

## **GEHLEN CATHOLIC SCHOOL WELLNESS POLICY**

Gehlen Catholic School promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The Gehlen Catholic School Board supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, Gehlen Catholic School contributes to the basic health status of students. Improved health optimizes student performance potential.

Gehlen Catholic School provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

Gehlen Catholic School supports and promotes proper dietary habits contributing to students' health status and academic performance. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

Gehlen Catholic School will make every effort to prevent or eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, Gehlen Catholic will utilize electronic identification and payment systems and provide meals at no charge to all children, regardless of income and promote the availability of meals to all students.

Gehlen Catholic School will develop a local wellness policy committee comprised of representatives of the board, parents, leaders in food/exercise authority, community wellness experts and employees. The local health/wellness committee will develop a plan to implement, measure, and monitor the effectiveness of the school wellness policy. The committee will designate an individual to monitor implementation and evaluation the implementation of the policy. The committee will report annually to the school board regarding the effectiveness of this policy.

### **Specific Wellness Goals**

#### **Nutrition Education and Promotion**

Gehlen Catholic School will provide nutrition education and engage in nutrition promotion that provides students with the knowledge and skills necessary to promote and protect their health and which includes enjoyable, developmentally appropriate, participatory activities such as contests, promotions, test tasting, farm visits.

#### **Physical Education**

Gehlen Catholic School will provide physical education for all students in grades TK-12 for the entire school year which will be taught by a certified physical education teacher. Physical education should include students with disabilities. Students with special health-care needs may be provided alternative physical education if appropriate and where possible.

Gehlen Catholic School shall provide recess for elementary students which includes a minimum of time of 30 minutes a day for TK-6, preferably outdoors and which encourages moderate to vigorous physical activity and through the provision of space and equipment.

Students in grades 7-12 are required to engage in a physical activity for a minimum of 120 minutes per week. A portion of this requirement will be met through regularly scheduled physical education classes. To demonstrate the completion of the additional physical activity beyond that provided in physical education classes, 7-12 students are required to sign a written agreement stating the nature of the other activities in which they are involved, the starting and ending dates of the activity and the duration of time of the activity each week.

### **Other School-based Activities that Promote Student Wellness**

Gehlen Catholic School will strive to increase student daily physical activity and assist students in fully embracing regular physical activity as a personal behavior by providing students opportunities for physical activity beyond the physical education class.

Gehlen Catholic School will offer an elective health education for high school students that will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.

Gehlen Catholic School will encourage opportunities for physical activity to be incorporated into other subject lessons as appropriate.

Gehlen Catholic School will provide a cardiopulmonary resuscitation course to every student who is physically able, by the end of 12<sup>th</sup> grade. A student is exempt from the requirement if they provide the school with evidence that they possess a cardiopulmonary resuscitation certification.

### **Nutrition Guidelines for all Foods Available on Campus**

Gehlen Catholic School will operate a food service program which will provide opportunities for staff development programs that include appropriate certification and/or training programs for cafeteria workers, according to their levels of responsibility.

Gehlen Catholic School will serve lunch through the National School Lunch Programs that will be served in clean and pleasant settings and which meet, at a minimum, nutrition requirements established by local, state and federal law.

Gehlen Catholic School will offer a National School Lunch Program breakfast program from 7:15 am-8:20 am every morning.

Gehlen Catholic School will schedule meal periods at appropriate times, e.g., lunch shall be scheduled between 11:00 am and 1:00 p.m. or 10:50 a.m. and 12:45 p.m.

Gehlen Catholic School will make every effort to prevent the over identification or stigma attached to students who are eligible for free and reduced-price meals by utilizing electronic identification and payment systems; will not deny any child a meal, regardless of income; and will promote the availability of meals to all students.

Gehlen Catholic School will adhere to food safety guidelines when serving foods on campus.

Gehlen Catholic School will annually make the nutritional content standards for foods and beverage adopted by the state board available to students, parents and the local community.

Gehlen Catholic School will, due to severe peanut allergies among the student body, promote and monitor, to the best of the school's ability during school hours, an environment free of peanuts, peanut products or products produced in a factory where peanuts may be present. Parents and students will be notified. Only pre-packaged foods free of peanuts, peanut products or products produced in a factory where peanuts are present may be brought to school during school hours. Fresh fruits and vegetables are acceptable.

### **Plan for Measuring Implementation**

#### **Monitoring**

The principal will ensure compliance with established school district-wide nutrition and physical activity wellness policies and report this information to the school board, sharing results with the school wellness committee and other pertinent audiences.

#### **Policy Review**

To help with the initial development of the school's wellness policies, Gehlen Catholic School will conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, Gehlen Catholic School will annually review the nutrition and physical activity policies and practices and the provisions of an environment that supports healthy eating and physical activity. Gehlen Catholic will revise the wellness policies and develop work plans to facilitate their implementation.

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Gehlen Catholic School Board

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