

DIOCESE OF SPRINGFIELD-CAPE GIRARDEAU WELLNESS PROGRAM

The primary goals of the Diocese of Springfield-Cape Girardeau's wellness program are to promote student health, reduce student overweight/obesity, facilitate student learning of lifelong healthy habits and increase student achievement. The following procedures will guide the implementation of the district wellness program.

Nutrition Guidelines

All foods and beverages sold or served to students during the school day on any property under the jurisdiction of the district will meet the nutrition standards established by the U.S. Department of Agriculture (USDA). These nutrition standards apply to all food and beverages sold to students, including those sold in vending machines, school stores and through school-sponsored fundraisers, unless an exemption applies.

Students will have access to free drinking water during mealtimes in the places where meals are served. Lunches served by the schools will include a variety of fluid milk options consistent with the most recent Dietary Guidelines for Americans. Food and fluid milk substitutions will be provided to students in accordance with law and Board policy.

Rewards –should not include candy or soda. Non-food incentives should be encouraged.

Optional Classroom Snacks—students should bring only snacks which meet the nutrition standards established by the USDA. Possible suggestions are found within the Healthy Snack List. If snacks are used they should be eaten at one designated snack times.

Celebrations and Parties—in keeping with the overall nutritional guidelines, party and celebration foods and beverages will not include soda. Non-nutritional items will be limited to 25% (1 out of 4 food items) of foods offered at special parties. The remaining party foods offered should meet the nutrition standards established by the USDA. A list of healthy suggested food and beverage items will be provided to teachers and parents.

Nutrition Education

The Diocese's nutrition education goal is to integrate sequential nutrition education with the comprehensive health education program and, to the extent possible, the curriculum taught at every grade level in order to provide students with the necessary knowledge and skills to make healthy nutrition decisions. In order to achieve the nutrition education goal, the schools will:

1. Provide students at all grade levels with adequate nutrition knowledge including, but not limited to:

- The benefits of healthy eating.
- Essential nutrients.
- Nutritional deficiencies.
- Principles of healthy weight management.
- The use and misuse of dietary supplements.
- Safe food preparation, handling and storage.

2. Provide students with nutrition-related skills that minimally include the ability to:
 - Plan healthy meals.
 - Understand and use food labels.
 - Apply the principles of the USDA's Dietary Guidelines for Americans and MyPlate.
 - Critically evaluate nutrition information, misinformation and commercial food advertising.
 - Assess personal eating habits, nutrition goal-setting and achievement.
3. Provide instructional activities that stress the appealing aspects of healthy eating and are hands-on, behavior based, culturally relevant, developmentally appropriate and enjoyable. Examples of activities include, but are not limited to: food preparation, contests, promotions, taste testing, farm visits and school gardens.
4. Encourage school staff to cooperate with local agencies and community groups to provide students with opportunities for volunteer work related to nutrition, such as in food banks, soup kitchens or after-school programs.
5. Ensure that school counselors and school health services staff consistently promote healthy eating to students and staff, are able to recognize conditions such as unhealthy weight, eating disorders and other nutrition-related health problems and, when appropriate, provide information about these conditions, including available treatment options.
6. Coordinate the food service program with nutrition instruction. Food service staff should also work closely with those responsible for other components of the school health program to achieve common goals.

Physical Activity

Moderate Physical Activity-Low impact to medium-impact physical exertion designed to increase an individual's heart rate to rise to at least 75 percent of his or her maximum heart rate. Examples of moderate physical activity include, but are not limited to, running, calisthenics or aerobic exercise. Time spent in recess and physical education counts as moderate physical activity.

Recess-A structured play environment outside of regular classroom instructional activities that allows students to engage in safe and active free play.

The school's physical activity goal is to assist students in learning to value and enjoy physical activity as an ongoing part of a healthy lifestyle by ensuring that every student has the opportunity to develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness and regularly participate in physical activity. In order to achieve the physical activity goal, the school will:

1. Develop a sequential program of appropriate physical education for every student. The elementary program will provide for:

One recess a day. Recess may be incorporated into the lunch period, but will be scheduled before lunch and held outdoors when possible.

The middle school program will provide moderate physical activity during each school week.

The high school program will provide for one credit of physical education prior to graduation.

All activity will:

- Emphasize building level professional development for teachers to utilize instructional techniques which contribute to the required minutes of physical education.
 - Emphasize knowledge and skills for a lifetime of regular physical activity.
 - Meet the needs of all students, especially those who are not athletically gifted or who have special needs.
 - Provide a variety of activity choices, feature cooperative as well as competitive activities, and account for gender and cultural differences in students' interests.
 - Prohibit exemptions from physical education courses on the basis of participation in an athletic team, community recreation program, or other school or community activity.
 - Be closely coordinated with the other components of the overall school health program.
2. Provide opportunities and encouragement for students to voluntarily participate in before- and after-school physical activity programs such as intramural activities, interscholastic athletics and clubs which may include:
 - Providing opportunities of competitive and noncompetitive, as well as structured and unstructured, activities to the extent that staffing and district/community facilities permit.
 - Offering intramural physical activity programs that feature a broad range of competitive and cooperative activities for all students.
 - Encouraging partnerships between schools and businesses. Promotion of such partnerships must be appropriate and in accordance with Board policy and applicable procedures.
 3. Strive to provide joint school and community recreational activities such as:
 - Actively engaging families as partners in their children's education and collaborating with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.
 - Working with local recreation agencies and other community organizations to coordinate and enhance opportunities available to students for physical activity during their out-of-school time.
 - Working together with local public works, public safety, police departments and /or other appropriate state and federal authorities in efforts to make it safer and easier for students to walk and bike to school.
 4. Discourage the use of physical activity as a form of discipline or punishment and ensure that physical education and recess will not be withheld as punishment.

5. Discourage periods of inactivity that exceed two or more hours. When activities such as mandatory school wide testing make it necessary for students to remain indoors for long periods of time, staff should give students periodic breaks during which they are encouraged to stand and be moderately active.
6. Provide and encourage—verbally and through the provision of space, equipment and activities—daily periods of moderate to vigorous physical activity for all participants in on-site after-school child care and enrichment programs sponsored by the district.

Other School-Based Activities

The Diocese's goal for other school-based activities is to ensure an integrated whole-school approach to the district's wellness program. The schools will achieve this goal by addressing the areas itemized below.

Community Involvement

Staff will collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students will receive appropriate orientation to the relevant policies of the Diocese.

The wellness program shall make effective use of the school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities and fitness level.

Family Involvement

The school will strive to engage families as partners in their children's education by supporting parental efforts to motivate and help their children with maintaining and improving their health, preventing disease and avoiding health-related risk behaviors. Strategies the district may implement to achieve family involvement may include, but are not limited to:

1. Providing nutrient analyses of district menus via district website and per request.
2. Providing parents/guardians a list of appropriate foods that meet the school's nutrition standards for snacks.
3. Providing parents/guardians with ideas for healthy celebrations, parties, rewards and fundraising activities.
4. Encouraging parents/guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the school's nutrition standards.
5. Designing curricular nutrition education activities and promotions to involve parents/guardians and the community.
6. Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.

7. Providing information about physical education and other school-based physical activity opportunities available to students before, during and after the school day.
8. Sharing information about physical activity and physical education via the school's website, newsletter, other take-home materials, special events or physical education homework.
9. Encouraging parents/guardians to volunteer time in the classroom, cafeteria or at special events that promote student health.

Marketing and Advertising

Marketing in district facilities will be consistent with the goals of the Diocese's wellness program and comply with policy. The schools will strive to promote the wellness program and educate parents regarding the quality of school food.

Tobacco advertising is not permitted on school property, at school-sponsored events or in school sponsored publications. Food and beverage marketing will be limited to the promotion of foods and beverages that meet the nutrition standards. Other examples of marketing and advertising the school will scrutinize include, but are not limited to; pricing strategies that promote healthy food choices, audiovisual programming, educational incentive programs, scoreboards, book covers and vending machine displays.

Mealtimes

Students are not permitted to leave school campus during the school day to purchase food or beverages. Mealtimes will comply with the following guidelines:

1. Mealtimes will provide students with at least ten minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
2. Activities such as tutoring or meetings will not be held during mealtimes unless students may eat during such activities.
3. Free drinking water will be available to students during meals in the meal service area.
4. Students will have access to hand-washing facilities before they eat meals or snacks.
5. The school will take reasonable steps to accommodate the tooth brushing regimens of students.
6. Students will be allowed to converse during meals.
7. The cafeteria will be clean, orderly and inviting.
8. Adequate seating and supervision will be provided during meal times.

Staff Development and Training

All staff will be provided with ongoing training and professional development related to all areas of student wellness. The pre-service and ongoing in-service training will include teaching strategies for behavior change and will focus on giving teachers the skills they need to use non-lecture, active learning methods. Staff responsible for nutrition education will be adequately prepared and regularly participate in professional development activities to effectively deliver the

nutrition education program as planned. Staff responsible for implement the physical education program will be properly certified and regularly participate in area-specific professional development activities.

Qualified nutrition professionals will administer the district meal programs and will receive ongoing, area-specific professional development. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their levels of responsibility.

Staff Wellness

The Diocese of Springfield-Cape Girardeau highly values the health and well-being of every staff member and will help the school plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The school will offer staff wellness programs that include education on nutrition, healthy eating behaviors and maintaining a healthy weight for optimal health. The school will establish and maintain a staff wellness committee composed of at least one staff member; school wellness committee member; school nurse or other health professional; human resource director; and other appropriate personnel. The staff wellness committee will serve as a subcommittee of the school wellness committee. The staff wellness committee will develop, promote and oversee a multifaceted plan to promote staff health and wellness. The plan will be based on input solicited from school staff and will outline ways to encourage healthy eating, physical activity, sun safety and other elements of a healthy lifestyle. The staff wellness committee will provide a copy of its plan to the wellness program committee. The plan will provide opportunities and encouragement for staff to be physically active by:

Planning, establishing and implementing activities to promote physical activity among staff and providing opportunities for staff to conveniently engage in regular physical activity.

Working with recreation agencies and other community organizations to coordinate and enhance opportunities available to staff for physical activity during their out-of-school time.

Tobacco

Tobacco use prevention education will focus on all grades with particular emphasis on middle school and reinforcement in all later grades. Instructional activities will be participatory and developmentally appropriate. Tobacco use prevention education programs will be implemented in accordance with Board policy, relevant administrative procedures and law.

Asthma

It would be a good idea that asthma education and training should be provided for faculty and staff prior to the school year beginning.

Oversight and Evaluation

The wellness program coordinators are responsible for monitoring implementation of the school wellness program by:

1. Assuming responsibility for the assessment of existing policies and procedures.
2. Prioritizing wellness goals and writing work plans for each goal.

3. Measuring implementation of the school wellness policy and procedure.
4. Ensuring that the school meets the goals of the wellness policy and procedure.
5. Reporting to the Board on compliance and progress

Monitoring

The food service director/authorized representative will monitor compliance with the school nutrition guidelines.

Compliance Indicators

Physical fitness

Physical activity levels of staff

Weight status or body mass index (BMI) of students and staff.

Fruit and vegetable intake of students and staff.

Number of lunches sold

Policy Review

The wellness program coordinator will provide policy revision recommendations to the Board as part of the periodic report. The recommendations will be based on analysis of the compliance indicators and comparison of the school's policy to model policies provided, recommended or referenced by the USDA. The Board will revise the wellness policy as it deems necessary. Administrative procedures will be revised accordingly.

