

Gibault Holy Cross School

Wellness Policy on Physical Activity and Nutrition

Philosophy: The Board of School Trustees of Gibault Holy Cross School (GHCS) supports the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels. Therefore, in accordance with the Child Nutrition and WIC Reauthorization Act and the Healthy, Hunger-Free Kids Act, it is the policy of the Board to:

Statement of Purpose: Provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.

I. Coordinated School Health Advisory Council

GHCS will encourage students, Dorm Supervisors, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing corporation-wide nutrition and physical activity policies. A Coordinated School Health Advisory Council will be formed and maintained at the corporation level to oversee the development, implementation and evaluation of the school corporation's wellness policy.

1. In accordance with Indiana Code 20-26-9-18, and the Healthy, Hunger Free Kids Act of 2010 (HHFKA), the school corporation will form and maintain a corporation level Coordinated School Health Advisory Council that includes at least the following:
 - Directors of Residential Services
 - Food Service Director
 - School Health Professionals/Registered Dietitians
 - Chief Operating Officer
 - School Principal

- Any Interested Members of the General Public
 - Representatives of Interested Organizations
2. The Advisory Council shall meet to review nutrition and physical activity policies and to develop an action plan for the coming year. The Council shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.
 3. The Advisory Council shall report annually to the Superintendent and School Board on the implementation of the wellness policy and include any recommended changes or revisions.
 4. The School Wellness Policy shall be made available to students and families by means of policy handbooks and the corporation's website.

II. Nutrition Education and Promotion

Nutrition topics shall be integrated within the education curriculum and taught at every grade level (1-12). GHCS will link nutrition education with fine arts activities.

A. Nutrition education and promotion will be provided as part of the overall Education Program.

- A. Health education will be taught by a licensed instructor.
- B. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
- C. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in the educational setting.

III. Standards for USDA Child Nutrition Programs and School Meals

GHCS will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

A. School Meal Content

1. Meals served through the National School Lunch and Breakfast Programs will:
 - Be appealing and appetizing to children

- Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
 - Offer fruits and vegetables;
2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
 3. Special dietary needs of students will be considered when planning meals, according to the document Accommodating Children with Special Dietary Needs in the School Nutrition Programs.

B. School Meal Participation

1. To the extent possible, we will provide the USDA School Breakfast Program to all students.
2. Breakfast, lunch, and dinner will be provided to students at consistently scheduled times each day.

C. Mealtimes and Scheduling

1. Adequate time will be provided to students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served).
2. School meals will be served in clean and pleasant settings.
3. Students will have convenient availability to hand-washing or sanitizing stations.
4. Potable (drinking) water must be readily available at all mealtimes.
5. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

D. Professional Development

Professional development and training will be provided at least annually to food service managers and staff on proper food handling techniques and healthy cooking practices.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

GHCS will allow foods and beverages that support proper nutrition and promote healthy choices in school stores and classroom celebrations.

A. Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007) and the standards of the USDA Smart Snacks..

1. Beverages outside of school meals shall be limited to:
 - Water without flavoring, additives, or carbonation
 - Low-fat and nonfat milk (in 8- to 12-ounce portions)
 - All beverages other than water, white milk or juice shall be no larger than 12 ounces.

B. Availability

Students and staff will have free, portable (drinking) water for consumption available in water fountains throughout the school building.

C. Classroom Celebrations

1. Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food.
2. Classroom celebrations that include food will be limited. Food items must meet the guidelines set forth in this document.

D. Food as Punishment

1. School staff will not withhold food or drink at mealtimes as punishment.

V. Physical Activity and Physical Education

GHCS supports the health and well-being of students by promoting physical activity through physical education, rec time and other physical activity breaks; before- and after-school activities. Additionally, GHCS supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.

A. Physical Education 1-12

1. All students in grades 1-12 will participate in physical education in order to meet the Physical Education Standards. Also, high schools will encourage students to take more than the courses of physical education required for all Indiana diplomas.
2. Waivers will not apply towards the physical education courses required for a diploma. Credit flexibility in physical education will be limited to elective physical education courses. Physical education classes will have the same student/teacher ratio used in other classes. In Indiana, the ratio for a single school shall not exceed an average of 30 to 1.
3. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.
4. Physical education will be taught by a licensed physical education instructor.
5. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.

B. Daily Recess and Physical Activity Breaks

1. Each elementary school shall provide daily physical activity in accordance with Indiana Code 20-30-5-7.5.
2. All elementary school students will have at least 1 period of active recess per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education (NASPE). This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.
3. All teachers will be encouraged to use physical activity breaks during classroom time as often as possible.
4. Schools should discourage extended periods of inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

C. Physical Activity Opportunities Before and After School

1. Schools will offer intramurals, clubs, and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.

D. Physical Activity and Remedial Activities/Punishment

1. Students will not be removed or excused from physical education to receive instruction in other content areas.
2. School staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

VI. Staff Wellness

GHCS supports the health and well-being of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

A. Nutrition and Physical Activity

1. The school corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff. Presentations on health and wellness will be provided at least once each school year.
2. Staff will be encouraged to participate in community walking, bicycling or running events.
3. At least 50 percent of the food options available at staff meetings will meet the approved nutrition standards. During meetings lasting longer than one hour, staff will have the opportunity to stretch and be physically active.

VII. Evaluation

GHCS is committed to enforcing the policies and guidelines included in this document. Through implementation of the School Wellness Policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff.

A. Implementation and Data Collection

1. The school corporation will use an evidence-based assessment tool to track the collective health of students over time by collecting data such as body composition (height and weight), aerobic capacity, and/or muscular strength, endurance and flexibility.
2. Director of Food Services shall ensure that their schools are in compliance with the corporation's wellness policy halfway through the school year by assessing wellness implementation strategies. The principals shall then report to the superintendent, who will provide a report to the school board.
3. The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Advisory Council.
4. Policy language will be assessed each year and revised as needed.