

BISHOP LUERS HIGH SCHOOL'S WELLNESS POLICY

Wellness Policy on Physical Activity and Nutrition

Bishop Luers High School recognizes that good nutrition and regular physical activity affect the health and well-being of its students. Research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn and as a result, Bishop Luers High School, in accordance with federal law, will provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated School Health Advisory *Council will be formed and maintained to oversee these activities.*

Bishop Luers Wellness Policy shall be made available to students and families by means of school's website.

I. Coordinated School Health Advisory Council/Wellness Committee

A. In accordance with Indiana Code 20-26-9-18, Bishop Luers High School will form and maintain a corporation level Coordinated School Health Advisory Council that includes at least the following:

- Parents/Guardians
- Food service director and/or staff
- Teachers of Physical Education
- Students
- School Nurse
- Health care professionals/Registered dietitians/School Nurse
- School board members
- School administrators
- Representatives of interested community organizations

Other potential members of the Council include teachers and any others interested in the health and well-being of the students and staff.

A. The Wellness Committee will meet at least (2) times a year during the school year. The members of the Wellness Committee will complete the Wellness Policy Evaluation Checklist and review any updates to nutrition standards, in order to determine which revisions or updates should be made to the school's current Wellness Policy.

B. Bishop Luers High School will revise its Wellness Policy based on recommendations made by the Advisory Council.

C. The Wellness Policy will be shared with the Bishop Luers School Board. The Principal will ensure compliance with Nutrition and Wellness Policies. The Principal will report compliance to the Superintendent, when required.

D. The School Wellness Policy shall be made available to students and families by means of the Bishop Luers High School Website.

- D) Students will have convenient access to sanitizing stations.
- E) Potable (drinking) water will be readily available at all meal times.
- F) Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
- G) Students are discouraged from sharing their foods and beverages with one another during meal times, given concerns about allergies and certain student diet restrictions.
- H) All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to students a la carte or from vending machines.

3. Food Service Program/Professional Development

- A) In accordance with Policy 8500, entitled Food Service, Bishop Luers High School food service program shall comply with Federal and State regulations pertaining to selection, preparation, consumption, and disposal of food and beverages, as well as to the fiscal management of the program.
- B) Bishop Luers High School Food service program shall comply with Federal and State regulation pertaining to the selection, preparation, consumption, and disposal of food and beverages that ultimately promote student well-being.
- C) Bishop Luers High School will provide students affordable access to the varied and nutritious foods they need to be healthy and learn effectively.
- D) Bishop Luers High School shall follow all State guidelines on portion limits. I.C. 20-26-9-2.
- E) Food service directors, managers, and staff will have adequate training on proper food handling techniques, healthy cooking practices, and operations.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

Bishop Luers High School follows the guidelines established by Smart Snacks:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

1. Vending machines will not be available during mealtimes and will contain items (food and beverage) that meet the approved Smart Snack standards.
2. Bishop Luers will only allow marketing that promotes student health and is in accordance with Smart Snacks standards.
3. The concession items sold at school-sponsored events to participants, fans, and visitors shall include at least 50 percent healthy beverages and foods, according to the approved nutrition standards.
4. Bishop Luers prohibits classroom celebrations. Luers recognizes student birthdays by way of bulletin board and daily school announcements.

5. No outside food shall be permitted on Bishop Luers property. Food found in lockers or in classrooms will be confiscated and discarded.
6. Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers.
7. Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.

V. Nutrition Standards for Competitive and Other Food and Beverages

A. Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007).

1. K-12 a la carte, school vending machines and other foods outside of school meals shall be limited to:

- No more than 30 percent of total calories from fat,
- Less than 10 percent of total calories from saturated fats,
- 0 percent trans fats,
- No more than 35 percent of calories from total sugars,
- No more than 200 mg of sodium per portion as packaged,
- No more than 200 calories per package, and
- 100 percent of the grains offered are whole grain-rich

2. K-12 a la carte, school vending machines and other beverages outside of school meals shall be limited to:

- Water without flavoring, additives, or carbonation,
- Low-fat and nonfat milk (in 8 to 12 ounce portions)
- 100% fruit juice in 4 ounce portions as packaged for high school
- All beverages other than water, white milk or juice shall be no larger than 12 ounces

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August 2016

Preamble

Whereas, young people need access to healthful foods and nutrition in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas obesity rates have tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for 2.3 of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, are often established in childhood;

Whereas, 33% of high school students do not participated in sufficient vigorous physical activity and 72% of high school student do not attend daily physical education classes;

Whereas, only 2% of children eat a healthy diet consisting of the five main recommendations from the Food Guide Pyramid;

Bishop Luers High School is committed to providing a school that promotes our students' health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Bishop Luers High School that:

1. We will engage students, teachers, food service personnel, health professionals, and parents in developing, implementing, monitoring, and reviewing our nutrition and physical activity policies.
2. All students in grades 9-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
3. Foods and beverages served at school will meet nutrition recommendations of the US Dietary Guidelines for Americans.
4. Qualified nutrition specialists will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, will accommodate the religious, ethnic, and cultural diversity of our student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
5. To the maximum extent practicable, we will participate in available federal school meal programs.
6. We will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

- I. Bishop Luers Wellness Committee Make-up:
Administrator, School Nurse, Cafeteria Manager, teacher, parent, student

- II. Nutritious Quality of Foods and Beverages Sold and Served at Bishop Luers High School
 - A. Meals served will
 - 1) Be appealing and attractive to our students
 - 2) Be served in clean and pleasant settings
 - 3) Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
 - 4) Offer a variety of fruits and vegetables
 - 5) Serve only low-fat and fat-free mild and nutritionally equivalent non-dairy alternatives
 - 6) Ensure that half of the served grains are whole grain
 - B. Bishop Luers High School will make menu information available on our website; the menu will be announced daily for students
 - C. Breakfast
 - 1) Due to the number of students on free and reduced lunch, Bishop Luers High School will investigate the possibility of serving breakfast to our students
 - 2) Bishop Luers High School will encourage parents to provide a healthy breakfast for our students
 - D. Bishop Luers High School has removed any social stigma attached to students who are eligible for free and reduced lunch. We use an electronic identification system.
 - E. Bishop Luers High School
 - 1) Provides students with at least 20 minutes to eat after sitting down for lunch
 - 2) Attempts to schedule lunch at appropriate times
 - 3) Does not schedule tutoring, club, or meetings during lunch. If this occurs, students may eat during those activities.
 - 4) Will provide opportunity to wash hands/sanitize hands before lunch
 - F. Qualifications of School Food Service Staff: As part of Bishop Luers High School's responsibility to operate a lunch program, we will provide continuing opportunities for professional development for them.
 - G. Bishop Luers High School will discourage students from sharing their food and beverages with one another during meal time.

- III. Foods and Beverages Sold in vending machines, a la carte line, fundraisers
Bishop Luers High School will move toward meeting the following nutrition and portion size standards:
 - A. Beverages: Water without caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free mild and nutritionally equivalent nondairy beverages.
 - B. Foods

- 1) A food item will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined
- 2) Food items will have no more than 35% of its weight from added sugars
- 3) Food items will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes
- 4) A choice of at least two fruits and/or non-fried vegetables will be offered for sale at Bishop Luers High School. Such items could include, but are not limited to fresh fruits and vegetables; 100% fruit and vegetable juice; fruit-based drinks that are at least 50% fruit juice and do not contain additional caloric sweeteners; cooked, dried, or canned fruits, and cooked, dried, or canned vegetables

C. Portion Sizes

Bishop Luers High School will limit portion sizes of foods and beverages sold individually to the items listed below:

- 1) One and ¼ ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- 2) One ounce for cookies
- 3) Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items
- 4) Four fluid ounces for frozen desserts, including, but not limited to low-fat or fat-free ice cream
- 5) 8 ounces for non-frozen yogurt
- 6) Twelve fluid ounces for beverages, excluding water
- 7) The portion sizes of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of our school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

D. Fundraising Activities

To support our students' health and school nutrition-education efforts, Bishop Luers High School will move toward fundraising activities that will not involve food and will use only foods that meet the above nutrition and portion size standards for foods and beverages. Bishop Luers will encourage fundraising activities that promote physical activity.

- E. Snacks: Snacks served at Bishop Luers High School during the day will make a positive contribution to our students' diets and health, with an emphasis on serving fruits and vegetables as our primary snacks, and water as our primary beverage.
- F. Rewards: Bishop Luers High School will not use foods or beverages, especially those that do not meet the nutrition standards set for foods and beverages, as

rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

- G. Celebrations: Bishop Luers High School will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually,
 - H. Bishop Luers High School will move toward offering foods and beverages at school-sponsored events outside the school day that meet the nutrition standards for meals and for foods and beverages sold individually.
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- A. Nutrition and Physical Activity Promotion and Food Marketing
Bishop Luers High School aims to teach, encourage, and support healthy eating by students. Bishop Luers should provide nutrition education and engage in nutrition promotion that education and engage in nutrition promotion that:
 - 1. Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
 - 2. Is part of not only health class, but also classroom instruction in all curricular subjects
 - 3. Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, and a school garden
 - 4. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
 - 5. Emphasizes caloric balance between food intake and energy expenditure
 - 6. Links with school meal programs, other school foods
 - 7. Teaches media literacy with an emphasis on food marketing,
 - 8. Includes training for teachers and other staff
 - B. Integrating physical Activity into the classroom setting For students to receive the nationally-recommended amount of daily physical exercise, and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education classes. Toward that end:
 - 1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities
 - 2. Opportunities for physical activity will be incorporated into other subject lessons
 - C. Communication with Parents Bishop Luers High School will post this policy on our website. We will support parents' efforts to provide a healthy diet and daily

physical activity for their children. We will provide nutrient analyses of school menus. We will encourage parents to pack healthy lunches and to refrain from including beverages and foods that do not meet nutrition standards.

IV. Physical Activity Opportunities and Physical Education

- A. Daily Physical Education – Bishop Luers High School will continue to require two physical education credits for graduation. We will not substitute athletic teams or intramurals for these requirements. We will offer an elective in Physical Education. All physical education classes will be taught by a licensed PE teacher. Students will spend half of their physical education class participating in moderate to vigorous physical activity.
- B. Physical Activity Opportunities Before and After School Bishop Luers High School will continue to offer extracurricular physical activity programs after school. We will offer a wide range of activities that meet the needs of all students.
- C. Physical Activity and punishment – Teachers and other school and community personnel will not use physical activity or withhold physical activity as punishment.

V. Monitoring and Policy Review

- A. Monitoring-The principal will ensure compliance with nutrition and this wellness policy. The principal will report compliance with this policy to the superintendent, when required.

School food service staff will ensure compliance with the nutrition policies stated here and will report compliance to the principal. Bishop Luers will participate in a review from the State when it is required.

This policy will be shared with the Bishop Luers High School board.

- B. The Wellness Committee will meet annually to review this policy and to assess progress, compliance, and needed areas of improvement. Bishop Luers High School will, as necessary, revise the policy and develop plans to facilitate the revisions.

2017-18

DIOCESE OF FORT WAYNE - SOUTH BEND

P1420B

Individual School Wellness Plan Checklist

NAME OF SCHOOL Bishop Luers High School

CITY OF SCHOOL Fort Wayne, IN

The school offers a free / reduced breakfast / lunch and / or milk program funded by the federal government?

- Yes
- No

Note: If yes, an Individual School Wellness Plan is required by federal law.

The school food service staff members are:

- School/parish employees.
- Employees of a third party food service vendor.

Note: If a third party vendor is used, provide the name of the firm: _____

Directions for Completing the Individual Wellness Plan Checklist

Review each step of the Individual School Wellness Plan Checklist and check (✓) the appropriate indicator of the school's response to the steps for the current school year. Below is a description of each indicator:

- A. Already implemented: The school had this step in place prior to the current school year.
- B. New implementation: The school will implement this step for the first time during the current school year.
- C. Unable to implement at this time: The school is unable to implement this step during the current school year. The school should provide an explanation on page 4 regarding why this step cannot be implemented during the present school year and give some indication of when it will be implemented in the future.
- D. Unable to implement ever: The school will never be able to respond to this step. The school must provide an explanation on page 4 regarding why this step can never be implemented.

Meeting Nutrition Guidelines & Ensuring Healthy Eating Goals

Please check (✓) the appropriate indicator for each item.

Students will be provided access to a variety of age-appropriate, appealing food and beverage choices that are consistent with the current Dietary Guidelines for Americans.

1. In the school cafeteria, the school will:

- | | A | B | C | D | |
|-----|-------------------------------------|--------------------------|--------------------------|--------------------------|---|
| 1.1 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Offer a variety of fruits and vegetables. |
| 1.2 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Serve low-fat (1%) and fat free milk. |
| 1.3 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensure whole grain products are served. |
| 1.4 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensure meals, at a minimum, meet the nutrition requirements and regulations of the National School Lunch Program and/or School Breakfast Program. |

2. For food and beverages sold or provided individually (vending machines, snack bars, school stores and school-sponsored fundraisers, etc.), the school will:

- | | A | B | C | D | |
|-----|-------------------------------------|--------------------------|--------------------------|--------------------------|--|
| 2.1 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Closely monitor and regulate the items sold, ensuring they are consistent with the nutritional goals of the wellness plan. |
| 2.2 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Closely monitor and regulate the frequency and nature of school sponsored fundraisers. |
| 2.3 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Make every effort to provide nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products whenever and wherever food is sold or otherwise offered at school. |

Students will be served in a clean, safe, and pleasant environment and will be provided with an adequate amount of time to eat.

3. The school will:

- | | A | B | C | D | |
|-----|-------------------------------------|--------------------------|--------------------------|--------------------------|---|
| 3.1 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Schedule meal periods as close to the middle of the school day as possible. It is recommended to provide at least 20 minutes for students to eat their meals. |
| 3.2 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensure all food and beverages provided by the school comply with federal, state, and local food safety and sanitation regulations. |
| 3.3 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Encourage food providers to share information about the nutritional content of school meals and/or individually sold food with students, family and school staff. |
| 3.4 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensure food service personnel have adequate pre-service training. |
| 3.5 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Not withhold food or beverages as a punishment. |
| 3.6 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Restrict access to food preparation and service areas to authorized personnel. |

Meeting Physical Activity Goals

Please check (✓) the appropriate indicator for each item.

Students in grades Kindergarten through 12 will have opportunities, support, and encouragement to be physically active on a regular basis while in the school setting.

4. The school will:

- | | A | B | C | D | |
|-----|-----|---|---|---|---|
| 4.1 | ✓ | — | — | — | Make sure that each student participates in regularly scheduled formal and informal physical activity programs. |
| 4.2 | N/A | — | — | — | Provide all elementary students with daily, supervised recess periods. |
| 4.3 | ✓ | — | — | — | Offer some extracurricular activity programs (intramural sports, interscholastic sports, physical activity clubs or other like activities). |
| 4.4 | ✓ | — | — | — | Not withhold participation in recess or physical education class as punishment. |
| 4.5 | ✓ | — | — | — | Provide reasonable accommodations for students with disabilities and/or other limitations. |
| 4.6 | ✓ | — | — | — | Ensure all school physical activity facilities and equipment are safe. |
| 4.7 | ✓ | — | — | — | Work with the community to create a safe and supportive environment for students walking or biking to school. |

Meeting Nutrition Education Goals

Students will be provided with nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. Schools will also establish linkages between health education and school meal programs, and with related community services.

5. The school will:

- | | A | B | C | D | |
|-----|---|---|---|---|---|
| 5.1 | ✓ | — | — | — | Offer students sequential and interdisciplinary nutrition education. |
| 5.2 | ✓ | — | — | — | Include interactive activities such as contests, promotions, taste testing, field trips, school gardens, or other like activities in nutrition education programs. |
| 5.3 | ✓ | — | — | — | Work with parents to assist in providing a healthy diet and daily physical activity for their children, which may include information to help families incorporate healthy eating and physical activity and disseminating a list of healthy party food ideas to parents and teachers. |

Provide an explanation for each step above checked with a "C" or "D." When "C" was the indicator checked, also provide an indication of when this step will be implemented.

STEP #	EXPLANATION	TIMELINE

Describe any other additional efforts being undertaken for the current school year as part of the school's wellness program:

Please ensure a team including parents, students, representatives of the school food authority, the education commission (if applicable), school administrators and the public implement and continue development of the wellness plan by reviewing this checklist and offering comment. List the team members below.

Team Members:

<u>James Huth</u>	<u>Principal</u>
<u>Terri Dossen</u>	<u>Cafe Manager</u>
<u>Michele Borick</u>	<u>Administrative Assistant / Parent</u>

A copy of the Individual School Wellness Plan should be signed by the principal and sent to the Catholic Schools Office.

Signature of Principal	Date