



**Bishop John Carroll  
Cathedral School  
Wellness Policy  
2021-2022**

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## Bishop John Carroll

### for Nutrition, Physical Activity, and Tobacco

**Bishop John Carroll School** recognizes the relationship between academic achievement and student health and wellness. This policy reflects the school's commitment to removing health-related barriers to learning by establishing health policy, health promotion and health education. The administration values school-based activities designed to provide students with a school environment that supports and promotes wellness, healthy eating and an active lifestyle. The administration recognizes the school's role as part of the larger community, to model and actively practice the promotion of family health, physical activity, and good nutrition.

This policy establishes goals and procedures to ensure that:

- Students have access to healthy foods for breakfast, lunch, and snacks, in accordance with Federal and state nutrition guidelines.
  - Quarterly parental education in conjunction with the PTO Meetings.
- Students have opportunities to be physically active before, during, and after school.
  - Hourly mask and classroom breaks promoted and practiced.
- Bishop John Carroll will engage in nutrition and physical activity promotion and other activities that promote wellness.
  - Activities such as Jump Rope Challenge, Walk-about, and the jog-a-thon are promoted and implemented whether in distance learning or at school.
- School staff are encouraged and supported to practice healthy nutrition and physical activity in and out of school.
- The community is engaged in supporting the work of the school in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.
- The school supports the implementation of this policy.

### **Nutrition**

The school will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the Child Nutrition Program will serve reimbursable meals that meet United States Department of Agriculture (USDA's) requirements as well as follow principles of the Dietary Guidelines for Americans.

- The Child Nutrition Program will serve the following: food high in fiber, free of added trans-fat, low in added fats, sugar, and sodium, respectful of cultural diversity and served in appropriate portion sizes consistent with the USDA standards.
- Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast.

- Meals served through the Child Nutrition Programs will: Be appealing and attractive to children of various ages and diverse backgrounds, be served in a clean, safe, and pleasant setting.
- Meals served within the federally reimbursable meal program will be designed to feature fresh fruits and vegetables from local sources to the greatest extent possible.
- Child Nutrition staff will be engaged in wellness activities and educational opportunities that support healthy eating behavior and food safety.
- Annual training is provided to Child Nutrition Staff on basic nutrition, nutrition education, safe food preparation and nutrition standards for preparing healthy meals.
- Training and support are provided to enable Child Nutrition Staff to become full partners in providing excellent food to our students.
- Safe, unflavored, cool drinking water will be provided at no charge throughout the school day. Only low or non-fat varieties of milk will be allowed. Juice will be 100 % juice with no added caloric sweeteners.
- Students will be allowed adequate time to consume meals, at least 20 minutes for lunch from the time they are seated. Recess before lunch will be encouraged to the greatest extent possible for the purpose of reducing food waste.

### **Nutrition Education**

The goal of nutrition education is to facilitate the adoption of healthy eating and other health-promoting nutrition-related behaviors. Nutrition education occurs in the classroom as well as in the larger school community.

- Nutrition education will be provided in all grades through Science and Physical Education and will be integrated into core curriculum. In the classroom, it is included in the scope and sequence in core subjects, such as math, science, language arts, social sciences, and elective subjects.
- Nutrition education will teach students the knowledge and skills necessary to adopt healthy eating and regular physical activity as part of their lifestyle.
- Nutrition education is coordinated with child nutrition services to reinforce messages on healthy eating.
- Nutrition resources that include learning opportunities which enhance health will be made available for staff.
- Nutrition education and healthy eating behaviors are promoted to families and the community through communications with parents, educational workshops, homework materials, screening services, and health-related exhibitions and fairs.

### **Physical Activity**

The school recognizes the importance of physical activity and physical education in promoting health and academic achievement, and is an important part of a student's comprehensive, well-rounded education program that will positively impact life-long health and well-being. The school supports quality physical activity throughout the school day.

- Students will be given opportunities for physical activity during the school day by integrating physical activity into the academic curriculum.
- Teachers and other school personnel will not use physical activity as a punishment or withhold opportunities for physical activity (withholding recess or PE) as a punishment.
- Teachers and other school personnel are encouraged to use physical activity opportunities as rewards such as extra recess.
- Students participating in Physical Education will be moderately to vigorously active for the majority of PE class time.
- Availability of proper equipment and facilities that meet safety standards are required.
- Elementary students will participate in 150 minutes of Physical Activity per week. Activity will be through a minimum of 20 minutes of daily recess, daily physical activity integrated in the school day and Physical Education time.
- Only medical waivers/exemptions from participation in physical education will be accepted.
- The school will provide opportunities for participation in a broad range of competitive and noncompetitive physical activities for students of all abilities that help to develop the skills needed to participate in lifetime physical activities
- Training for teachers on integrating physical activity into the curriculum will be provided.

To fully promote a healthy and safe environment, school staff will be trained in a variety of topics, including school violence prevention and child abuse. If a student needs counseling, psychological, or social services, the students will be referred to the appropriate professionals to address such needs. Additionally, if a student has a medical need, the services can be provided through the school nurse or designee as appropriate. However, the parents will be contacted, and if necessary, the student referred to a medical professional. The school may also provide periodic information to parents regarding issues such as bullying and school safety.

### **Marketing of Food**

- No food that is not smart snack compliant will be marketed during the school day (from 12:00 am to 30 minutes after school dismisses).
- Improve the cafeteria environment to promote health and nutrition.
- As well as to work toward the nutrition education goals contained in the Archdiocese of Oklahoma City's Wellness Policy for Catholic Schools.

- School avoids use of food as fundraisers or rewards such as bake sales to comply with wellness and Covid 19 procedures.

### Monitoring and Evaluation

An assessment of the School's Wellness Policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, a wellness committee will review nutrition and physical activity policies; provision of the environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The school will seek input from stakeholders on the development and seek recommendations based on: new techniques, proven strategies, and guidelines which reflect emerging scientific knowledge relevant to the health of students and staff.

Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators, and the general public will participate in the development, implementation, and periodic review and update of the wellness policy.

### 2021-2022 Healthy & Fit Committee

Markie Otto	Cafeteria Manager	<a href="mailto:motto@bjccs.org">motto@bjccs.org</a>
Tim McFadden	Principal	<a href="mailto:principal@bjccs.org">principal@bjccs.org</a>
Antonio Valle	PE Teacher	
Megan Krug	PE/Health Teacher	
MiMi Casebolt	Parent	
Geoff Hinton	Parent	

The designated officials for the committee, for the assessment of the local wellness policy are Ms. Markie Otto and Mr. Tim McFadden.

The principal, Mr. McFadden, will convene the committee at least once in the fall and once in the spring to facilitate goals and updates.

The principal, Mr. McFadden, will be responsible for ensuring this local wellness policy is implemented.

At least once every three years, the school will evaluate compliance with the Wellness policy to assess the implementation of the policy.

### 24/7 Tobacco Free

Bishop John Carroll School understands the concern of parents, educators, students, and community members regarding the adverse effects of tobacco and second hand smoke. We want to provide a safe and healthy environment for our students, staff, and community and set the proper example for our students. Tobacco use is prohibited anywhere on school property, 24 hours a day, seven days a week, by any person.

This policy is intended to improve the health and safety of all individuals using the school.

“Tobacco” is defined as a product that contains or is derived from tobacco and is intended for human consumption excluding drugs or devices approved for cessation by the United States Food and Drug Administration. This includes cigarettes, cigars, pipe tobacco, snuff, chewing tobacco and all other kinds and forms of tobacco prepared in such a manner to be suitable for chewing, smoking or both, and include, e-cigarettes/vaping products with or without nicotine or any other product packaged for smoking or the simulation of smoking.

This regulation applies to employees of the school, students, and visitors. This regulation also applies to all public-school functions (ballgames, concerts, etc.) and any outside agency using the school’s facilities. This regulation is in effect 24 hours per day, seven days per week.

Approved By: \_\_\_\_\_

Adoption Date: \_\_\_\_\_

