

# HOLY REDEEMER SCHOOL NUTRITION, WELLNESS AND FITNESS POLICY

2023-2024

Holy Redeemer 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 Diocese of Evansville and working towards compliance with the National Alliance for a Healthier Generation Model Wellness Policy, we:

- Engage students, teachers, parents, food service staff, health professionals, and other interested community members in developing, implementing, monitoring and reviewing school nutrition and physical activity policies.
- Provide students Preschool-8th opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages sold or served at school will meet the nutrition 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 and pleasant settings and adequate time for students to eat.
- Provide nutrition education and physical education to foster lifelong habits of eating healthy and physical activity, and will establish linkages between health education and school meal programs as well as related community services.

Holy Redeemer will create, strengthen and work within the school health council to implement, monitor, and revise as necessary our wellness policy to comply with the Diocese of Evansville Wellness Policy.

Members of 2023-24 Wellness Council that will meet at least twice annually:

Andrea Dickel, Principal

Roseann Wilson, Health and PE teacher

Rose Wichman, 4th grade teacher and parent

Karen Dick, Middle School Science teacher

Lisa McCall, 1<sup>st</sup> grade teacher

Pam Stephens, Cafeteria manager

Amy Schroeder, parent of elementary and junior high students

Rose Sartore, parishioner and nurse

Theresa Scheller, parishioner, wellness coach

Student Wellness committee: 12 members from 6-8<sup>th</sup> grade

## I. Nutrition Education

Holy Redeemer will follow health education curriculum standards as stated by the Indiana Department of Education. The school will link nutrition education activities with the Coordinated School Health Program. We will provide the knowledge and skills necessary for healthy eating and a lifetime of good health. Holy Redeemer publishes the Diocese *Fitfuture* on its website. Professional Development information will be shared with teachers and staff throughout the year.

### A. Classroom Nutrition Education

Continue teaching nutrition education at all grade levels K-8 through health education as well as integrating it into other academic subjects, lessons will teach the following but will not be limited to:

- Benefits of healthy eating and knowledge of essential nutrients
- Assessing personal eating habits and goal setting
- Safe food preparation and storage
- Caloric balance and physical expenditure
- Understanding a well balanced diet, My Plate concepts, reading a food label and evaluating nutrition information, importance of portion size
- Understand commercial food advertising and food additives

### B. Other Nutrition Education and Wellness Activities

Cafeteria staff will also provide education through posters and posted nutritional information. Workers are aware and follow all USDA programs and guidelines. Cafeteria workers will participate in annual training. A variety of food choices are offered, and new food experiences are encouraged. Good examples of healthy eating are demonstrated by faculty and staff.

## II. Nutrition Standards for USDA Child Nutrition Programs and school meals

Nutritional integrity is the basis for establishing the nutrition guidelines for foods offered at school. All foods and beverages available in school are consistent with the USDA. All students will have access to high quality foods and beverages such as fruits, vegetables, low fat dairy products, bottled water and low fat whole grain products, wherever and whenever food is sold or offered at school during a normal school day.

<http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

#### A. Child Nutrition Programs

##### 1. School lunch program will:

- Meet, at a minimum, nutritional requirements by USDA for federally funded programs
- Emphasizes fruits, vegetables, whole grains, and low fat dairy products
- Juices served are 100% juice
- Portion sizes meet the Child Nutrition Program guidelines
- Alternate foods are offered when medically indicated
- Be appealing and attractive to students
- Nutritional analysis of menu items is available
- Be served in a clean and pleasant surroundings and be offered an adequate amount of time to eat (recommended at least 20 minutes)

##### 2. We do not offer a School breakfast program at this time.

##### 3. Healthy snacks and water are offered for our After school program

##### 4. Our Snack cart that is available before school, offers snacks that comply with the USDA Smart Snack standards.

##### 5. School cafeteria Staff will :

- Be hired with the understanding that they are responsible to adhere to the policies the school has in place
- Be provided continuing staff development that includes training programs for good child nutrition and appropriate training on any nutrition updates or revisions to the policy

##### 6. Eligibility for Free/Reduced Price Lunch Program

- Holy Redeemer will follow the guidelines for participation and will communicate the policy and application process to the school community.
- [www.fns.USDA.gov/school-meals/income-eligibility-guidelines](http://www.fns.USDA.gov/school-meals/income-eligibility-guidelines)

#### III. Nutrition Standards for Competitive and other Foods and Beverages

##### A. Holy Redeemer does not have any vending machines for food or drink

##### B. Students are not allowed to bring soft drinks in for lunch. Student lunches brought from home should contain a healthy meal, with protein, fruits, vegetables and whole grains. No restaurant food is to be brought in for lunch.

##### C. None of yearly fundraisers include candy or other unhealthy choices. Sale of food/beverages containing caffeine or non-nutritive sweeteners is prohibited during the school day.

##### D. Continue working with concession stands at extracurricular activities to offer more healthy choices in food and drink.

- E. Celebrations :
    - 1. Schools will allow healthy food choices for celebrations throughout the school year.
    - 2. Each school can choose one celebration that would classify as exempt, which would allow for each healthy food or beverage to pair with a food or beverage that does not meet the nutrition guidelines for food and beverages sold individually (see website below).
    - 3. Students are allowed to bring in food or beverages that meet Smart Snacks Standards to celebrate their birthday at teacher's discretion.
  - F. Rewards: Schools should not use unhealthy foods or beverages as rewards for academic performance or good behavior.
  - G. USDA Smart Snack standards are to be followed in all schools to guide choices for extracurricular activities, celebrations and other offerings. The website is: <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snack>
- IV. Food and Beverage Marketing
- A. Schools will limit food and beverage marketing to the promotion of those that meet the nutrition guidelines for meals or for foods and beverages sold individually.
  - B. Promotional materials (Fall festival, give back nights, steak nights, fish fries etc.) will not contain images or wording for food or beverage items that do not meet guidelines.
  - C. If schools have contracts with vendors that advertise non-compliant foods or beverages on scoreboards etc, as those contracts expire, change to market water or only the company and not the product.
- V. Nutrition Promotion
- A. Cafeteria staff will introduce students to a new food choice at least twice a semester with consistent encouragement to try the new food.
  - B. The cafeteria will display nutrition education posters and food facts to encourage interest in healthy foods.
  - C. The School Wellness committee will identify at least two of the Smarter Lunchroom techniques as listed at <http://www.smarterlunchrooms.org/scorecard-tools/smarter-lunchrooms-strategies> to implement the promotion of good choices
  - D. All schools will provide the *Fitfuture* newsletter on the school website.

## VI. Physical Activity and Physical Education Goals

Schools are encouraged to develop and implement a comprehensive physical activity program that provides physical activity throughout the school day and addresses the needs of students, staff, and the school community. All students should receive 60 minutes of physical activity a day and embrace the behavior as a part of their daily life.

- A. K-5 grades receive two 45 minute Physical Education classes per week. 6-8<sup>th</sup> grades receive 2-3 52 minute Physical Education classes per week and 1-2 Health classes per week. K-2 students also receive Minds in Motion training daily for 20 minutes in the morning. Health is also taught weekly at the K-5 level by the homeroom teacher. Physical Education is required for the entire school year by a licensed Physical Education teacher, who shall have opportunity for Professional Development.
- B. At least 50% of physical education class time is moderate to vigorous activity.
- C. Continue implementing the “Spark” Zero Hour PE for 3rd -8<sup>th</sup> grade where they run/walk 5 times a week before school on our Upgrade walking path. After school care provides physical activity in the gym and outside.
- D. Fitnessgram fitness test is administered once a year for grades 5-8. We do other fitness testing and challenges throughout the year from PE Central.
- E. Continuing movement in all subject areas as brain breaks, using videos from such sites as “Go Noodle” or other movement routines to improve focus, transition breaks, and relaxation. Long periods of sedentary work should be broken up with some standing and movement.
- F. Interruption to physical education in the gymnasium classroom for other purposes should be kept at a minimum during the school day.
- G. Implement a yearly Jog a thon Fundraiser where students in K-8<sup>th</sup> grade run laps that are age appropriate, challenging themselves to better their performance every year. Parents and staff will also engage in the implementation of this event to celebrate fitness.
- H. End of term mixed team tournaments for 6-8<sup>th</sup> grades for students with all work completed. Provided during recess of last week of nine weeks.
- I. All students, K-8 receive at least 20 minutes of recess a day. K-2 has an extra recess for 20 minutes each day. 3/4<sup>th</sup> grades have one extra recess at least once a week. Students should be encouraged to engage in moderate to vigorous activity.
- J. Students/families may participate in monthly challenges centered around nutrition or physical activity.
- K. Teachers will not withhold opportunities for physical activity (recess, physical education) as punishment for behavior. They will also not use activity as punishment arbitrarily.

- L. Communication with parents related to health and physical fitness is done on our school website and diocese newsletter posted on the school website.
- VII. Staff Wellness
- A. Encourage the use of cardio machines or walking for 15 minutes during plan, with students in the morning, or after school. Encourage doing in class movement activities with students.
  - B. Staff are recognized for healthy lifestyles with monthly challenge prizes.
  - C. Healthy snacks at Faculty meetings if food is offered.
- VIII. Assessment and ongoing evaluation
- Quarterly meetings with Board to review and evaluate progress and continued improvement
- A. Wellness policy will be updated yearly as needed.
  - B. Every three years, the Triennial assessment will be completed and submitted to the Diocese along with an updated Wellness policy.
  - C. The Upgrade Needs Assessment should be used yearly to promote improvement.