

**DIOCESE OF DAVENPORT
BOARD OF EDUCATION**

POLICY 680.0

WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION

Instruction

Catholic Schools “exist in order to educate the whole person; mind, body, and soul”.¹

In educating students about the body, they strive to develop “a profound reverence for the great gift of life, their own lives and the lives of others, along with readiness to spend themselves in serving all that preserves and enhances life.”²

The schools governed by the Diocesan Board of Education strive to maintain a learning and working environment that promotes and protects children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore:

1. Schools will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing local nutrition and physical activity practices and policies. Each school shall form a local committee which includes representation from the following: students, parents, food service staff, board of education, administration, and the public. Consideration may be given to expanding the School Improvement Advisory Committee (SIAC), or establishing a subcommittee of the SIAC, to serve as the local review committee. (checklist and procedures following this Policy 680.1)
2. All students in grades PreK-12 will have opportunities, support, and encouragement to be physically active on a regular basis. This will include an articulated curriculum, offering a wide range of activities leading to lifelong physical health.
3. To the extent possible, foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
4. Food Service personnel 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 the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
5. To the extent it is possible, schools will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).
6. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
7. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and National School Hot Lunch Act.

Wellness Program Components

Procedure 680.1

Component 1: A Commitment to Nutrition & Physical Activity

- Nutrition education and physical activity are included in the school's educational program from pre-kindergarten through grade 12.
- Members of the School Improvement Advisory Committee (SIAC) will participate in establishing procedures that affect nutrition and physical activity issues. School staff, students, and parents will be a part of the procedure-making process to support a healthy school nutrition environment. A member of the school food authority will be represented on this committee.
- Administrator(s) support the development of healthy lifestyles for students, and establish and enforce policies that improve the school nutrition environment. In collaboration with the SIAC, he/she will address issues such as the kinds of foods available on the school campus; mealtime schedules; dining space and atmosphere; nutrition education; and physical activity.
- 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.

Component 2: Quality School Meals

- Students are encouraged to participate in school offered food programs.
- The Child Nutrition Programs are administered by school foodservice staff that is properly qualified according to current professional standards.
- All school foodservice staff have appropriate pre-service training and regularly participate in professional development activities.
- School meals are offered at prices students can afford.
- Menus meet nutrition standards established by the U.S. Department of Agriculture, conform to good menu planning principles, and feature a variety of healthy choices that are tasty, attractive, and of excellent quality, & are served at the proper temperature.
- School foodservice staff use food preparation techniques to provide school meals that are low in saturated fat, sodium, and sugar. They offer healthy food choices that include lean meats, fruits, vegetables, whole grains, and low-fat or non-fat milk.
- School meals are marketed to appeal to all students, who are encouraged to choose and consume the full meal.

Component 3: Other Healthy Food Options

- All foods and beverages that are available during the school day contribute to meeting the dietary needs of students; that is, they are from the five major food groups of the Food Guide Pyramid.
- School procedures include guidelines for foods and beverages offered at parties, celebrations, and social events.
- If a la carte foods are available, they include a variety of choices of tasty, nutritious foods and beverages, such as fruits, vegetables, whole grains, and low-fat or non-fat dairy foods.
- There are appropriate restrictions on students' access to vending machines, school stores, snack bars, and other outlets that sell foods and beverages, if these options are available.
- School staff are encouraged to use non-food items as classroom incentives.
- The school encourages parents to provide a variety of nutritious foods if students bring bag lunches from home.

Wellness Program Components

Procedure 680.1

Component 4: Pleasant Eating Experiences

- Meal periods are scheduled at appropriate times; schools do not schedule tutoring, pep rallies, club and organization meetings, and other activities during meal times.
- Meal periods are long enough for students to eat and socialize.
- Dining areas are attractive and have sufficient space for seating; tables and chairs are the right size for the students.
- Recess for elementary grades is encouraged to be scheduled before lunch so that children will come to lunch less distracted and ready to eat.
- Schools encourage socializing among students, and between students and adults. Adults properly supervise dining rooms and serve as role models to students.
- Creative, innovative methods are used to keep noise levels appropriate.
- Hand washing equipment and supplies are in a convenient place so that students can wash their hands before eating.
- Drinking fountains are available for students to get water at meals and throughout the day.
- Schools use an accounting system that protects the identity of students who eat free and reduced price school meals.

Component 5: Nutrition Education

- Students in pre-kindergarten through grade 12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Students receive nutrition messages throughout the school that are consistent and reinforce each other.
- Diocesan health education curriculum standards and guidelines include nutrition education and physical education.
- Nutrition is integrated into cross curricular areas such as math, science, and language arts.

Component 6: Marketing

- Positive, motivating messages about healthy lifestyles will be promoted to students, parents, teachers, administrators, and the community.
- Schools will consider input from students in planning for a healthy school nutrition environment.
- Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment.

Policy Adopted: April 26, 2006

8. Establish procedures on physical activity, nutrition education, food service, fundraising projects, vending machines and classroom (snacks and treats).

¹ *National Directory of Catechesis* 61.4.b

² *Stewardship: A Disciple's Response*

See also DBE policy:

710.0 Health Services

Component 6: Marketing

Definitions of Success	Rate Yourself 5 being the highest	Needs Improvements or Comments
Positive, motivating messages about the healthy lifestyles will be promoted to students, parents, teachers, administrators, and the community.	0 1 2 3 4 5	
Schools will consider input from students in planning for a healthy school nutrition environment.	0 1 2 3 4 5	
Schools work with a variety of media to spread the word to the community about a healthy school nutrition environment.	0 1 2 3 4 5	

Component 5: Nutrition Education

Definitions of Success	Rate Yourself 5 being the highest	Needs Improvements or Comments
Students in pre-kindergarten through grade 12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.	0 1 2 3 4 5	
Students receive nutrition messages throughout the school that are consistent and reinforce each other.	0 1 2 3 4 5	
Diocesan health education curriculum standards and guidelines include nutrition education and physical education.	0 1 2 3 4 5	
Nutrition is integrated into core curriculum areas such as math, science, and language arts.	0 1 2 3 4 5	

Component 4: Pleasant Eating Experiences

Definitions of Success	Rate Yourself 5 being the highest	Needs Improvements or Comments
Meal periods are scheduled at appropriate times; schools do not schedule tutoring, pep rallies, club and organization meetings, and other activities during meal times.	0 1 2 3 4 5	
Meal periods are long enough for students to eat and socialize.	0 1 2 3 4 5	
Dining areas are attractive and have sufficient space for seating; tables and chairs are the right size for the students.	0 1 2 3 4 5	
Recess for elementary grades is encouraged to be scheduled before lunch so that children will come to lunch less distracted and ready to eat.	0 1 2 3 4 5	
Schools encourage socializing among students, and between students and adults. Adults properly supervise dining rooms and serve as role models to students.	0 1 2 3 4 5	
Creative, innovative methods are used to keep noise levels appropriate.	0 1 2 3 4 5	
Hand washing equipment and supplies are in a convenient place so that students can wash their hands before eating.	0 1 2 3 4 5	
Drinking fountains are available for students to get water at meals and throughout the day.	0 1 2 3 4 5	
Schools use an accounting system that protects the identity of students who eat free and reduced price school meals.	0 1 2 3 4 5	

Component 3: Other Healthy Food Options

Definitions of Success	Rate Yourself 5 being the highest	Needs Improvements or Comments
All foods and beverages that are available during the school day contribute to meeting the dietary needs of students; that is, they are from the five major food groups of the Food Guide Pyramid.	0 1 2 3 4 5	
School procedures include guidelines for foods and beverages offered at parties, celebrations, and social events.	0 1 2 3 4 5	
If a la carte foods are available, they include a variety of choices of tasty, nutritious foods and beverages, such as fruits, vegetables, whole grains, and low-fat or non-fat dairy foods.	0 1 2 3 4 5	
There are appropriate restrictions on students' access to vending machines, school stores, snack bars, and other outlets that sell foods and beverages, if these options are available.	0 1 2 3 4 5	
School staff are encouraged to use non-food items as classroom incentives.	0 1 2 3 4 5	
The school encourages parents to provide a variety of nutritious foods if students bring bag lunches from home.	0 1 2 3 4 5	

Component 2: Quality School Meals

Definitions of Success	Rate Yourself 5 being the highest	Needs Improvements or Comments
Students are encouraged to participate in school offered food programs.	0 1 2 3 4 5	
The Child Nutrition Programs are administered by school foodservice staff that is properly qualified according to current professional standards.	0 1 2 3 4 5	
All school foodservice staff have appropriate pre-service training and regularly participate in professional development activities.	0 1 2 3 4 5	
School meals are offered at prices students can afford.	0 1 2 3 4 5	
Menus meet nutrition standards established by the U.S. Department of Agriculture, conform to good menu planning principles, and feature a variety of healthy choices that are tasty, attractive, and of excellent quality & are served at the proper temperature.	0 1 2 3 4 5	
School foodservice staff use food preparation techniques to provide school meals that are low in saturated fat, sodium, and sugar. They offer healthy food choices that include lean meats, fruits, vegetables, whole grains, and low-fat or non-fat milk.	0 1 2 3 4 5	
School meals are marketed to appeal to all students, who are encouraged to choose and consume the full meal.	0 1 2 3 4 5	

Component 1: A Commitment to Nutrition Physical Activity

Definitions of Success	Rate Yourself 5 being the highest	Needs Improvements or Comments
Nutrition education and physical activity are included in the school’s educational program from pre-kindergarten through grade 12.	0 1 2 3 4 5	
Members of the School Improvement Advisory Committee (SIAC) will participate in establishing procedures that affect nutrition and physical activity issues. School staff, students, and parents will be a part of the procedure-making process to support a healthy school nutrition environment. A member of the school food authority will be represented on this committee.	0 1 2 3 4 5	
Administrator(s) support the development of healthy lifestyles for students, and establish and enforce policies that improve the school nutrition environment. In collaboration with the SIAC, he/she will address issues such as the kinds of foods available on the school campus; mealtime schedules; dining space and atmosphere; nutrition education; and physical activity.	0 1 2 3 4 5	
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.	0 1 2 3 4 5	