

CATHOLIC SCHOOLS OFFICE WELLNESS POLICY

10000 Wellness Policy

10001 Nutrition Education

10001.1 School Nutrition

Schools are to include nutrition education in science, health and PE classes. Nutrition education should also be included, where appropriate, in math, language arts, social sciences and other subjects.

10001.2 School-based Marketing

School-based marketing will be consistent with nutrition education and health promotion.

10002 Physical Activity Opportunities and Physical Education

10002.1 Daily Physical Activity K-8

All students in grades K-8, including students with disabilities and special health-care needs will receive daily physical activity for the entire school year. All students will have a minimum of 60 minutes of physical activity throughout the week. This includes, but is not limited to, daily recess at all grade levels K-8. All high schools will meet the minimum standards as required by the Kentucky Program of Studies. All teachers are encouraged to provide opportunities during the day for physical activity, such as breaks between classes.

10002.2 Physical Activity and Discipline

Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as a means of discipline.

10003 Nutritional Quality of Foods / Beverages Served, Sold on Campus

10003.1 School Meals

Meals served through the National School Lunch/Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.

10003.2 Free and Reduced-priced Meals

Schools 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.

10003.3 Foods and Beverages Sold Individually Elementary and High Schools

In all schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, will meet the following nutrition and portion size standards:

Beverages

- Allowed: Water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain 100% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA). Seltzer water without caloric sweetener can be served outside of mealtime.
- Not allowed: Soft drinks of any kind unless Doctor ordered, energy drinks, iced teas; fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

A food item sold individually will:

- Have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined.
- Have no more than 35% of its weight from added sugars.
- Contain no more than 230 mg of sodium per serving for chips, cereals, crackers, french fries, baked goods, and other snack items.
- Contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- Have a choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).
- Fast food is not permitted in the cafeteria unless the service is being provided by the school, example: Piizza

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Candy is not permitted in the cafeteria and should not be packed in children lunches, **CANDY** are **NOT** permitted in the cafeteria. Birthday treats are **NOT** celebrated in the cafeteria; this is done in the classroom at the discretion of the teacher.

Rewards

Schools will not use foods or beverages as rewards for academic performance or good behavior and will not withhold food as a means of discipline.

Celebrations

Schools should limit celebrations that involve food during the school day. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The celebrations must take place in the classroom at the discretion of the teacher. Celebration treats cannot be brought to the cafeteria.

10004 Monitoring and Policy Review

10004.1 Monitoring

The Superintendent or Child Nutrition Director will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the diocese superintendent or designee.

School food service staff, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the principal.