meals

- The school food service program will approve and provide all food and beverages sold to all students in the lunch line.
- School lunches will be appealing and attractive to children.
- Lunches served will meet USDA guidelines.
- Whether or not to allow food and beverages to be consumed in the classroom during the school day will be an administrative decision. If allowed, the Wellness Policy guidelines should be followed.
- Drinking fountains will be available for students to get water at meals and throughout the day.
- In order to meet their nutritional needs and enhance their ability to learn, students will be offered a balanced breakfast through the school food program.

Mealtimes/Scheduling

- School administrators will make every attempt to provide at least 20 minutes for lunch from the time the student is seated, as outlined by the National Association of State Boards of Education.
- Class schedules should accommodate meal periods at appropriate times, e.g., ideally lunch should be scheduled between 11 a.m. and 1 p.m.
- Careful consideration of the school lunch environment should be taken into account when scheduling recess.
- Students and staff will be encouraged to wash or sanitize their hands before and after eating.

Other School Based Activities

Sacred Heart School will promote an environment which provides consistent wellness messages that are conducive to a healthy eating lifestyle and being physically active.

- Posters have been created throughout the school year to encourage healthy eating choices by the students.
- P.E. gym classes offer posters to promote physical activity and well-being.
- Teachers will not use physical activity as punishment for uncompleted work.
- Parents are encouraged to pack healthy lunches for a healthy diet through the school's newsletter.
- Classroom celebrations are encouraged to keep sugar loaded snacks to a minimum, other choices are encouraged, e.g. popcorn, fruits, veggies, baked chips, etc.

Communication with Parents

- Sacred Heart School will support parents' efforts to provide a healthy diet and daily physical activity for their children
- Sacred Heart School will encourage parents to pack healthy lunches and snacks.
- Sacred Heart School teachers encouraged them to 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 support could include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

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- The school administration, faculty, and the Wellness Advisory Committee will ensure compliance with nutrition and physical activity wellness policies. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the committee upon review. The committee will develop a summary report every three years on the compliance with the established nutrition and physical activity wellness policies, based on input from faculty staff and students. That report will be posted on the school web site.

Sharing of Food and Beverages
Sacred Heart School prohibits students from sharing their food or beverages with one another during meal or snack times, given allergies and other restrictions on some children's diets.

Competitive Food Policy
At Sacred Heart School, no food or beverages can be sold to children anywhere on school premises beginning 30 minutes before breakfast and/or lunch service until 30 minutes after meal service unless all proceeds earned during these time periods go to the School Nutrition Program.

No outside snack, food, or drink is sold to students outside of the meal program.

Smart Snacks Standards
IF food should be sold on campus, all food and beverages sold on the school campus during the school day must meet Smart Snack Standards, except for food and beverages that are a part of a reimbursable meal. Smart Snack Standards apply to food and beverages sold a la carte, in the school store, vending machines, at fundraisers, and any other venue where food is sold to students.

- **School day** is defined as the midnight before to 30 minutes after the end of the official school day.
- **School campus** is defined as all areas of school property that are accessible to student

Policy Review
To help with the initial development of the Sacred Heart School Wellness Policy, the wellness committee will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those assessments will be compiled 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 the 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 wellness committee, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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