

Policy 7000

Wellness

Effective: August 2006 as Policy 5145.0

Revised: July 2023

Elementary

Secondary

Both

Catholic schools recognize that it is essential to educate the whole child, spiritually, academically, physically, socially, and emotionally. Similarly, wellness education must be multi-dimensional and encompass all the same areas in order to promote ultimate health, well-being, and students' ability to learn. Catholic schools aid this emphasis on total wellness by embracing the reverence for life, self-respect, and respect for others.

All schools participating in the National School Lunch Program (NSLP) and/or the School Breakfast Program (SBP) must develop their own school specific wellness policy based on the following requirements.

1. Nutrition Promotion and Education

Goal: to positively impact eating behaviors.

1. Wellness objectives concerning nutrition are supported through the Diocesan Health Course of Study (2022) grade-level indicators relating to diet, nutrition, and exercise. Additionally, similar grade-level indicators are included in the Science Course of Study (2019).
2. Nutrition guidelines, food pyramids, charts, suggestions for healthy food choices, and other messages that support wise food choices will be displayed in or near the cafeteria as well as in classrooms during the nutrition unit of instruction.
3. Snack breaks, if applicable, will be scheduled as necessary to maintain energy levels. Additionally, school policy will outline what types of healthy snacks may be eaten during this time.
4. All students are required to participate in nutrition education.
5. Nutrition education shall be provided to families via handouts, newsletters, website, presentations, and workshops.
6. Parents are encouraged to provide healthy snacks.
7. Staff and teacher are asked not to consume sugary drinks or snacks in the classroom. If they eat in the presence of the students they are asked to promote healthy eating behaviors.
8. Drinking water will be available to students via drinking fountains. Students are permitted to keep water bottles at their desks.

1. Physical Education

Goal: to promote physical fitness and to have students develop habits that will be beneficial throughout their lives.

1. Physical fitness is supported through the Diocesan Physical Education Course of Study (2019).
2. All elementary students and the designated grade levels in high school shall participate in Physical Education.
3. All appropriate grade levels will have scheduled recess times.

4. Discipline should not include loss of recess time except in rare instances.
5. Students will be encouraged to participate in school and community sports programs and to be physically active outside of school.

3 Other School-Based Activities

Goal: to be mindful of the connection between nutrition and physical education when planning the activities.

1. The Religion Course of Study (2022) supports reverence for life, self-respect, and respect for others, which are foundational concepts of wellness. All school-based activities are also rooted in these Religion Course of Study concepts.
2. The school should use food in limited ways as a reward for behavior, and minimize sugary treats for classroom celebrations.
3. Schools are encouraged to consider healthy food or non-food fundraisers.
4. Teachers will be offered professional development in nutrition as is needed, and in physical activities that might be appropriate to incorporate in the classroom.

4 Standard and Nutrition Guidelines

1. Smart Snacks
 - a. Any food and beverage sold to students at schools during the school day,* other than those foods provided as part of the school meal programs.
 - b. Examples include à la carte items sold in the cafeteria and foods sold in school stores, snack bars, and vending machines.
 - c. Foods and beverages sold during fundraisers, unless these items are not intended for consumption at school or are otherwise exempt by your State agency. The school day is defined as the midnight before to 30 minutes after the end of the school day
 - d. Smart Snacks are mandatory for the schools participating in NSLP. Other schools are highly encouraged to follow these guidelines. Smart snacks standards: <https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>
2. All school cafeteria managers and staff will participate in the USDA Professional Standards for Child Nutrition Professionals' training upon hire and annually. Documentation of completed trainings are kept on file.
3. Lunch periods are scheduled as near the middle of the school day as possible. The complete schedule will be available provided by the individual school.
4. Schools participating in the SBP and/or NSLP will follow the current USDA Dietary guidelines: https://education.ohio.gov/getattachment/Topics/Other-Resources/Food-and-Nutrition/National-School-Lunch-Program/meal_pattern_charts_BL_NSLP.pdf.aspx
5. Nutrition information for all school meals is available from the cafeteria manager upon request.

5 Standards for all foods and beverages provided, but not sold to students

1. Celebrations and reward:
 - a. At minimum they will meet Smart Snacks standards
 - b. A list of healthy and non-food party ideas will be available.
 - c. A list of foods and beverages that meet Smart Snacks will be available.
 - d. A list of healthy and non-food rewards will be available.
2. Fundraising – only foods and beverages that meet or exceed Smart Snacks standards to be sold through fundraisers on the school campus during the school day.



THE DIOCESE OF COLUMBUS

6 Policies for food and beverages marketing

Marketing for foods and beverages can be seen in schools on posters, the fronts of vending machines, textbook covers, and scoreboards. Schools are encouraged to allow marketing and advertising of only those foods and beverages that meet the Smart Snacks, USDA Recommendations, and the American Heart Association's criteria for a healthy lifestyle in School nutrition standards. Schools can help students make healthy choices by marketing and promoting healthful foods and beverages. Some low-cost strategies include:

1. Collecting suggestions from students and families for meals and snack items that might be offered.
2. Conducting taste tests of new menu items and asking students to provide feedback.
3. Placing nutritious items where they are easy for students to select (placing fruits and vegetables to the front of the school meal line or near the cash register).
4. Using attractive displays for fruits and vegetables (fruit basket).
5. Pricing nutritious foods and beverages at a lower cost, while increasing the price of less nutritious foods and beverages. Using signs or verbal prompts to encourage students to try healthy foods.

All advertising in school publications and school media outlets must be approved by the principal.

7 Public involvement, public updates, policy leadership, and evaluation plan.

1. Each school will designate a person who will be in charge of the wellness policy's compliance.
2. The general public and the school community is encouraged to participate in development, implementation, and evaluation of the wellness policies.
3. Parents, students, and the school community should be updated annually regarding the content and implementation of the policy. The assessment of the policy implementation, Wellness Policy Assessment Tool, will be conducted every three years and will be also available to the public.

Resources

- CDC: <https://www.cdc.gov/healthyschools/nutrition/wellness.htm#print>
- Ohio Department of Education: <https://education.ohio.gov/getattachment/Topics/Student-Supports/Food-and-Nutrition/Resources-and-Tools-for-Food-and-Nutrition/School-Meal-Programs-Trainings-and-Webinars/School-Meals-Wellness-Policies-Presentation.pdf.aspx?lang=en-US>
- Ohio Department of Education: <https://education.ohio.gov/getattachment/Topics/Other-Resources/Food-and-Nutrition/Resources-and-Tools-for-Food-and-Nutrition/School-Meal-Programs-Trainings-and-Webinars/Wellness Policy Summer Regional 2017-1.pdf.aspx>
- <https://codes.ohio.gov/ohio-revised-code/section-3313.814>
- <https://codes.ohio.gov/assets/laws/revised-code/authenticated/33/3313/3313.816/9-24-2012/3313.816-9-24-2012.pdf>

