



East Catholic School

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TITLE: SCHOOL WELLNESS

ADOPTED: 7/17/2018

REVISED:

SCHOOL WELLNESS	
<p>1. Purpose</p>	<p>The policy and its corresponding regulation have been created in compliance with federal and state requirements for establishment and content of local school and student wellness policies, including the Healthy Hunger-Free Kids Act of 2010. East Catholic recognizes that student wellness and proper nutrition are related to students’ physical well-being, growth, development and readiness to learn. East Catholic is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p>
<p>2. Authority SC 1422.1 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>East Catholic adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations. East Catholic shall inform and update the public, including parents/guardians, students, and others in the community, about the contents, implementation, and assessment of this policy.</p> <p>To ensure the health and well-being of all students, East Catholic establishes that the following is provided to students:</p> <ol style="list-style-type: none"> 1. Nutrition education – all students shall receive nutrition education that is interactive and teaches the skills they need to adopt healthy behaviors. Nutrition education will be provided within or in addition to the sequential, comprehensive, standards-based health education program. 2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines. 3. Physical education – all students will have access to a sequential, comprehensive, standards-based physical education program. 4. Nutrition promotion - curriculum and programs for grades K-8 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards. 5. Physical activity – opportunities shall be provided for every student to develop

<p>3. Delegation of Responsibility 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p> <p>7 CFR Sec. 210.31</p> <p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of physically active and healthful lifestyle.</p> <p>6. Other school based activities – a healthy school environment shall be promoted and maintained that provides consistent wellness messages and is conducive to overall health for students, staff and the school environment.</p> <p>The Principal or designee shall be responsible for the implementation and oversight of this policy to ensure East Catholic’s programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.</p> <p>The Principal or designee shall annually report regarding compliance at East Catholic.</p> <p>Staff members responsible for programs related to school wellness shall report to the Principal or designee regarding the status of such programs.</p> <p>The Principal or designee shall annually report to the Wellness Committee on East Catholic’s compliance with law and policies related to school wellness. The report may include:</p> <p>Assessment of school environment regarding school wellness issues.</p> <p>Recommendations for policy and/or program revisions.</p> <p>An assurance that guidelines for reimbursable meals are not less restrictive than regulation and guidelines issued for schools in accordance with federal law shall be provided annually by the Cafeteria Manager.</p> <p>The Principal or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:</p> <p>1. The extent to which East Catholic is in compliance with law and policies related to school wellness.</p>
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<p>7 CFR Sec. 210.31</p>	<p>2. The extent to which this policy compares to model wellness policies.</p> <p>3. A description of the progress made by East Catholic in attaining the goals of this policy.</p> <p>At least once every three (3) years, East Catholic shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.</p>
<p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>East Catholic shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.</p>
<p>4. Guidelines</p> <p>7 CFR Sec. 210.15, 210.31</p>	<p><u>Recordkeeping</u></p> <p>East Catholic shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:</p> <ol style="list-style-type: none"> 1. The written School Wellness policy. 2. Documentation demonstrating that East Catholic has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy. 3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review. 4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.
<p>42 U.S.C.</p>	<p><u>Wellness Committee</u></p> <p>East Catholic shall establish a Wellness Committee comprised of, but not</p>

<p>Sec. 1758b</p> <p>7 CFR Sec. 210.31</p> <p>SC 1513 Pol. 102, 105</p> <p>Pol. 808</p>	<p>necessarily limited to, at least one (1) of each of the following: Principal, cafeteria director, parent/guardian, student, school health professional, advisory board member, physical education teacher. The public will also be invited to become a member of the committee.</p> <p>The Wellness Committee will be involved in the development, implementation, review, and update of the wellness policy.</p> <p><u>Nutrition Education</u></p> <p>Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.</p> <p>Nutrition education in the district shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.</p> <p>Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.</p> <p>Nutrition education lessons and activities shall be age-appropriate.</p> <p>Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.</p> <p>Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p>The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. The district shall develop standards for such training and professional development.</p> <p><u>Nutrition Promotion</u></p> <p>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.</p>
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<p>SC 1512.1 Pol. 102, 105</p> <p>7 CFR Sec. 210.10, 220.8</p> <p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec 210.30 Pol. 808</p> <p>7 CFR Sec. 210.10</p>	<p><u>Physical Activity</u></p> <p>East Catholic shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p><u>Physical Education</u></p> <p>A planned, sequential and age appropriate K-8 physical education curriculum consistent with state/national standards that provides learning experiences that will develop life-long habits of physical activity shall be developed and implemented.</p> <p>All students will be provided equal opportunity to participate in physical education classes. East Catholic will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.</p> <p><u>Other School Based Activities</u></p> <p>Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.</p> <p>Nutrition professionals who meet hiring criteria established by East Catholic and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for East Catholic nutrition staff, as required by federal regulations.</p> <p>East Catholic shall provide adequate space, as defined by the district, for eating and serving school meals.</p> <p>Students shall be provided a clean and safe meal environment.</p> <p>Students shall be provided adequate time to eat: twenty (20) minutes sit down time for lunch.</p> <p>Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the district.</p> <p>Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>Access to the food service operation shall be limited to authorized staff.</p>
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<p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10, 220.8</p>	<p><u>Nutrition Guidelines for All Foods/Beverages at School</u></p> <p>All foods and beverages available in East Catholic during the school day shall be offered to students with consideration for promoting student health and reducing obesity.</p> <p>Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.</p>
<p>7 CFR Sec. 210.11, 220.12a, 210.31</p>	<p><u>Competitive Foods</u></p> <p>Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.</p> <p>Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.</p>
<p>7 CFR Sec. 210.11, 210.31</p>	<p>For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.</p>
<p>7 CFR Sec. 210.11, 210.31</p>	<p>For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.</p>
<p>7 CFR Sec. 210.11</p>	<p>East Catholic may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.</p>
	<p><u>Non-Sold Competitive Foods</u></p> <p>Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the following standards established by the school.</p> <p>If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:</p> <p><u>Rewards and Incentives</u></p>

<p>Pol. 209.1</p>	<p>Foods and beverages shall not be used as a reward or incentive in the school.</p> <p><u>Classroom Parties and Celebrations:</u></p> <ol style="list-style-type: none">1. Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.2. Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties.3. Classroom parties, or birthday treats, shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following:<ol style="list-style-type: none">a. Fresh fruits/vegetablesb. Water, 100% juice, 100% juice diluted with water, low-fat milk or nonfat milk. <p><u>Classroom Snacks</u></p> <p>Snacks that are provided in the classroom, or that students bring to school, should follow the above guidelines.</p> <p>East Catholic shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the district website, student handbook, newsletters, posted notices and/or other efficient communication methods.</p> <p><u>Marketing/Contracting</u></p> <p>Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School).</p> <p><u>Management of Food Allergies in District Schools</u></p> <p>The district shall establish Board policy and administrative regulations to address food allergy management in district schools in order to:</p> <ol style="list-style-type: none">1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
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3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

References:

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations –
7 CFR Part 210, Part 220

Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808

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