

Wellness Policy

St. Vincent de Paul School

14330 Eagle Run Drive Omaha, NE 68164

Healthy School Environment

St. Vincent de Paul School recognizes its role in creating a healthy environment for the prevention of childhood obesity and combating problems associated with poor nutrition and lack of physical activity. It is the intent of this policy to engage all members of the school and community to maintain an environment that enhances maximum student potential. The Wellness Committee will evaluate the effectiveness of the Wellness Policy annually. The Wellness Committee is comprised of representatives of the school board, school administration, teachers including physical education, school food authority, school health professional, community members, and parents.

Nutrition Education

Goal:

Students in grades K-8 will be educated in good nutrition practices as part of science and/or physical education curriculums.

Implementation:

- There is an Archdiocese and State Standard-based nutrition curriculum, Health Education Curriculum and Science curriculum.
- Share with teachers on other grade levels what is covered.
- Disseminate information to other staff, parents, and students.
- Visual messages in the cafeteria will focus on healthy nutrition practices.
- Participate in the Offer vs Serve through the National School Lunch Program.
- Participate as a Team Nutrition school.

Monitoring:

Meet with staff to determine how this will be reported (lesson plans, curriculum coordinators, and meetings).

Evaluation:

Students will write about or illustrate a healthy practice they are learning in science, and/or physical education class.

Physical Activity and Education**Goal:**

To offer opportunities for students to experience a variety of physical activities while teaching the value of a consistent fitness program for better health, academic success, and general personal well-being. This includes maintaining a lunch schedule that provides recess before lunch.

Implementation:

- Recess provided for all grade levels.
- Alternate locations for recess between soccer field, playground equipment, and concrete basketball court.
- Students move every 30-40 minutes to change class.
- Use Nebraska State Standards for physical education.
- Students in grades 2-8 have recess before lunch.

Monitoring:

Teachers and staff will oversee students and their activities during recess.

Evaluation:

- Students will self-monitor progress through fitness testing.
- School administration reviews the schedule and calendar annually.

Nutrition Standards

Goal:

Efforts are made to include healthy snack choices for classroom celebrations, parties, and other activities outside of the school meal program. The school lunch program participates in the National School Lunch Program and meets the USDA criteria set within that program.

Implementation:

- Family Handbook stresses sending healthy snacks during classroom celebrations, parties, and other activities.
- Provide nutrition standards and guidelines for students in grades 6-8.
- Consult with a nutritionist regarding education and resources for students as needed.
- Increase selection of fruits and vegetables during lunch for grades 6-8.
- Daily a la carte items of low-fat yogurt, Cheese sticks, and Whole Grain items which meet Smart Snack guidelines are available for grades 5-8. All foods sold to students as a la carte must meet Smart Snack requirements.
- Mid-morning snacks brought from home may be fruit, vegetables, pretzels, or goldfish for grades 3, 5, 6, 7 and 8.
- Water is available to all students at no cost during the lunch period and in school hallways.
- All beverages sold to students (milk, juice, water) during the day meet Smart Snack requirements.
- Maintain status as a Team Nutrition school.
- Free and Reduced Lunch benefits are available to families in need. A downloadable online application is available August 1st of each school year. A paper application is provided to each student on the 1st day of school. An application may be accessed at any time during the school year by contacting the Food Service Director.
- Annual training for all Food and Nutrition Services staff is provided in accordance with USDA Professional Standards requirements.
- Nutritional information for school meals is available to students and parents upon request. (e.g. calories, saturated fats, sodium, sugar)
- Students are not allowed to leave campus during lunch periods for off-site meals.
- Students in grades 2 through 8 have recess before lunch.

- All fundraising is in compliance with regulations requiring no food consumption during the school day.
- Participate in Offer vs Serve lunch option to increase the fruit and vegetable options.

Monitoring:

Monitor student lunch trays for consumption of food served specifically targeting fruits and vegetables.

Evaluation:

Adhere to National School Lunch Program guidelines. Review what students are choosing and changing menus as needed to increase consumption.

Public Notification**Goal:**

To notify parents and general public of the actions taken by the Wellness Committee to promote wellness within the school setting.

Implementation:

Place the Wellness Policy on the school website under the Parent link.

Provide a link on the school website to the USDA regulations regarding the National School Lunch Program.

Monitoring:

View website to determine the Wellness Policy has been included.

Evaluation:

Make sure policy is current and available to parents and general public.

Wellness Promotion and Marketing

Goal:

We will promote healthy food and beverage choices for all students throughout the school campus and school equipment and materials sent home to families, as well as encourage participation in school meal programs.

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout the school, classrooms, gymnasium, and cafeteria. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive approach by school staff, teachers, parents, students and the community.

Place information about healthy eating and physical activities on signs, scoreboards and sports equipment, Vending machines, food or beverage cups, food display racks, coolers, trash and recycling containers.

Participate and promote in family wellness activities that promote Wellness.

The Wellness Policy will be implemented at St. Vincent de Paul School by the faculty and staff of St. Vincent de Paul School.

The identified process for the implementation, monitoring, and evaluation will be conducted as indicated in the action plan.

November 2019