

Visitation Catholic School



Wellness Policy

Revised 1/2015

Introduction:

In the Child Nutrition and WIC Reauthorization Act of 2004, the U.S. Congress established a new requirement that all school districts with a federally-funded school meal program develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-2007 school year. Commonly called Section 204, it requires the development of a local school wellness policy.

Preamble:

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive caloric intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, about 30% of Oregon eleventh grade high school students do not participate in sufficient vigorous physical activity and many students in all grade levels do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas only about 25% of Oregon teens consume the recommended five or more fruits and vegetables per day,

Therefore, it is the policy of Visitation Catholic School that:

The school welcomes input from students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.

All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students (including those required by individualized health plans); will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

I. SCHOOL WELLNESS POLICY

The principal, teachers, and School Advisory Committee (SAC) will develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS

A. School Meals

1. Meals served through the National School Lunch Program will:
 - a. Be appealing and attractive to children
 - b. Be served in clean and pleasant settings;
 - c. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
 - d. Offer a variety of fruits and vegetables;
 - e. Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
 - f. Ensure that half of the served grains are whole grain.

2. Meal Times and Scheduling

The school:

- a. Will provide students with at least 15 minutes after sitting down for lunch;
- b. Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m;
- c. Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- d. Will schedule lunch periods followed by recess periods (in elementary schools);

3. Sharing of Foods and Beverages

The school will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions for some children's dietary needs.

B. Other Foods Served During the School Day

1. Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities during the school day will not involve food or will use only foods that meet nutrition and portion size standards. The school will encourage fundraising activities that promote physical activity.

2. Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The school will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Snacks provided from home are encouraged to be nutritious.

3. Celebrations

Classrooms are encouraged to limit celebrations that involve food during the school day. Such celebrations should limit food or beverages that do not meet nutritional standards. Such celebrations should offer healthy options for food choices.

4. School-Sponsored Events (such as, but not limited to, athletic events, dances or performances.)

Food and beverages offered or sold at school-sponsored events outside the school day will offer healthy options for meals or for foods and beverages sold individually.

C. 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. Toward that end:

1. 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.
2. Opportunities for physical activity will be incorporated into other subject lessons.
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

D. Communications with Parents

1. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.
2. The school will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards.
3. 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.

III. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

A. Physical Education (P.E.) K-8

1. All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education in the amount of 90 minutes/week for the entire school year.
2. All physical education will be taught by a qualified teacher.
3. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

B. Daily Recess

All elementary school students 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.

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

C. Physical Activity Opportunities Before and After School

Our elementary school will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs, when appropriate and if at all possible.

1. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special healthcare needs.
2. Afterschool 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.

IV. MONITORING AND POLICY REVIEW

A. Monitoring

The principal will ensure compliance with established school nutrition and physical activity wellness policies.

1. In each class, the teachers will ensure compliance with those policies in his/her class and will report on the class compliance to the principal.
2. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal.
3. The principal will develop a summary report every three years on school-wide compliance with the school's established nutrition and physical activity wellness policies based on input from teachers within the school.
 - a. That report will be provided to the School Advisory Committee (SAC) and also distributed to the Parents' Club.

B. Policy Review. The school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies.

1. The result of the school assessment will be compiled.
2. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement.
3. 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.
4. The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.