



## **CEDAR VALLEY** CATHOLIC SCHOOLS

# **Cedar Valley Catholic Schools Wellness Policy**

Cedar Valley Catholic Schools promote healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The entire school environment, not just the classroom, shall be aligned to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

All foods available on school grounds and at school sponsored activities during the instructional day should meet or exceed the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high quality meals.

Cedar Valley Catholic Schools will make every effort to eliminate any social stigma attached to, and prevent the identification of, students who are eligible for Free & Reduced priced meals, by utilizing electronic identification and payment systems.

Cedar Valley Catholic Schools will help develop a local wellness policy committee made up of members of the board, parents, food service personnel, physical education professionals and employees. Meeting times will be announced to the public and all will be welcome to attend. This committee will develop a plan to implement the wellness policy and monitor its effectiveness. The committee will designate an individual to monitor implementation and will report annually to the board regarding its effectiveness.

### **Cedar Valley Catholic Schools Specific Wellness Goals**

1. Eliminate the distribution of Foods of Minimal Nutritional Value to students from Midnight to thirty minutes after the end of the school day.
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3. Provide Nutrition education that promotes fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation, methods and health enhancing nutrition practices. Nutrition education will occur within Physical Education classes, Family Consumer Science classes, and through appropriate posters and visual reminders in the school cafeteria.
4. Provide physical education classes that engage students in moderate to vigorous activities during at least fifty percent of each class.
5. Provide and promote opportunities for students and staff at Columbus high school to access and utilize the CHS Wellness center.
6. CVCS will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as punishment.



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7. School based marketing will be consistent with nutrition education and health promotion. As such, Cedar Valley Catholic Schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals. School based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending or vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruits for fundraisers; and coupons for discount gym membership.
8. For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end: Classroom health education will complement physical education by reinforcing the knowledge and self management skills needed to maintain physically active lifestyle and to reduce time spent on sedentary activities, such as watching television; Opportunities for physical activity will be incorporated into subject lessons; Classroom teachers will provide short physical activity breaks, such as brain breaks, between lessons or classes as appropriate.
9. Cedar Valley Catholic Schools does not allow the consumption of food or beverages in the hallways or classrooms. Each school principal may make an exception to this rule and allow water only in the classroom due to extreme temperatures as needed. Schools that are enrolled in the Fresh Fruit and Vegetable Program may serve the provided fruit or vegetable snack in the classroom.
10. Teachers and other community school personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
11. Cedar Valley Catholic School should limit celebrations that involve food during the school day to more than one party per class per month. Each party should not include any foods or beverages that do not meet nutrition standards for food and beverages sold individually (see below). Cedar Valley Catholic Schools will provide a list of healthy party ideas to parents and teachers. Beverages allowed: water or seltzer water without caloric sweeteners; fruit and vegetable juices and fruit based drinks that contain 100% fruit or vegetable juice and do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and naturally equivalent nondairy beverages (to be defined by the USDA). Beverages not allowed: soft drinks, sports drinks, iced teas, fruit based drinks that are not 100% fruit or vegetable and contain caloric sweeteners, beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contains trivial amounts of caffeine). Foods Allowed: Food items must have no more than 35% of its calories from fats (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined. Food items will have no more than 35% of its



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weight from added sugar. Food items will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, baked goods, and other snack items.

12. All elementary school students will have at least 20 minutes a day of supervised recess preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks which they are encouraged to stand and be moderately active.
13. Follow nutrition and safety guidelines for all foods available during the instructional day, with the objective of promoting student health and reducing childhood obesity in our schools by using the following methods:

### **School Meals**

Meals served through the National School Lunch and Breakfast Program will:

- Be appealing and attractive to students
- Be served in a clean and pleasant setting
- Meet, at a minimum, all nutrition requirements established by local, state and federal law
- Offer a variety of fruits and vegetables and serve only low fat (1%) and fat free milk and nutritionally equivalent alternatives (as defined by the USDA)
- Ensure that all of the served breads and grains are at least 51% whole grain.

### **Food Safety:**

- All foods made available on campus adhere to food safety and security guidelines.
- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food born illness in our schools.
- For the safety and security of the food and facilities, access to the food service operations are limited to the child nutrition staff and authorized personnel.
- At least one foodservice personnel at each site will be ServSafe certified.
- All vending and sales of a la carte items sold during the school day will be Smart Snack compliant and meet all current nutrition standards
- Wellness committee meeting notification of date, time & location will be posted on our website and also be included in each principal's weekly parent newsletter, encouraging parents and students to attend.

The principal at each site along with the Director of Foodservice will ensure compliance with established school wide nutrition and physical activity policies by meeting with the foodservice site manager, physical education teacher yearly. The Director of Foodservice will also meet with the school wellness committee to review and evaluate goal progress yearly.

*Cedar Valley Catholic Schools Board Approved 04/07/2016*