

Corryville Catholic School Wellness Policy

(Revised 06/02/2021)

Learning Today ~Leading Tomorrow ~Living Gospel Values

This policy is the effort of many people at Corryville Catholic representing the vision of who we are and want to be for our school community: children, families, teachers, staff, advisory board members, and volunteers. We strive to create a Christ-centered environment in which each child develops to her or his full potential.

We understand a comprehensive approach in theory and in action are necessary in reaching this vision. We aim to actively embed the wellness policy in concert with the *Leader-in-Me* and *Virtues in Practice* programs to solidify a culture of wellness and holistic support at Corryville Catholic School. The Wellness Council will help to create a unified language and approach towards implementation enabling each initiative to work cohesively together.

The Wellness Council is composed of several Corryville Catholic stakeholders dedicated to the wellbeing of the school community. The Wellness Council authors, reviews, updates, and ensures compliance with the below Wellness Policy Guidelines at a minimum on a trimester basis. Membership is open to any Corryville Catholic stakeholder including staff, parents, students, volunteers, parish members, advisory board members, neighbors, and more. Meetings are open to any stakeholder regardless of membership.

The Wellness Council is privileged to put forward a comprehensive Wellness Policy to reinforce Corryville Catholic's vision of creating a healthy and safe school environment. Corryville Catholic will support the holistic growth and development of its students by enacting this policy through word and action. This commitment to wellness will promote an embracing environment where children will succeed as active learners and develop lifelong wellness practices.

Section 1: Nutrition Education

- Curriculum and instructional goals for nutrition education, physical activity as well as other school-based activities at Corryville Catholic are based on the state-approved Graded Course of Study provided by the Education Office of the Archdiocese of Cincinnati.
- All grades/students are required to participate in nutrition education.
- Nutrition lessons are integrated into school day curricula and the health education program in order to provide the knowledge and skills necessary to build lifelong healthy habits.
- Students will be educated to make healthy choices while participating in the School Breakfast Program (SBP) and National School Lunch Program (NSLP).
- Corryville Catholic will strive to teach students healthy behaviors that can be practiced in their lives.

Section 2: Standards for USDA Child Nutrition Programs and School Meals

- Corryville Catholic participates in the USDA school breakfast and lunch program (“*reimbursable meals*”) and provides full-priced, reduced-price, or free lunches. Students who prefer to pack their lunches may purchase milk.
- All students have access to the USDA SBP and are encouraged to begin their day with a healthy breakfast.
- Foods made available through the SBP and NSLP will comply with the current USDA Dietary Guidelines for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable. More information on the NSLP and SBP Guidelines can be found at:
http://education.ohio.gov/getattachment/Topics/Other-Resources/Food-and-Nutrition/National-School-Lunch-Program/meal_pattern_charts_BL_NSLP.pdf.aspx
- Nutrition information for all school meals is available from Corryville’s Food Service Department upon request.
- Corryville Catholic will make an attempt to source food locally for the NSLP and SBP when feasible.
- Free and Reduced forms are available to all families in the school office or on the school’s website at www.corryvillecatholic.org. Forms are also sent home at the beginning of the school year to all families.
- Corryville Catholic uses a point of sale system that allows for Free and Reduced status privacy for all students. All students have an individualized card with a barcode that is scanned by the Cafeteria Manager. The unique code is pre-set to the student’s corresponding status (e.g. Free Lunch) to provide anonymity amongst students while assuring accurate tracking for cafeteria personnel.
- The cafeteria will serve students a reimbursable meal regardless of whether the student has money to pay or owes money on an unpaid balance. A phone call or in person meeting with the parent may be arranged to discuss any outstanding unpaid balances.
- All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. Documentation of completed trainings are kept on file in the Food Service Department.
- Students are not permitted to leave school grounds during breakfast/lunch periods.
- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch. Corryville’s breakfast time is scheduled for 30 minutes and lunch time is 20 minutes for all students.
- Lunch periods are scheduled as near the middle of the school day as possible. A complete lunch

schedule can be found on the school website at www.corryvillecatholic.org.

- Dining areas are attractive and have enough space for seating all students.
- Drinking water is available for students at meals from the drinking fountain and also a water cooler with cups for students to take to their seats with their meal.

Section 3: Nutrition Standards for Other Foods and Beverages

- Corryville's Food Service has a separate 'A la Carte Policy' (Available from Food Service) that addresses USDA nutrition standards and Smart Snacks Guidelines. Corryville Catholic does not sell food during the school day outside of the NLSP and SBP. More information on the Smart Snack guidelines can be found at:
https://fns-prod.azureedge.net/sites/default/files/resource-files/USDSmartSnacks_508_62019.pdf
- Corryville Catholic's *guidelines* for student packed lunches during the school day promote student health:
 - Parents are encouraged to provide healthy snacks and minimize sugary treats.
 - No pop, large-sized drinks or snacks are permitted in the cafeteria.
- Drinking water is available to students during meal times and the school day via drinking fountains. During hot weather students are permitted to keep water bottles at their desks.
- Fundraisers (Raffle, boxtops, etc) are not food-centered focus. In the event that the fundraisers do not meet nutrition criteria, specific rules are to be followed:
 - Events must not occur before the school day starts
 - Events are not held during the school days
 - Events do not start less than 30 minutes after school.
- Special events and programs will focus on activities rather than food. Any food offered is strongly encouraged to reflect healthy choices as outlined in the school handbook. A complete school handbook can be found on the school website.
- The use of food or candy as a classroom reward is not to be used as a pedagogical tool in the day to day teachings at Corryville Catholic.

Section 4: Physical Education and Physical Activity

- Curriculum and instructional goals for physical education as well as other school-based activities at Corryville Catholic for all students are based on the state-approved physical education standards and Graded Course of Study provided by the Education Office of the Archdiocese of Cincinnati.
- The physical education teacher should meet licensing/certification requirements set forth by the school and also any professional development expectations.

- Physical education curriculum review will follow a formal annual review cycle consistent with other academic subjects in the building.
- All students participate in the school's Physical Education program promoting and teaching lifelong healthy habit and physical fitness. K-4, 2 bouts of 30 minutes each, totaling 60 minutes weekly; 5-8, 2 bouts of 40 minutes each, totaling 80 minutes weekly.
- 30 minutes of recess is offered to all students before or after lunch depending on their grade.
- K-5 teachers offer in-class physical activity breaks (e.g. Go Noodle) throughout the school day to further promote large muscle development.
- Corryville Catholic does not allow students to be exempt for required physical education class or credit except for extenuating religious, medical, or circumstances regarding a documented disability. Instruction will be adapted to ensure all students can actively participate in physical education learning. No class or academic works may be substituted for credit for the physical education requirements of Corryville Catholic.
- Students participate in Physical Education classes with their homeroom class, such that each PE class is at or below the state of Ohio's approved teacher-student ratios for general education classes.
- Corryville Catholic provides busses for students who reside farther than one mile away, and encourages other students to walk to school when weather appropriate. Corryville Catholic also works with a number of community partners including the Cincinnati Recreation Commission and the Friar's Club to arrange transportation for students to off-site after school locations. Biking to school is not safe at this time due to the amount of foot and automobile traffic around the school.

Section 5: Wellness Promotion and Marketing

- The staff and teachers at Corryville Catholic eat their meals in the lounge and are encouraged to model healthy eating/drinking behaviors. Staff and teachers are not permitted to consume sugary drinks or snacks in the classroom.
- Staff or teachers who wish to eat in the presence of students must model healthy choices.
- The staff and teachers at Corryville Catholic are encouraged to model physical activity behaviors (leading "brain breaks", taking the stairs, participating in special events). Staff and teachers are encouraged to participate in activities around Leader in Me that encourage self development ie. Sharpen the Saw, Put First Things First.
- Physical activity may not be used as a punishment for any means. Physical activity may be used as a reward when plausible.
- All marketing materials will be consistent with USDA Recommendations, Smart Snack Guidelines, and the American Heart Association's criteria for a healthy lifestyle. No direct advertising for food or beverage outside of these guidelines will be permitted in any manner with

- Corryville Catholic.
- Advertising of any food or beverage that may not be sold on campus during the school day is prohibited. Advertising of any brand on containers used to serve food or in areas where food is purchased is prohibited.
- Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.
- Corryville Catholic will not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by the principal.

Section 6: Implementation, Evaluation, and Communication

- Corryville Catholic *will measure implementation* of the wellness policy, through the ongoing collaboration of the Wellness Council on an annual basis. We will address the following areas to promote a culture of wellness for all Corryville Catholic stakeholders:
 - Physical Education and Other Physical Activity Programs
 - Nutrition Services
 - Family and Community Involvement
 - Counseling, Psychological, and Social Services
 - Health Education
 - Health Services
 - Emotional Environment
 - Bullying
 - Spiritual Wellness
 - Mental Health Promotion For Students
 - Staff Development/Health Promotion for Staff
 - Academic Wellness
- Members of the Leader-in-Me Lighthouse Team will convene the Wellness Council and be accountable for ensuring compliance of wellness policies within the school. Membership on the Wellness Council is open to any Corryville Catholic stakeholder including staff, parents, students, volunteers, parish members, board members, neighbors, and more. Meetings are open to any stakeholder regardless of membership.
- Corryville Catholic will solicit membership and promote council meetings through a variety of means including but not limited to disseminating flyers, building announcements, sign-up lists, parish publications, newsletters, and all family emails.
- The Wellness Council authors, reviews, updates, and ensures compliance with the Wellness Policy Guidelines.
- The Wellness Council will meet during each trimester to discuss updates and progress with the Wellness Policy. The Wellness Council will determine if the Wellness Policy requires an update based on current regulations, standards, and best practices.

- The Wellness Council will conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool(WellSAT) or the School Health Index. New trends and best practices will be considered and implemented at this time. These findings will also be submitted to the Advisory Board for review and subsequently published on the school website.

For further information on the Wellness Council and other ongoing initiatives at Corryville Catholic School, please visit the school website at www.corryvillecatholic.org.

Additional resources helping to shape this policy can be found below:

http://education.ohio.gov/getattachment/Topics/Other-Resources/Food-and-Nutrition/National-School-Lunch-Program/meal_pattern_charts_BL_NSLP.pdf.aspx

<http://www.catholiccincinnati.org/ministries-offices/catholic-schools-office/school-resources/curriculum>

<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

<https://www.leaderinme.com>

<https://www.nashvilledominican.org/apostolate/evangelization-and-catechesis/virtues-in-practice/>