



Diocese of Covington

Diocese of Covington Local Wellness Policy for Schools

The Federal Child Nutrition and WIC Reauthorization Act of 2010 requires that all schools participating in the National School Lunch Program implement a Local Wellness Policy. The new law mandates that Local Wellness Policies include:

1. Goals for nutrition education, physical activity, and other School-based activities.
2. Designation of a responsible person(s) for ensuring the Wellness Policy Guidelines are met.

Diocese of Covington Wellness Policies on Nutrition and Physical Activity for Schools

Preamble

The Diocese of Covington is committed to providing nutritious meals in our schools. Healthy, well-fed students learn better, are more attentive and are less of a discipline problem. While we realize that schools cannot be expected to shoulder the burden of reversing the trend in childhood obesity on their own, we must do our part to provide a policy and environmental changes to support healthier choices for both students and staff. Schools are, after all, the place where youth spend a substantial portion of their time. And, given the opportunity, school staff can model healthier lifestyle choices to the students. Wellness Policies make sense, not only for now but for the future of our children.

Because children need access to healthful foods and opportunities to be physically active to grow, learn and thrive and because good health fosters student attendance, the Diocese of Covington School District is committed to providing school environments that promote and protect children's health, wellbeing, and ability to learn by supporting healthy eating and physical activity. In support of this commitment, the Diocese of Covington has developed the following local wellness goals:

GOAL 1 - Nutrition Education, Physical Activity, and School Based Activities

Schools are to include nutrition education in science, health, and physical education classes. Students, parents, food service professionals, health professionals and other interested community members should be called upon to assist the teacher. If a formal breakfast program is not possible, healthy pick-up breakfast items could be available in the morning for those students who come to school with no breakfast. In addition to nutrition education, students should be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restriction on some children's diets.

Physical activity needs to occur on a regular basis. Where possible, certified PE instructors should teach all PE classes, utilizing a K-12 curriculum. Recess, extra time at lunch and/or breakfast, and scheduled PE classes are encouraged. Teachers and school administrators need to work on scheduling so adequate time is allowed for these activities. In the event the above cannot be implemented, another form of activity should be in place at the school. Additionally, students need opportunities for physical activity beyond physical education classes. In order for students to fully embrace regular physical activity as a personal behavior, they need to be encouraged to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.

School based activities such as fundraisers, rewards and celebrations should not involve food or beverages, or should use only foods and beverages that meet the acceptable nutrition guidelines. Schools should conduct fundraising activities that promote physical activities. Rewards for academic performance or good behavior need not be centered around food; non-food items should be used in place of food. Schools should limit celebrations that involve food during the school day to no more than one party per class per month, and healthy food choices should be made for these celebrations.

GOAL 2 - Nutrition Guidelines for Foods

Menu planning in the Diocese of Covington needs to be in accordance with the National School Lunch and Breakfast Program Guidelines. Meeting the nutrition standards recommended in the Dietary Guidelines for Americans (the new Food Guide Pyramid).

Students should be encouraged to start each day with a healthy breakfast since children who come to school hungry may find it difficult to stay alert and learn.

Smart Snacks: compliance is a requirement of all school meal program sponsors. These standards apply to any food and beverage that is sold to students during the instructional day (through the NSLP and SBP).

- The period from midnight the night before to 30 minutes after the last lunch period is exclusive to sales and foods directly provided/sold to students through the school meal programs.
- From 30 minutes after the last lunch period to 30 minutes after the end of the school day, any food/beverage sales (a la carte, school store, snack bars and vending machines) accessible to students, whether given to or sold to students on the school campus, must be SS compliant.
- Areas/locations that are not for student access, like teachers' lunches, are not included in this regulation, but it is always recommended to adopt similar standards to promote staff health and wellbeing for both themselves, and for when they are in front of their students (which can be included in the policy's food/beverage marketing goals).
- Fundraising items that are food/beverage are also subject to these standards unless the items being sold are not intended for on-campus consumption. There are no exemptions to this rule!
- In the policy provided, there is a section for SS compliant allowable/unallowable beverages, but the information was not accurate. The following are the allowable and unallowable beverages for each age/grade group according to the SS standards:

→ Elementary Schools

- Water (unflavored)
- (Un)Flavored low/non-fat fluid milk
- 100% fruit/vegetable juice
- No caffeine or carbonation

→ Middle Schools

- Water (unflavored)
- (Un)Flavored low/non-fat fluid milk
- 100% fruit/vegetable juice
- No caffeine or carbonation

→ High Schools

- Water (flavored or unflavored w/o calories)
- (Un)Flavored low/non-fat fluid milk
- 100% fruit/vegetable juice
- Low-calorie with or without caffeine and/or carbonation
- 0-calorie with or without caffeine and/or carbonation
- Coffees – (un)flavored and/or with low/non-fat fluid milk and/or with creamer/sugar the standards for a low-calorie beverage must be met

Every effort needs to be made to include fresh fruits and vegetables in the school menus. Salad, fruit, and potato bars are encouraged if it is within the school's financial ability to offer such.

To encourage students to try eating healthier foods that may not be familiar to them, taste tests should be done when a new product is offered.

Goal 3 - A Plan for Measuring Implementation of the Local Wellness Policy

To ensure compliance with the Local Wellness Policy, the Diocese of Covington Food Service Director will conduct a review of each school's program and will attach a copy of that review.

If a school needs assistance with implementing the Local Wellness Policy, the Food Service Director will be available on an ongoing basis.

Schools are encouraged to purchase a computer program that will enable them to provide a nutrient analysis of their menus. Since the Diocese does not have a standard menu for all schools, each school will be responsible for providing the information to parents and all interested parties. Schools with web sites should publish menus on the site and provide nutrition information for each meal.

Goal 4 – Designation of Food Service Director to Ensure Implementation of Wellness Policy on Local Schools

The Director for Catholic Education designates the Diocesan Food Service Director to be responsible for ensuring the Wellness Policy goals are being implemented at the local level.

Goal 5 – Public Involvement in Development of Wellness Policy for Schools

The involvement of students, parents and the community are already a valuable component of the National School Lunch Program; however, with the implementation of the Local Wellness Policy, it becomes critical to invite further involvement. School administrators and others in the school community should work with the food service staff at each school to implement the diocesan policy and to develop a Local Wellness Policy appropriate to each school. The policy should be included in student and parent handbooks so the information is available to all concerned; it should also be included on the school and/or parish website.

Student Welfare and Wellness

The health and safety of pupils shall be a priority consideration in all Board decisions.

The Board is committed to providing school environments that promote and protect student health, well-being, and ability to learn by supporting healthy eating and physical activity. To this end, the Board supports school efforts to implement the following:

- To the maximum extent practicable, schools will participate in available federal school meal programs.
- Schools will provide and promote nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education, school meal programs, and related community services.
- All schools containing grades K-5 or any combination thereof, shall develop and implement an individual wellness policy per KRS 160.345 and Board Policy 02.4241.

WELLNESS LEADERSHIP

The Superintendent/designee will direct District officials (“wellness leadership group”) to monitor compliance with this and related policies. At the school level, the Principal/designee will monitor compliance with those policies in his/her school and will report on the school's compliance as directed by the Superintendent/designee.

The wellness leadership group shall work to encourage and support all students to be physically active on a regular basis as provided by school/council policy. Each school shall review and consider evidence-based strategies to set measurable goals in providing nutrition education and engaging in nutrition promotion to positively influence lifelong eating behaviors.

Suggested language may include goals related to activities and opportunities:

- offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- offered as part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- that include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- that promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- that emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
- that link with school meal programs, other school foods, and nutrition-related community services;
- that teach media literacy with an emphasis on food marketing; and
- that include training for teachers and other staff.

Student Welfare and Wellness

PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

- Each school council of a school containing grades K-5 or any combination thereof, or if there is no school council, the Principal, shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students consistent with KRS 160.345 and Board Policy 02.4241.
- The policy may permit physical activity to be considered part of the instructional day, (not to exceed thirty (30) minutes/day or 150 minutes/week) and also in compliance with the school calendar regulation, 702 KAR 007:140 and Board Policy 08.1346.

DISTRICT WELLNESS PLAN/PUBLIC AND STAFF INPUT

The District shall actively seek to engage students, parents, physical and/or health education teachers, school food service professionals, school health professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing this Policy and in providing input on the District Wellness Plan.

The District shall permit community participation in the student wellness process by:

- Making a nutrition and physical activity report to be prepared by the School Nutrition Director available to the public on the District website no later than sixty (60) days prior to the public forum covered in KRS 158.156. (702 KAR 006:090)
- Discussing the findings of the nutrition report and physical activity report and seeking public comments during a publicly advertised special Board meeting or at the next regularly scheduled Board meeting following the release of the nutrition and physical activity reports.
- Holding an advertised public forum by January 31 of each year, to present a plan to improve the school nutrition and physical activities in the District in accordance with KRS 158.856.

The Superintendent shall submit the wellness plan that includes a summary of the findings and recommendations of the nutrition and physical activity report as required by May 1 of each year to the Kentucky Department of Education (KDE).

The Wellness Plan submitted to KDE shall include within the findings and recommendations the following:

1. Extent to which the District is in compliance with this Policy;
2. A comparison of how the District measures up to model wellness policies provided by recognized state and national authorities; and
3. A description of the measurable progress made towards reaching goals of the District wellness policy and addressing any gaps identified in the wellness report for the previous year.

Student Welfare and Wellness**RECORDKEEPING**

The District and each school in the District shall maintain the following records:

- A copy of the written wellness policy or plan;
- Documentation on how the policy and assessments are made available to the public;
- The most recent assessment of implementation of the policy;
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate; and
- Documentation demonstrating compliance with annual public notification requirements and annual reporting to the KDE.

STANDARDS AND NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES

Foods and beverages sold during the school day shall be done in accordance with state and federal regulations and Board Policies 07.111 and 07.12.

STANDARDS FOR ALL FOODS AND BEVERAGES SOLD TO STUDENTS

Foods and beverages sold or served at school shall be consistent with the state and federal regulations for school meal nutrition standards. Nutrition guidelines for all foods and beverages served or sold on campus shall be maintained by the Superintendent/designee and made available upon request. The Superintendent shall designate an individual or individuals to monitor compliance of beverages and food sold ala carte with state and federal nutrition requirements.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

STANDARDS FOR ALL FOODS AND BEVERAGES PROVIDED BUT NOT SOLD TO STUDENTS

- When possible, rewards given to students shall be other than food/beverage items. When food/beverage items are used as rewards, such items shall comply with nutritional guidelines set out in 7 C.F.R 210.11 and 702 KAR 6:090. KAR 006:090. Foods and beverages.
- Foods and beverages provided in school, but not made available for sale, shall meet standards outlined in the schools' individual wellness plan (if applicable) and will not conflict with District Policy.

FOOD AND BEVERAGE MARKETING

All marketing on the school campus during the school day shall be of only those foods and beverages that meet the nutrition standards of the Smart Snack in School Nutrition Standards (7 C.F.R 210.11 and 702 KAR 006:090).

Student Welfare and Wellness

REFERENCES:

KRS 158.850; KRS 158.854
KRS 160.290; KRS 160.345
702 KAR 006:090
P. L. 111-296
7 C.F.R. Part 210
7 C.F.R. Part 220
U. S. Dept. of Agriculture's Dietary Guidelines for Americans

RELATED POLICIES:

02.4241; 07.1; 07.111; 07.12; 08.1346

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