D-151

P-CDOP

**STUDENT WELLNESS PLAN**

All elementary and secondary schools of the Catholic Diocese of Peoria shall be committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students’ beliefs and habits and promote health and wellness, good nutrition, and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life. It is the policy of the Catholic Diocese of Peoria that:

1. Each school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and reduce childhood obesity.

2. All students in early childhood programs and grades K-12 will have opportunities, support, and encouragement to participate in physical activities on a regular basis.

3. Qualified food service providers will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of the students; will accommodate the religious requirements of the students; and will provide clean, safe, and pleasant settings and adequate time for the students to eat.

4. To the extent practical, the schools in the Diocese will participate in available federal school meal programs.

5. Foods and beverages sold and/or served as part of the school meal programs will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

6. Each school will engage students, parents, teachers, staff, food service providers, health professionals, and interested community members in monitoring and reviewing the implementation of the Diocesan Student Wellness Plan.

Reviewed 7/2018, 6/2020, 7/2021, 7/2022

D-151

AR-OCS

**STUDENT WELLNESS PLAN**

The purpose of this administrative regulation is to ensure a total school environment that promotes and supports student health and wellness, helps reduce childhood obesity, and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004.

**GOALS FOR NUTRITION EDUCATION**

1. Students in early childhood programs and grades Kindergarten through grade 12 shall receive sequential and interdisciplinary nutrition education. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors. Special emphasis should be placed on nutrition education in early childhood through the primary grades as eating habits are established at a young age.

2. The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, field trips, school gardens, or other like activities.

3. Schools shall work with parents to assist in providing a healthy diet and daily physical activity for their children, which may include information to help them incorporate healthy eating and physical activity.

**GOALS FOR PHYSICAL ACTIVITY**

1. Students in early childhood programs and grades K through 12 shall participate in regularly scheduled formal and informal physical activity programs. Special emphasis should be placed on promoting an active lifestyle in early childhood through the primary grades as health habits are established at a young age. Reasonable accommodations shall be made for students with disabilities and/or other limitations.

2. Elementary schools shall provide a daily, supervised recess period to all students.

3. Students shall be provided opportunities for physical activities through a range of school programs such as intramurals, interscholastic athletics, physical activity clubs, or other like activities.

**GOALS FOR OTHER SCHOOL ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS**

1. Consistent School Activities and Environment – Healthy Eating

a. All food service personnel shall have adequate pre-service training and participate in activities or programs that provide strategies for providing tasty, appealing, and healthy school meals; nutrition education strategies including coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.

b. Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (My Pyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products.

c. It is recommended that food providers share information about the nutritional content of school meals and/or individually sold foods with students, family, and school staff.

d. School meals shall be served in clean, safe, and pleasant settings with adequate time provided for students to eat.

e. All foods and beverages provided by the school shall comply with federal, state, and local food safety and sanitation regulations.

f. Students, parents, school staff, and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options.

g. Access to any area involved in storage, preparation, or service of food on the school campus shall be limited to authorized personnel.

2. Consistent School Activities and Environment – Physical Activity

a. Schools are encouraged to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active.

b. Physical activity facilities and equipment on school grounds shall be safe.

c. Schools are encouraged to work with the community to create a safe and supportive environment for students walking or biking to school.

3. Food as a Reward or Punishment

a. School personnel shall not withhold food or beverages from students as punishment.

**NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY**

1. Food providers shall offer a variety of age-appropriate, appealing food and beverage choices and employ food preparation, purchasing, and meal planning practices consistent with current Dietary Guidelines for Americans (e.g. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).

2. All foods and beverages sold individually (apart from the reimbursable school meal) shall be well-regulated and consistent with the nutritional goals of the student wellness plan. This includes:

a. a la carte offerings in the food service program;

b. food and beverage choices in vending machines, snack bars, school stores;

c. food and beverages sold as part of school-sponsored fundraising activities.

3. Every effort shall be made to provide nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, wherever and whenever food is sold or otherwise offered at school.

**GUIDELINES FOR SCHOOL MEALS**

1. School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans.

2. School meals shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

**MEASURING IMPLEMENTATION**

1. The principal of each building shall be responsible for implementation of the student wellness plan.

# **Healthful Food and Beverage Options for School Functions**

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

* Raw vegetable sticks/slices with low-fat dressing or yogurt dip
* Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
* Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
* Fruit salad
* Cereal and low-fat milk
* 100% fruit or vegetable juice
* Frozen fruit pops with fruit juice or fruit as the first ingredient
* Dried fruits – raisins, cranberries, apples, apricots
* Single serving applesauce or canned fruit in juice
* Peanut butter with apple wedges or celery sticks
* Fruit smoothies made with fat-free or low-fat milk
* Trail mix (dried fruits and nuts)
* Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
* Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
* Party mix (variety of cereals, nuts, pretzels, etc.)
* Pretzels or reduced fat crackers
* Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
* Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
* Mini bagels with whipped light or fat-free cream cheese
* Pasta salad
* Bread sticks with marinara
* Fat-free or low-fat flavored yogurt & fruit parfaits
* Fat-free or low-fat pudding cups
* Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
* Flavored soy milk fortified with calcium
* Pure ice cold water

This list in not all-inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices.

Reviewed 7/2018, 6/2020; 7/2021, 7/2022