

Wellness Policy

St. Pius X / St. Leo School

6905 Blondo Street

Omaha, NE 68104

Healthy School Environment

St. Pius X / St. Leo School recognizes their role in creating a healthy environment for the prevention of childhood obesity and combating problems associated with poor nutrition and lack of physical activity. It is the intent of this policy to engage all members of the school and community to maintain an environment that embraces maximum student potential. The Wellness Committee will evaluate the effectiveness of the Wellness Policy annually. The Wellness Committee is comprised of representatives of the school board, school administration, teachers including physical education, school food authority, school health professional, community members, and parents.

Nutrition Education

Goal:

Students in grades Pre-K – 8 will be educated in good nutrition practices as part of science, and/or physical education curriculum.

Implementation:

1. There is an Archdiocese and State Standard-based nutrition curriculum, Health Education Curriculum and Science curriculum.
2. Share with Teachers on other grade levels what is covered.
3. Disseminate information to other staff, parents, and students.
4. Visual messages in the cafeteria will focus on healthy nutrition practices.
5. Participate in the Offer vs Serve through the National School Lunch Program. Participate
6. as a Team Nutrition school.

Monitoring:

Meet with staff to determine how this will be reported (lesson plans, curriculum coordinators, and meetings).

Evaluation:

Students will write about or illustrate a healthy practice they are learning in science, and/or physical education class.

Physical Activity and Education

Goal:

To offer opportunities for students to experience a variety of physical activities while teaching the value of a consistent fitness program for better health, academic success, and general personal well-being. This includes maintaining a lunch schedule that provides recess before and/or after lunch.

Implementation:

1. Recess provided for all grade levels.
2. Alternate locations for recess between soccer field, playground equipment, and concrete basketball court in parking lots.
3. Students move every 30-40 minutes to change class.
4. Use Nebraska State Standards for physical education.
5. Students in grades 2-8 have recess before and/or after lunch.

Monitoring:

Teachers and staff will oversee students and their activities during recess.

Evaluation:

1. Students will self-monitor progress through fitness testing. School
2. administration reviews the schedule and calendar annually.

Nutrition Standards

Goal:

Efforts are made to include healthy snack choices for classroom celebrations, parties, and other activities outside of the school meal program. The school lunch program participates in the National School Lunch Program and meets the USDA criteria set within that program.

Implementation:

1. Family Handbook stresses sending healthy snacks during classroom celebrations, parties, and other activities.
2. Provide nutrition standards and guidelines for students in grades 6-8.
3. Consult with a nutritionist regarding education and resources for students as needed. Increase
4. selection of fruits and vegetables during lunch for grades 6-8.

5. Mid-morning snacks brought from home may be fruit, vegetables, pretzels, or goldfish for grades 3, 5, 6, 7 and 8.
6. Water is available to all students at no cost during the lunch period and ins school hallways.
7. All beverages sold to students (milk, juice, water) during the day meet Smart Snack requirements.
8. Maintain status as a Team Nutrition School.
9. Free and Reduced Lunch benefits are available to families in need. A paper application is given to each family at the beginning of the school year. An application may be accessed at any time during the school year by contacting the Food Service Director.
10. Annual training for all Food and Nutrition Services staff is provided in accordance with USDA Professional Standards requirements.
11. Nutritional information for school meals is available to students and parents upon request. (e.g. calories, saturated fats, sodium, sugar)
12. Students are not allowed to leave campus during lunch periods for off-site meals. Students in
13. grades 2 through 8 have recess before and/or after lunch.
14. All fundraising is in compliance with regulations requiring no food consumption during the school day.
15. Participate in the Offer vs Serve option to increase the fruit and vegetable options.

Monitoring:

Monitor student lunch trays for consumption of food served specifically targeting fruits and vegetables.

Evaluation:

Adhere to National School Lunch Program guidelines. Review what students are choosing and changing menus as needed to increase consumption.

Public Notification**Goal:**

To notify parents and general public of the actions taken by the Wellness Committee to promote wellness within the school setting.

Implementation:

- Place the Wellness Policy on the school website under the Parent link.
- Provide a link on the School website to the USDA regulations regarding the National School Lunch Program.

Monitoring:

View website to determine the Wellness Policy has been included.

Evaluation:

Make sure policy is current and available to parents and general public.

Wellness Promotion and Marketing

We will promote healthy food and beverage choices for all students throughout the school campus and school equipment and materials sent home to families, as well as encourage participation in school meal programs.

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout the school, classrooms, gymnasium, and cafeteria. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive approach by school staff, teachers, parents, students and the community.

Place information about healthy eating and physical activities on signs, scoreboards and sports equipment, Vending machines, food or beverage cups, food display racks, coolers, trash and recycling containers.

Participate and promote in family wellness activities that promote Wellness.

The Wellness Policy will be implemented at St. Pius X / St. Leo School by the faculty and staff of St. Pius X / St. Leo School.

The identified process for the implementation, monitoring, and evaluation will be conducted as indicated in the action plan.

Last Updated November 2022