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## WELLNESS POLICY

[Note: All schools that participate in the National School Lunch and School Breakfast Programs are required by the Healthy, Hunger-Free Kids Act of 2010 (Act) to have a wellness policy that includes standards and nutrition guidelines for foods and beverages made available to students on campus during the school day, as well as specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. The Act requires the involvement of parents, students, representatives of the child nutrition department, teachers of physical education, school health professionals, the school board, school administrators, and the public in the development, implementation, and periodic review and update of the wellness policy. The Act also requires a plan for measuring implementation of the policy and reporting wellness policy content and implementation issues to the public, as well as the designation of at least one person charged with responsibility for the implementation and oversight of the wellness policy to ensure the school is in compliance with the policy.]

### PURPOSE

The purpose of this policy is to set forth methods that promote student wellness, prevent and reduce childhood obesity, and assure that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum local, state, and federal standards.



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### GENERAL STATEMENT OF POLICY

A. Loyola Catholic School (LCS) recognizes that nutrition promotion and education, physical activity, and other school-based activities that promote student wellness are essential components of the educational process and that good health fosters student attendance and learning.

B. The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.

C. The school encourages the involvement of parents, students, representatives of the child nutrition department, teachers, school health professionals, the school board, school administrators, and the general public in the development, implementation, and periodic review and update of the school's wellness policy.

D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.

E. All students in grades PS-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

F. Qualified child nutrition personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to 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.



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### WELLNESS GOALS

#### A. Nutrition Promotion and Education

1. The school will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. part of health education classes, as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and
  - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as promotions, taste testing, and field trips.
2. The school will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte/snack lines, vending machines, fundraising events, and concession stands.

#### B. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health and physical education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities;
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and classroom teachers will provide short physical activity breaks between lessons or classes, as



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appropriate. All students in grades preschool through 9th grade will participate in a physical education class. There are also other opportunities for grades 10-12 to participate in physical education elective classes.

### C. Communications with Parents

1. The school recognizes that parents and guardians have a primary role in promoting their children's health and well-being.
2. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. The school will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.
5. The school will provide information about mental health and/or will refer to the school counselor.

## STANDARDS AND NUTRITION GUIDELINES

[Note: The Act requires that schools have standards, selected by the school, for all foods available on the school campus during the school day with the objective of promoting student health and reduce childhood obesity. For foods and beverages sold to students during the school day on school campus, the Act requires that schools also have nutrition guidelines.]



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### A. School Meals

[Note: The Act specifically requires that the wellness policy contain standards and nutrition guidelines for all foods and beverages sold to students during the school day that are consistent with the meal requirements for lunches.

1. The school will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations.
2. Child nutrition personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
  3. Child nutrition personnel will provide clean, safe, and pleasant settings and adequate time for students to eat.
  4. Child nutrition personnel will take every measure to ensure that student access to foods and beverages meets or exceeds all applicable federal, state, and local laws, rules, and regulations and that reimbursable school meals meet USDA nutrition standards.
  5. Child nutrition personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.
  6. The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
  7. The school will provide students access to hand washing or hand sanitizing before they eat meals or snacks.



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8. The school will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
9. The school will discourage tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.

### B. School Food Service Program/Personnel

1. The school shall designate an appropriate person to be responsible for the LCS food service program, whose duties shall include the creation of nutrition guidelines and procedures for foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA guidelines.
2. As part of the school's responsibility to operate a food service program, the school will provide continuing professional development for all child nutrition personnel at LCS.

### C. Competitive Foods and Beverages

All foods and beverages sold on school grounds to students, outside of reimbursable meals, are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, and for in-school fundraisers.

1. All competitive foods will meet the USDA Smart Snacks in School (Smart Snacks) nutrition standards and any applicable state nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.



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2. Before and Aftercare (child care) programs must also comply with the LCS nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.

### D. Other Foods and Beverages Made Available to Students

Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those foods provided through:

- a. Classroom snacks brought by parents. The school will provide to parents a list of suggested foods and beverages that meet . [Smart Snacks nutrition standards](#)
  - [USDA Recommendations](#)
  - [List-of-Acceptable-Foods-and-Beverages](#)

### E. Rewards and incentives.

LCS will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment. The school will make available to parents and teachers a list of suggested healthy fundraising ideas.

### F. Food and Beverage Marketing at LCS

1. School-based marketing will be consistent with nutrition education and health promotion.
2. LCS will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.



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### WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

#### A. Wellness Coordinator

1. The superintendent will designate a school official to oversee the school's wellness-related activities (Wellness Coordinator). The Wellness Coordinator will ensure that the school implements the policy.
2. The principal of the school, or a designated school official, will ensure compliance within the school and will report to the Wellness Coordinator regarding compliance matters upon request.

#### B. Public Involvement

1. The Wellness Coordinator will permit parents, students, representatives of the child nutrition department, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the wellness policy.
2. The Wellness Coordinator will hold meetings, from time to time, for the purpose of discussing the development, implementation, and periodic review and update of the wellness policy. All meeting dates and times will be posted on the school's website and will be open to the public.

### POLICY IMPLEMENTATION AND MONITORING

#### A. Implementation and Publication



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1. After approval by the Board of Trustees, the wellness policy will be implemented throughout the school.

2. The school will post its wellness policy on its website, to the extent it maintains a website.

[Note: Per Minn. Stat. § 121A.215, when available, a school must post its current local school wellness policy on its website.]

### B. Annual Reporting:

The Wellness Coordinator will annually inform the public about the content and implementation of the wellness policy and make the policy and any updates to the policy available to the public.

### C. Triennial Assessment

1. At least once every three years, the school will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes the following information:
  - a. the extent to which school, under the jurisdiction of the DOW-R, are in compliance with the wellness policy;
  - b. the extent to which the school's wellness policy compares to model local wellness policies; and
  - c. a description of the progress made in attaining the goals of the school's wellness policy.
2. The Wellness Coordinator will be responsible for conducting the triennial assessment.
3. The triennial assessment report shall be posted on the school's website or otherwise made available to the public.



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### D. Recordkeeping:

The school will retain records to document compliance with the requirements of the wellness policy. The records to be retained include, but are not limited to:

- The school's written wellness policy.
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public.
- Documentation of the triennial assessment of the local school wellness policy for each school under the school's jurisdiction efforts to review and update the wellness policy (including an indication of who is involved in the update and methods the school uses to make stakeholders aware of their ability to participate in the Wellness Committee).



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Policy 533 – Wellness Adopted: Loyola Catholic School 121A.215 (Local School Wellness Policy) 42 U.S.C. § 1751 et seq. (Healthy and Hunger-Free Kids Act) 533-7 42 U.S.C. § 1758b (Local School Wellness Policy) 42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966) 7 U.S.C. § 5341 (Establishment of Dietary Guidelines) 7 C.F.R. § 210.10 (School Lunch Program Regulations) 7 C.F.R. § 220.8 (School Breakfast Program Regulations) Local Resources: Minnesota Department of Education, [www.education.state.mn.us](http://www.education.state.mn.us) Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us) County Health Departments Action for Healthy Kids Minnesota [www.actionforhealthykids.org](http://www.actionforhealthykids.org) United States Department of Agriculture, [www.fns.usda.gov](http://www.fns.usda.gov)