St Michael School's Local Wellness Policy (LWP)

Local School Wellness Committee

Committee Role and Membership

TheLocal Wellness Committee (hereto referred to as the LWC) will meet at least one time per year to establish goals and to oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy (LWP). The designated official for oversight and to ensure compliance is Ashley Rockey, school principal.

Committee Members:

Name	Title/Relationship to school	Email Address	Role on Committee
Ashley Rockey	Principal	ashley-rockey@cdolinc.net	School Wellness Policy Coordinator
Therese Krick	Assistant Principal	therese-krick@cdolinc.net	School Wellness Policy Coordinator
Christy Kruger	Teacher	christy-kruger@cdolinc.net	Evaluation & implementation of Phys. Ed. & Health
Linda Schurman	Food Service Director	linda-schurman@cdolinc.net	Implementation of nutrition and nutrition education
Liz Pohlen	Registrar	liz-pohlen@cdolinc.net	Assists in the evaluation and implementation of the LWP
Jen Wells	School Nurse	jen-wells@cdolinc.net	Assists in the evaluation and implementation of the LWP
Nikki Wemhoff	Food Service	nikki-wemhoff@cdolinc.net	Assists in the evaluation and implementation of the LWP
Katie Slattery	Teacher	katie-slattery@cdolinc.net	Assists in the evaluation and implementation of the LWP
Sara Berglund	Parent	sara-berglund@cdolinc.net	Assists in the evaluation and implementation of the LWP
Alex Rieke	Counselor	alex-rieke@cdolinc.net	Assists in the evaluation and implementation of the LWP

Implementation, Assessment and Update:

TheSchool will actively inform families each year of basic information about this policy, including its content, any updates to the policy and implementation status. The School will make this information available through school communications and on the website www.stmichaelmarauders.org. Annually, the School will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how they can get involved with the local wellness committee.

At least once every three years, the committee will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

The extent to which the school is in compliance with the wellness policy;
A description of the progress made in attaining the goals of the wellness policy.

The LWC will monitor school's compliance with this wellness policy and will notify families of the availability of the triennial progress report. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

References/Governance

Healthy, Hunger Free Kids Act of 2010
USDA Local Process 2014-How to Develop, Implement, & Evaluate a Wellness Policy
USDA National School Lunch and Breakfast Program
Fitnessgram
Nebraska Department of Education Policy
Nebraska Department of Health and Human Services-Health Screening Policy
Diocese of Lincoln Catholic Schools' Healthy Schools Local Wellness Policy Requirements
St Michael Wellness Committee recommendations-with experts and parent/student participants

RecordKeeping

St. Michael School will retain records to document compliance with the requirement of the Wellness Policy.Documentation will include but is not limited to:

- The written Wellness Policy.
- Documentation demonstrating that the policy has been made available in the student/parent handbook.
- Minutes of meetings to update the policy.
- Documentation of any data driven records that students return to the school.
- The most recent assessment on the implementation of the wellness policy.
- Goals that are a part of the Wellness Policy and the updating of said goals.

General Statement

St Michael Catholic School is committed to providing a school environment that will promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Our school will provide nutritional and physical educational programs to foster habits that promote lifelong health.

Policy Focus/Public Involvement

St Michael Catholic School will engage students, parents, teachers, food/health professionals, school family leadership, school administrators, other interested community members and the public in developing, implementing, monitoring and reviewing nutrition and physical activity policies.

The public can obtain this local wellness policy on the school website www.stmichaelmarauders.org.

Nutrition

School Meals
Our school is committed to serving healthy meals to children. The school meal program aims to improve the diet and health of school children.

School Meals will be prepared and served in accordance with state guidelines and the federal USDA National School Lunch and Breakfast Program to meet or exceed current nutrition requirements.

Our school meals are:

- Accessible to all students;
- Appealing and attractive to children;
- Served in a clean and pleasant surrounding;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.

Families deposit money into their child's lunch, either through sending a check to the office, or by creating an account with www.myschoolbucks.com and putting money into that account. Email notifications are sent when account balance is low. When student accounts are negative, the lunch program director will notify parents. Information notifying all families of terms of eligibility for free or reduced lunch costs are available to families at the beginning of the year and on the school website. Any information provided by families is strictly confidential.

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Parents or guardians are encouraged to join students for meals and become involved in the school nutrition program. Parents and guardians are encouraged to pack nutritional food and drinks in sack lunches, to include: lean protein, fresh fruits/vegetables, whole grains, and milk/dairy products.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* Drinking water will be available where school meals are served during mealtimes.

Competitive Foods and Beverages

All foods and beverages sold at school during the school day will meet nutrition standards. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks.

CelebrationsandRewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Healthy party ideas are available from the Alliance for a Healthier Generation and the USDA. For all parties that are held throughout the year - All Saints, Christmas, and Easter, St. Michael will provide the snack for those parties. NO extra food will be allowed to come into the school.

There are no requirements for food/beverages sold during non-school hours for example weekends and evenings. See websites https://www.fns.usda.gov/sites/default/files/allfoodsfundraisers.pdf & https://www.education.ne.gov/NS/forms/nslpforms/CompetitiveFoods.html for additional information.

Food rewards should be avoided and if given, should be healthy and nut safe. A list of nut safe snacks is available to teachers. A hard copy at the beginning of the year, and on the shared folder. Teachers are encouraged not to use food as teaching tools when non-edible items will work just as well.

Birthdays are recognized using non-edible gifts such as pencils, erasers, stickers, or other tangibles. St. Michael does not allow food to be brought in from an outside source for any reason.

Nutrition Education and Promotion
Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

Our Goal: Students and staff will choose nutritional food and drinks resulting in normal BMIs and energy levels that positively affect learning. The School will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is part of not only health education classes, but also integrated into other classroom instruction;
- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and/or school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing;
- Teaches the risks of unhealthy weight control practices and accepting body size differences
- Includes nutrition education training for teachers and other staff.

Staff should be knowledgeable on basic nutrition, physical activities, and Federal, State, and Local school policies and guidelines. This will allow them to better educate students and to model healthy behaviors in nutrition, physical activity, and non-use of tobacco for a consistent message.

Food and Beverage Marketing in Schools
The school environment ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools.

As the school nutrition services/Athletics Department/PT NPTO review existing contracts and consider new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the wellness policy.

PhysicalActivity

Children and adolescents should participate in physical activity every day. Physical activity during the school day should not be withheld as punishment. If a child is consistently missing recess, a plan should be developed in conjunction with parents to address the child's needs. To the extent practicable, the school will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The school safety committee will conduct necessary inspections and repairs.

Physical Education

The school will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. All **elementary students and middle school students** will receive physical education throughout the school year taught by licensed teachers. Exemptions or substitutions for physical education classes are (usually) not granted.

Physical tests will be conducted in select grades using the Fitnessgram.

Essential Physical Activity Topics in Health Education

Health education is required in all grades. The school will include in the health education curriculum some of the following topics appropriate to the school:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety: e.g. avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough: determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess
The school offers at least 20 minutes of recess on all days during the school year for grades K-5. For grades 6-8, recess is 12 minutes in the morning, and when time allows in the schedule, 10 - 15 minutes in the afternoon. When recess time is before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms to address cleanliness for reentering the building to eat. **Outdoor recess** will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Classroom Physical Activity Breaks
The school recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Resources and ideas are available through USDA and the Alliance for a Healthier Generation. Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities - Active Transport
The school will support active transport to and from school, such as walking or biking. Organized athletics are encouraged for Junior High students.

Staff Wellness and Health Promotion
The LWC will focus on staff wellness issues, identify and disseminate wellness resources Our school will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors, including Professional Learning.

Community Health Promotion and Family Engagement
The School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. The school will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.