

**DEVELOPMENT OF
 GUIDELINES AND
 GOALS**

The Archdiocese of Galveston-Houston shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students and families of the community through nutrition education, physical activity, and other school-based activities.

WELLNESS PLAN:

The Archdiocese of Galveston-Houston shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, parent (s), and the public.

The wellness plan, at a minimum, address:

- 1.) Strategies for soliciting involvement by and input from persons interest in the wellness plan and policy;
- 2.) Objectives, benchmarks, and activities for implementation of the wellness goals;
- 3.) Methods for measuring implementation of wellness goals;
- 4.) The Archdiocese of Galveston-Houston standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
- 5.) The manner of communicating to the public applicable information about the Archdiocese of Galveston-Houston wellness policy and plan.

The committee shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

**NUTRITION
 GUIDELINES**

The Archdiocese of Galveston-Houston shall ensure that nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health. The Archdiocese of Galveston-Houston shall be at least as restrictive as federal regulations and guidance and that all foods available on each school are in accordance with the Texas Department of Agriculture.

**FOOD AND
 BEVERAGES
 PROVIDED**

The Archdiocese of Galveston-Houston shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in The Archdiocese of Galveston-Houston wellness plan.

**WELLNESS
 GOALS:
 NUTRITION
 PROMOTION AND
 EDUCATION**

The Archdiocese of Galveston-Houston establishes the following goals for nutrition promotion:

- 1) The Archdiocese of Galveston-Houston food service staff, teachers, and other Archdiocese of Galveston-Houston personnel shall consistently promote healthy nutrition messages in cafeteria, classrooms, and other appropriate settings.
- 2) The Archdiocese of Galveston-Houston shall make nutrition education a priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

- 3) Require the campuses (i.e., principals and administrator) to schedule the lunch flow to ensure the following occur:
 - a) Children may choose a reimbursable meal or sack lunch prior to being allowed to purchase a la carte snacks.
 - b) Schools will provide fruits, vegetables, whole grains, low fat and fat free dairy, health food preparation and health enhancing nutrition practices.
 - c) Food shall never be used as a disciplinary tool regarding either the traditional meal service or snack offerings, thus interfering with proper nutrition or parental choice.
- 4.) Archdiocese of Galveston-Houston will comply with the guidance of “Nutrition Standards for All Foods Sold in School” (Smart Snacks - federal). Fundraisers must meet smart snack standards. Exempted fundraisers are not allowed in Texas.
- 5.) The Archdiocese of Galveston-Houston will allow smart compliant fundraisers to be held on campus.

Schools will comply with the current USDA Dietary Guidelines for Americans, Texas Department of Agriculture and Texas Catholic Conference of Bishops Education Department to adhere to the following restrictions.

A SCHOOL MAY OPT TO BE MORE RESTRICTIVE

School Nutrition Policy plus record restrictions:

Fundraisers

- a.) Schools may use foods and beverages that meet the competitive foods standards to raise funds for school sponsored events, clubs, and activities. These standards do not apply to items sold off-campus or during non-school hours. Fundraisers for food and beverage items that do not meet Smart Snacks may not occur at any time during the school day. Parent organizations and extracurricular groups that wish to sell foods or beverages for fundraising purposes should be appraised of these standards
- b.) Any non-food items
- c.) Any food items not meant for consumption on the school campus during the school day (e.g. cookie dough to be prepared at home)
- d.) Any food item sold after the end of the school day (e.g. 30 minutes after the end of instruction on campus)
- e.) Food items sold in concession stands after the end of the school day (e.g. 30 minutes after the end of instruction on campus)
- f.) Any food items that meet the federal Competitive rule requirements

Class parties:

- a.) The Archdiocese of Galveston-Houston will allow classroom parties. It is recommended such parties be schedule after the end of the class lunch period so that these celebrations will not replace a nutritious lunch. Parties are not allowed in the cafeteria during lunch periods.

Others:

- b.) Promotional activities within all school sites to encourage physical activity, academic achievement in compliance with local guidelines.
- c.) The Archdiocese of Galveston-Houston will be involved in Steps for Students an annual 5k to help promote physical activity and community service.

WELLNESS GOALS

The Archdiocese of Galveston-Houston shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition

**NUTRITION
 EDUCATION**

In addition, The Archdiocese of Galveston-Houston establishes the following goals for nutrition education:

- 1) Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
 - a) Schools are encourage to use food as an integrator of education program that meets the requirements set by Texas Catholic Conference of Bishops Education Conference and the Diocese of Galveston-Houston for each grade level.
 - b) Kindergarten– grade 5: Nutrition education curriculum will be presented by classroom teachers, physical education teachers and school nutrition services.
 - c) Grades 6–8: Nutrition education curriculum will be presented by the physical education teachers and supported by school nutrition services in the cafeteria.
- 2) Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
- 3) The school nutrition services staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate e settings.

Schools will communicate healthful nutritional tips in a variety of methods, (i.e., announcements, signage, posters, games, videos, and school nutrition services Website).
- 4) Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.
 - a) Family involvement coordinators, counselors, and teachers will share nutrition information with families.
 - b) School nutrition services will share nutrition information with families and community members through their Web site and menus.

**PHYSICAL
 ACTIVITY**

The Archdiocese of Galveston-Houston shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and that meets the requirements set forth by Texas Catholic Conference of Bishops Education Department and The Archdiocese of Galveston- Houston for each grade level.

In addition, The Archdiocese of Galveston- Houston establishes the following goals for physical activity:

- 1.) Physical education classes will regularly emphasize moderate to vigorous activity as a primary goal of physical education.
 - a) During the Presidential Fitness Testing and Training is recommended for schools, students will be engaged in moderate to vigorous activity during the five components (cardio vascular endurance, agility, abdominal strength, upper body strength, and flexibility).
<https://www.openfit.com/did-you-pass-the-presidents-physical-fitness-test>
- 2.) Physical education curriculum will address life-long health and wellness in providing activities that teach the skills and concepts of lifelong activities.
 - a) Physical education teachers will emphasize the skills and concepts that address lifelong health effects of exercise during the activities that they teach throughout the year.
 - b) Policies ensure state-certified physical education instructors.
 - c) Teachers will enhance programs whenever possible to include activities that promote student involvement in physical activity and the importance of the health benefits of exercise (i.e., walkathons, jumpathons, tournaments, fun runs, and health fairs).
- 3.) A10–15 minute recess will be provided within the elementary students' day and daily physical activity will be encouraged at all levels. All will determine the schedule that is best suited for their site needs (i.e., morning recess, afternoon recess, lunch recess).
- 4.) The Archdiocese of Galveston-Houston shall make appropriate before-school and after-school physical activities programs available and shall encourage students to participate.
- 5.) Schools shall ensure that the physical education classes have adequate space and equipment to provide a safe environment that is conducive to learning.
 - a) Instructional leadership teams and the school principals will provide for budget needs for equipment.
 - b) School administrators will monitor the need for adequate space for physical education classes and alter if needed.
- 6.) School administrators shall ensure that the physical education teacher/student ratio is adequate for the teacher or provide a safe learning environment and individual instruction and attention.
 - a) Instructional leadership teams and the school principals will work together to plan a schedule that will best suit their campus and provide an appropriate, safe teacher/student ratio for physical education classes.
 - b) Students should receive multiple turns and be able to remain physically active rather than sedentary during physical education.

- c) The number of students should be reasonable so that the physical education teacher can monitor the safety of each student.

**SCHOOL
 BASED
 ACTIVITIES**

The Archdiocese of Galveston-Houston establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

- 1) Each student will have adequate time (recommended 30 minutes) scheduled to eat meals in lunchroom and breakfast facilities that are clean, safe, and comfortable.
- 2) Wellness for students and their families will be promoted at suitable school activities. (i.e.; Step for Students)
- 3) Employee wellness education and involvement will be promoted at suitable school activities.
- 4) Each school’s weekly newsletter will provide information about eating healthy and benefits of physical education.

IMPLEMENTATION

The director of student services shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

EVALUATION

The Archdiocese of Galveston-Houston shall comply with federal requirements for evaluating this policy and the wellness plan.

**PUBLIC
 NOTIFICATION**

The Archdiocese of Galveston-Houston shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy plan, and the required implementation assessment.

**RECORDS
 RETENTION**

The Archdiocese of Galveston-Houston retain all the required records associated with the wellness policy, in accordance with law and The Archdiocese of Galveston-Houston records management program. The maximum of 3 years for private schools.