

Wellness Policy

St. Pius X / St. Leo School

6905 Blondo Street

Omaha, NE 68104

(Last updated 4/17/2024)

Healthy School Environment

St. Pius X / St. Leo School (SPSL) recognizes its 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 school wellness policy to engage all members of the school and community to maintain an environment that embraces maximum student potential.

Wellness Committee and School Community Wellness Policy Communication

The St. Pius X / St. Leo School wellness committee meets four times a year. 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. The Wellness Committee will evaluate the effectiveness of the Wellness Policy annually and will meet quarterly to review the schools development, implementation, review and updating the wellness policy as needed. Every two-three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly (Triennial Assessment). When completed, the report will include an assessment on compliance and the extent to which our SPSL wellness policy compares to model wellness policies, and progress made in achieving goals and will be posted on the school's website. The SPSL school principal will ensure compliance with the established schools wide nutrition and physical activity policies.

A communication will be sent to the SPSL school community at the beginning of each year to invite school community members if they want to participate in the wellness committee and clarify the school community's wellness policies and its purpose. SPSL will promote our local wellness policy to faculty, staff, parents and students and a copy can be seen posted on the school's website under the "For Parents" section.

2023-24 Wellness Committee Members

Cory Sepich - Principal	Katy Chattin - Assistant Principal	Troy Nelson - Physical Education Teacher
Jon Lanphier - Cafeteria Manager	Cat Flores - Extended Care Director	Jen Czyz - Parent
Mary Morrison - Physical Education Teacher	Chris Johnson - School Board President	

Nutrition Education

Goal:

Students in grades Pre-K – 8 will be educated in good nutrition practices as part of science, and physical education curriculum. Nutrition lessons are integrated into the curriculum and the health education program.

Implementation:

1. Nutrition lessons are integrated into the curriculum and the health education program.
 - a. Nutrition education will provide the knowledge and skills necessary to promote health
 - b. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (Pre-K through 8th grade)
 - c. Nutrition education will be integrated into the broader curriculum, where appropriate (*examples: Working with the school meal program to develop school gardens and using garden or cafeteria as a learning area, creating an "SPSL Garden Club" and educational field trips to local farms*)
2. Adhere to the Archdiocese of Omaha and Nebraska State Standard-based nutrition curriculum, Health Education Curriculum and Science curriculum.

Monitoring & Evaluation:

- Progress and review of the goals and implementation of the schools wellness program will be done in collaboration with the SPSL's School Wellness Committee and evaluated through the 3-year, Triennial Local Wellness Policy Assessment through the Nebraska Department of Education

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.

Implementation:

1. Continued use and implementation of SPSL's standards-based physical education curriculum that identifies the progression of skill development in Pre-K through 8th grade.
 - a. Physical education curriculum will be reviewed and revised as part of the School's improvement plan and professional development plan
 - b. Physical education curriculum is aligned with the Archdiocese and State of Nebraska physical education standards with a focus on personal fitness and growth
 - c. Curriculum will continued to be taught by certified and licensed teachers endorsed by the State of Nebraska to teach physical education
 - d. Endorsed/certified physical education teachers will be provided opportunities for professional development and growth that are focused on physical education and physical activity topics
2. SPSL will continue to meet the requirements of 150 minutes of weekly physical education and physical activities for elementary students and 225 minutes for middle school students.
 - a. Unless otherwise exempted, all students will be required to engage in the school's physical education program
 - b. Physical education and physical activity times will not be substituted for other time requirements
 - c. SPSL provides at least 20 minutes of active, daily recess for all SPSL students with at least one physical activity break for every 60 minutes of academic instruction daily
3. SPSL will work with our school's School Board and Education Committee, made up of parents, to address family and community engagement in physical activity and work with the wellness committee to develop a school goal to provide family offerings in the area of physical activity
4. SPSL will continue to offer physical activity clubs and sports, through the parishes, outside of school hours
5. SPSL will continue to encourage and provide access for students to use a bicycle to go to and from school and also creating safe plans for students to walk to and from school as well

Monitoring & Evaluation:

- Progress and review of the goals and implementation of the schools wellness program will be done in collaboration with the SPSL's School Wellness Committee and evaluated through the 3-year, Triennial Local Wellness Policy Assessment through the Nebraska Department of Education

Nutrition Standards for USDA Child Nutrition Programs and School Meals

Goal:

Assure continued compliance and improvement with the USDA nutrition standards for reimbursable school meals. Meals served through SPSL's food service program must comply with the National School Lunch Program standards for meal patterns, nutrient levels, and calorie requirements for the ages and grade levels served at SPSL, as specified in [7 CFR 210.10](#) (link)

Implementation:

1. Continued implementation to protect student privacy which includes having a cashless cafeteria, where all students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are used with a code.
 - a. It is prohibited for students with unpaid balances to be shamed in a way, by announcing their names, using hand stamps to identify them, making them use a different serving line, or sending home clearly marked notices that they have unpaid balances
 - b. SPSL will also reach out to the family of the child with an unpaid balance to assess whether the child is eligible for free and reduced price meals
 - c. Applications for free/reduced priced meals are sent home to all families at the beginning of the school year and the application is available on the school's website.
2. To increase participation in our school meal programs, SPSL communicates to our families that they can contact the Westside Nutrition Program, used by Westside, to give input on local, cultural and ethnic food favorites
3. SPSL will communicate with our families yearly to discourage the consumption of competitive foods in place of school meals by limiting competitive food choices during mealtime in the cafeterias and continuing the school policy of not having snack food and unhealthy foods sold separately during school hours.
 - a. The USDA's Smarter Lunchroom tools and other resources are available here: [USDA Smarter Lunchroom](#)
4. SPSL's lunchroom procedures and schedule will continue to comply with the Smarter Lunchroom requirements, including having at least 20 minutes of "seat time" for all students at lunch time.
5. SPSL will continue to offer free water during all times of the day, both during lunch time, and in the hallways before, during and after school hours.
 - a. Students will have unhindered, free access to water at all times at SPSL
6. Per the USDA Professional Standards for Child Nutrition Professionals, SPSL will meet the hiring and annual continuing education/training requirements for school nutrition program directors, managers and staff.
 - a. These staff members can refer to the USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs

7. SPSL will continue to work and partner with Westside School Nutrition to promote local foods and having school meals including fresh, locally-grown foods from farms engaged in sustainable practices
8. Family Handbook stresses sending healthy snacks during classroom celebrations, parties, and other activities and SPSL will act in compliance with all federal and state nutrition standards for all foods served in school
 - a. The complete Smart Snack standards can be found on the link here: [A Guide to Smart Snacks in School](#)
9. The sale of food and beverages during school hours is limited to food and beverages sold through the school meal program only
 - a. Zero fundraiser exemptions are allowed for food and beverages sold during school hours
10. Snacks in SPSL's extended care program, and other on-site programs and clubs, are served via the Child and Adult Care Food Program and meet the requirements of that program
11. At SPSL, we will encourage teachers and staff to strongly discourage the use of foods and beverages not recommended through the Smarter Lunchroom program for rewards or consequences.

Monitoring & Evaluation:

- Progress and review of the goals and implementation of the schools wellness program will be done in collaboration with the SPSL's School Wellness Committee and evaluated through the 3-year, Triennial Local Wellness Policy Assessment through the Nebraska Department of Education

Wellness Promotion and Marketing

Goal:

SPSL will promote, encourage and model healthy eating and physical activity behaviors in all areas of our school community.

Implementation:

1. SPSL will provide strategies and examples for how teachers and staff can model healthy eating and physical activity at school
2. The SPSL Wellness Committee will develop a comprehensive school physical activity program that allows, and encourages, faculty and staff to participate and have opportunities to lead physical activity opportunities
3. Teachers are encouraged to use non-food alternatives as rewards and are provided with lists of alternative ideas to use for rewards

- a. Teachers are to refrain from using physical activity as a punishment and are encouraged to use physical activity
- b. Recess, PE or other physical activities will not be withheld from a student as a punishment for poor behavior in the classroom or incomplete classwork.
4. Only healthy choices, such as salads and fruit, will be promoted or displayed in the cafeteria or on the school's campus
 - a. All marketing will be consistent with the Smart Snacks nutrition standards
 - b. No educational materials, vending machines, food sales, sponsorship agreements will be made with companies that do not align with the Smart Snack nutrition standards and the principal and director of operations must approve of any decisions in school publications and in media outlets

Monitoring & Evaluation:

- Progress and review of the goals and implementation of the schools wellness program will be done in collaboration with the SPSL's School Wellness Committee and evaluated through the 3-year, Triennial Local Wellness Policy Assessment through the Nebraska Department of Education