

Wellness Policy
St. Leonard Catholic School
504 S. Nebraska St. Madison, NE 68748

Healthy School Environment

St. Leonard Catholic 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 administration, teachers, health professional, community member, parents and school food authority.

Nutrition Education

Goal:

Students in grades K-6 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 cafeteria will focus on healthy nutrition practices.
- Participate in the Offer vs. Serve through the National School Lunch Program.

Monitoring:

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

Evaluation:

Students will write about or illustrate a healthy practice they are learning in science, and/or physical education class. We will then display these or post to our website.

Physical Activity and Education

Goal:

To offer opportunities for students to experience a variety of physical activities while teaching the value of consistent fitness program for better health, academic success, and general personal

well-being. We will teach the students how regular exercise as part of a healthy lifestyle will benefit all areas of their life.

Implementation:

- Recess provided for all grade levels.
- Alternate locations for recess between ball field and playground equipment
- Students get a chance to move around every 30 minutes in the classroom.
- Use Nebraska State Standards for physical education.

Monitoring:

Teachers and staff will oversee students and their activities during recess and physical education class is twice a week.

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 the 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 all grades.
- Introduce new fruits and vegetables during lunches when available.
- Midmorning snacks brought from home may be fruit, vegetables or cheese sticks.
- Water is available to all students during lunch and throughout the school day and bring their own water bottles is encouraged.
- 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 school.
- Annual training for all Food and Nutrition Service staff is provided in accordance with USDA Professional Standards Requirements.
- Nutritional information for school meals is available to students and parents upon request.
- We participate in Offer vs. Serve lunch option to increase the fruit and vegetable options.

- Marketing on the school campus will be limited to foods and beverages that meet federal nutrition standards for the National School Lunch Program. Marketing of the products that do not meet these standards or the Smart Snack standards is prohibited. We don't sell foods or beverages on our campus.

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 the students are choosing and changing menus as needed to increase consumption if they don't like what is served, making sure we offer nutritious, and balanced menus.

Notify the public of updated changes.

Goal:

To notify parents and the 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.

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

Monitoring:

View website to determine if the Wellness Policy has been included.

Evaluation:

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

Wellness Promotion and Marketing

Goal:

We will promote healthy food and beverage choices for all students throughout the school. Materials will be sent home to families to encourage participation in school meal programs at the beginning of every school year.

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food in 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 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 the school staff, teachers, parents, students and community.

Place information about healthy eating and physical activities on walls in hallways and multipurpose room where students can see them.

Participate and promote family wellness activities. We send home sign up for community sports that are offered year round and also our students can participate in sports offered by the public school.

The Wellness Policy will be implemented by the faculty and staff at St. Leonard Catholic School.

No competitive foods or beverages are sold to students during the school day.

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

Signed:

Administrator /Head Teacher

Lisa Jackson

Health Professional

Cassandra Cole

Community Member

Lori A Pfeifer

Teacher

Phonala

School Food Authority

Holly Jones

Parent Representative

Sandra R. R. R.