



ST. NICHOLAS CATHOLIC SCHOOL
6459 E. St. Nicholas Dr. | Sunman, Indiana 47041
Phone: 812.623.2348 | Fax: 812.623-0066
www.stnicholas-sunman.org

Wellness Policy on Physical Activity and Nutrition

The Food Service Director of St. Nicholas School supports the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels.

St. Nicholas students will learn how to purposefully and prayerfully choose healthy lifestyle behaviors as a reflection of our deep gratitude for God's gift of life and our intention to honor our bodies as temples of the Holy Spirit.

In accordance with federal law, it is the policy of the Board to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

The School Wellness Policy shall be made available to students and families by means of school website and Family handbook.

I. Wellness Committee

The committee will engage parents/guardians, food service professionals, teachers of physical education, students, school health care professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring and reviewing school nutrition and physical activity policies. The Wellness Committee has been formed and maintained at the school level to oversee the development, implementation and evaluation of the school's wellness policy.

A. In accordance with state and federal law, the school has formed and maintained a Wellness Committee that includes the following:

- Daniel Swygart- Principal
- Lauren Lonaker- Food Service Director
- Betty Volz- Cafeteria Manager
- Denise Smith- Cafeteria worker
- Kathy Eckstein- RN, community member

B. The Wellness Committee will meet at least annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The Committee will meet as needed during the school year to discuss implementation activities and address barriers and challenges.

C. The Wellness Committee will report annually to the Archdiocesan Field Representative and the Education Commission on the implementation of the wellness policy and include any recommended changes or revisions.



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D. The Wellness Committee will adopt or revise nutrition and physical activity policies based on recommendations made by the Education Commission.

II. Nutrition Education and Nutrition Promotion

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-8) according to standards of the Indiana Department of Education. Schools will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.

III. Standards for USDA Child Nutrition Programs and School Meals

The Wellness Committee will provide and promote the National School Lunch Program to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

The Board will allow foods and beverages that support proper nutrition, promote healthy choices, and comply with federal nutrition standards brought into the school by students or other person for such events as birthdays and classroom celebrations.

**No fundraisers selling food items will be allowed in the school during the school day.*

**No vending machines are located in any part of the school.*

V. Physical Activity and Physical Education

The Committee supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks; before- and after-school activities. Additionally, the Committee supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.

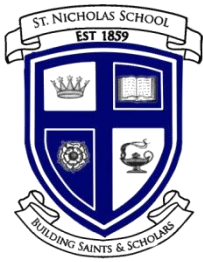
VI. Other Activities that Promote Student Wellness

The Committee supports the health and well-being of our students and staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

VII. Evaluation

Through implementation and enforcement of this policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the school will evaluate implementation efforts and their impact on students and staff at least every three years. The Committee will notify the public of the results of the three-year assessment and evaluation.

The Committee designates the principal to ensure compliance with this policy and its administrative regulations. The principal is responsible for retaining all documentation of compliance with this



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policy and its regulations, including but not limited to each school's three-year assessment and evaluation report and this wellness policy and plan. The principal will also be responsible for public notification of the three-year assessment and evaluation report, including any updates to this policy made as a result of the school's three-year assessment and evaluation.

LEGAL REFERENCE: 42 U.S.C. 1758b
 7 CFR Part 210
 I.C. 20-26-9-18.5

Administrative Regulations:

II. Nutrition education

1. Health education will be provided as part of a comprehensive health education program and taught by a licensed health education instructor.
2. The school will provide nutrition education training opportunities to teachers and staff for all grade levels.

III. Nutrition promotion

1. Nutrition promotion will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
2. School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens)
3. Nutrition promotion resources will be provided to parents/guardians through handouts, school newsletters, presentations and any other appropriate means available to reach parents/guardians.
4. Nutrition educators will partner with school staff of the school food service program to use the cafeteria as a learning lab. Healthy items, such as salads and fruits, will be displayed prominently in cafeterias to make healthier choices more appealing.

IV. Standards for USDA Child Nutrition Programs and School Meals

A. School Meal Content

1. Meals served through the National School Lunch Program will:
 - Be appealing and appetizing to children;
 - Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
 - Offer a variety of fruits and vegetables;
 - 100 percent of the grains offered are whole grain-rich.
2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
3. St. Nicholas school will purchase or obtain fresh fruits and vegetables from local farmers when practical.



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4. Students will have the opportunity to provide input on local, cultural and ethnic favorites.
5. The food services department will provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.
6. Special dietary needs of students will be considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.
7. The food service director will share and publicize information about the nutritional content of meals with students and parents/guardians. The information will be available in a variety of forms that can include handouts, the school website, articles, school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach families.

B. Mealtimes and Scheduling

1. Adequate time will be provided to students to eat lunch (at least 20 minutes after being served)
2. Elementary school students are scheduled for recess after lunch.
3. School meals will be served in clean and pleasant settings.
4. Students will have convenient access to hand-washing and sanitizing stations.
5. Drinking water will be readily available at all mealtimes.
6. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

C. Professional Development

1. Professional development and training will be provided at least annually to food service managers and staff on proper food handling techniques and healthy cooking practices.

V. Nutrition Standards for Competitive and Other Food and Beverages

A. Classroom Celebrations

1. Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food.
2. Classroom celebrations that include food items must comply with federal nutrition standards.
3. Schools will inform parents/guardians of the classroom celebration guidelines.

B. Food as a Reward or Punishment

1. Teachers and staff will not use food as a reward. For example, the use of sugar-sweetened beverages or candy as a classroom reward at any school is not appropriate.
2. School staff will not withhold food or drink at mealtimes as punishment.

VI. Physical Activity and Physical Education

A. Physical Education K-8



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1. All students in grades K-8 will participate in physical education in order to meet the Physical Education Standards.
2. Physical education classes will have the same student/teacher ratio used in other classes. In Indiana, the ratio for a single school shall not exceed an average of 30 to 1.
3. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.

B. Daily Recess and Physical Activity Breaks

1. Elementary school will provide daily physical activity in accordance with Indiana Code 20-30-5-7.5.
2. All elementary school students will have at least 1 period of active recess per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education (NASPE). This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.
3. All teachers will be encouraged to use physical activity breaks during classroom time as often as possible.
4. Schools should discourage extended periods of inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

C. Physical Activity Opportunities Before and After School

1. St. Nicholas offers intramurals, clubs, interscholastic sports and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.
2. After-school enrichment providers will include physical activity in their programs, to the extent space and equipment allow.

D. Physical Activity and Remedial Activities/Punishment

1. Students will not be removed or excused from physical education to receive instruction in other content areas.
2. School staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

VI. Other School Based Activities

A. Use of School Facilities Outside of School Hours

1. School spaces and facilities, such as the playground and gym will be made available to students, staff and community members before and after the school day; on weekends; and during school vacations. School policies concerning safety will apply at all times.



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B. Staff Wellness

- 1.** The school corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff. Presentations on health and wellness will be provided at least twice each school year.
- 2.** Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.
- 3.** Staff will be encouraged to participate in community walking, bicycling or running events.
- 4.** All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.
- 5.** The school will promote breastfeeding by making reasonable efforts to provide a private location for employees to express breast milk in accordance with IC 22-2-14-2.

VII. Evaluation of Wellness Policy

A. Implementation and Data Collection

- 2.** The principal is responsible for retaining all documentation of compliance with this policy and its regulations, but the food service director shall ensure that their individual schools are in compliance with the corporation's wellness policy every three school years by assessing wellness implementation strategies. The food service director will provide a written report to the principal, who will provide the report to the school committee. The wellness directors' report will contain the following information: the school's progress toward meeting the wellness goals over the previous three school years; the website address for the wellness policy and how the public can receive a copy of the policy; a description of the progress in meeting the goals, a summary of the event or activities related to the implementation of the policy; the name, position, and contact information of the school official coordinating the health advisory council or the school's wellness committee; and information on how individuals and the public can get involved with the school's wellness committee.
- 3.** The evaluation of the wellness policy and implementation will be directed by the Wellness Committee and will be responsible for the three-year assessment of each school's compliance with the policy and its regulations. The three-year assessment must measure the implementation of this policy and its regulations; the extent to which each school is in compliance with the policy; the extent this policy compares to other model school wellness policies; and a description of the progress made in attaining the goals of the wellness policy. As a result of this assessment and evaluation the policy and regulations will be revised as needed.
- 4.** The three-year assessment and evaluation report will be made available to the public by posting it on the school website.