

**Immaculate Conception School
Loose Creek, MO**

Wellness Policy

May 2016

Immaculate Conception School (I.C. School) is committed to the optimal development of every student. I.C. School believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, a positive, safe, and health-promoting learning environment must exist at every level and in every setting throughout the school year.

I. School Wellness Committee

Committee Role and Membership

The I.C. School Wellness Committee will meet at least twice per year to establish goals and oversee school health and safety policies and programs.

The I.C. School Wellness Committee will include, but not be limited to: parents and caregivers; students; cooks; physical education teacher; health education teachers; school administrator; school board member; health professionals; and the general public.

Leadership

The school administrator will serve as the coordinator to implement, oversee updates, and ensure compliance with the policy.

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Annual Progress Reports

I.C. School will compile and publish an annual report at the end of the school year which will include the following:

- The website address for the wellness policy and how the public can access a copy
- A report on the progress of the wellness policy goals
- A summary of events related to wellness policy implementation
- Information on how individuals and the public can get involved

Triennial Progress Assessments

At least once every three years, an assessment will be conducted to ensure compliance, to compare to other model wellness policies, and to evaluate progress toward goals.

Revisions and Updating the Policy

The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach, and Communications

I.C. School is committed to involving the community and informing them of the wellness policy by:

- Posting the policy on the website
- Collaborating with the local community to provide educational opportunities

- Providing nutritional information for the lunch program
- Communicating information through newsletters, parish bulletin, local newspaper, and emails

III. Nutrition

School Meals

I.C. School is committed to serving healthy meals to children by following the recommendations as outlined in the USDA National School Lunch Program (NSLP). These meals are accessible to all students, appealing and attractive to children, and are served in clean and pleasant settings.

I.C. School promotes healthy food and beverage choices through the following:

- Sliced, cut, or dried fruit is available daily.
- Daily fruit options are displayed in a location in the line of sight and reach of students.
- Fruits and vegetable options are displayed in visuals.
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
- White milk is placed in front in the cooler.
- Student artwork is displayed in the service and/or dining areas.
- Menus are displayed in classrooms.
- Monthly menus are emailed to families.
- The child nutrition program will accommodate students with special dietary needs.
- Students are given 20 minutes to eat.
- Water is available.
- Participation in federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

Staff Qualifications and Professional Development

All school nutrition program staff will meet or exceed hiring and annual continuing education/training USDA requirements.

Water

I.C. School will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry water bottles with them throughout the day.

Competitive Foods and Beverages

I.C. School is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. Students may bring a nutritious morning snack. Nutritious snacks and milk are provided in the aftercare program.

Celebrations and Rewards

I.C. School will encourage parents and teachers to provide healthy foods for celebrations and rewards.

Fundraising

I.C. School will limit school fundraisers that involve food.

Nutrition Promotion

I.C. School will promote healthy food and beverage choices for all students as well as encourage participation in school meal programs.

Nutrition Education

I.C. School aims to teach and encourage healthy eating by providing nutrition education that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is integrated into other classroom instruction
- 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
- Includes nutrition education training for teachers and other staff

Essential Healthy Eating Topics in Health Education

I.C. School will include in the health education curriculum on healthy eating by following the Health Curriculum of Jefferson City Diocese.

Food and Beverage Marketing in Schools

I.C. School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

IV. Physical Activity

Physical Education

All students in grades K-8 will receive physical education for 90 minutes per week. Students will spend at least 50 percent of the PE class participating in moderate to vigorous physical activity.

I.C. School will follow the Physical Education Curriculum of the Jefferson City Diocese.

Recess/Movement

I.C. School will offer at least 20 minutes of supervised recess per day to students in grades 5-8. Students in kindergarten through fourth grade will be offered a minimum of 35 minutes per day. Outdoor recess will be offered when weather is feasible. Teachers will incorporate movement and kinesthetic learning into instruction when possible.

Before and After School Activities

I.C. School offers opportunities for students to participate in extracurricular physical activity such as Parochial Athletic League. The after school care program encourages daily periods of moderate to vigorous physical activity.

Staff Wellness and Health Promotion

The staff will be encouraged to promote and model physical activity and healthy eating in their own lives.

Professional Learning

When feasible I.C. School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.