

# Lafayette Catholic Schools Wellness Policies on Nutrition and Physical Activity

## **Mission of the Lafayette Catholic School System**

The Lafayette Catholic School System, centered on Jesus Christ, educates the whole person in a culture that is:

- sustained by Gospel witness and service;
- imbued with a Catholic worldview;
- supported by a community of faith;
- distinguished by academic excellence; and
- committed to student success.

## **Gospel Values of the Lafayette Catholic School System**

- Community
- Servant Leadership
- Respect
- Gratitude
- Humility and Understanding
- Wellness
- Patience and Perseverance
- Diligence
- Integrity

## **Vision of the Lafayette Catholic School System**

*He Shepherds, We Shape, They Shine*

- S Strong Catholic Formation**
- H High Academic Standard**
- A Accessibility**
- P Positive Christian Environment**
- E Excellent Teachers and Facilities**

## **Mission of the Lafayette Catholic School Wellness Council**

Lafayette Catholic School Wellness Council shall prepare, adopt, and implement a comprehensive wellness policy to encourage healthy eating, physical activity and well-being. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

## **Lafayette Catholic School Wellness Council Goals**

### **I. Nutritional Education Goals**

#### **Meals served through the National School Lunch Program will:**

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk<sup>3</sup> and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Serve whole grain products
- follow USDA nutritional guidelines that promote healthy eating
- strive to offer foods that accommodate medically necessary dietary needs of students
- strive to use nutritional guidelines to make recommendations for cafeterias, vending machines, snack bars, school stores, concession stands, fund-raising projects, and refreshments used for school activities

#### **Free and reduced priced meals:**

- Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals

#### **Meal Times and Scheduling**

Schools;

- will provide students with at least 20 minutes to eat after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk)

#### **Qualifications of School Food Service Staff**

At the secondary level, qualified nutrition professionals will administer the school meal programs. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

### **Sharing of Foods and Beverages**

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

## **II. Physical Activity Goals**

### **Daily Physical Education**

Students in grades 7-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education as prescribed by state statute. All physical education (grades 7-12) will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

### **Daily Recess**

All elementary school students will try to have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

### **Physical Activity Opportunities Before and After School**

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

### **Physical Activity and Punishment**

Teachers and other school and community personnel will try not to use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. Sometimes students need to miss recess in order to make up missed class assignments.

### **III. Nutrition Standards for all the foods served at the school**

#### **Elementary Schools**

The school will approve and provide all food and beverage sales to students in elementary schools. If available, foods and beverages sold individually should be limited to low-fat and nonfat milk, fruits, and non-fried vegetables.

#### **Middle/Junior High School and High Schools**

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines) during the school day, will attempt to meet the following nutrition and portion size standards:

#### **Beverages**

- Allowed: water or seltzer water<sup>7</sup> without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

#### **Foods**

- A food item sold individually:
  - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
  - will have no more than 35% of its *weight* from added sugars;<sup>8</sup>
  - will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- A choice of two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are

not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).<sup>9</sup>

### **Portion Sizes**

Portion sizes of foods and beverages will be appropriate to the age group and nutritional guidelines for the age group.

### **Non-Sold Food and Beverages**

Non-sold foods served during the school day, in after-school care, enrichment programs, or classrooms will make a positive contribution to children's health in correlation with units of study, with an emphasis on serving fruits and vegetables as the primary non-sold food and water as the primary beverage. Schools will assess if and when to offer non-sold foods and beverages based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

## **IV. Nutrition Education and Promotion**

The Lafayette Catholic Schools aim to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is 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;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff

## **V. Other Student Activities Related to Wellness**

### **Integrating Physical Activity into the Classroom Setting**

Students will receive an appropriate amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior; students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education 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, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate

### **Communications with Parents**

The Lafayette Catholic Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

### **Food Marketing in Schools**

At the **secondary level**- school-based marketing will be consistent with nutrition education and health promotion. As such, the school will strive to limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

### **Staff Wellness**

Students in grades 7-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education as prescribed by state statute. All physical education (grades 7-12) will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

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After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

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## **VI. Measurement and Evaluation**

### **Monitoring**

The Lafayette Catholic Schools will ensure compliance with established nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal. The school will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school has not received a SMI review from the state agency within the past five years, the school will request from the state agency that a SMI review be scheduled as soon as possible.

The principal/designee will develop a summary report every three years on school compliance with the established nutrition and physical activity wellness policies. That report will be provided to the school board and also distributed to the school health council and parent/teacher organizations

### **Policy Review**

An initial survey and checklist will be designed to ensure compliance with the wellness policy. The effectiveness and compliance with mandated legal standards will be taken from the analysis of these documents. The principal and members of the health/wellness committee will review and make recommendations as to any changes or updates that are needed from the analysis.

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, the school will review their nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The school will revise their own wellness policy and develop work plans to facilitate their implementation.