

REITZ MEMORIAL HIGH SCHOOL WELLNESS POLICY

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rate has doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, nationally, students do not participate in sufficient vigorous physical activity and do not attend daily physical education classes;

Thus, Reitz Memorial High School is committed to providing a school environment that advocates a healthy school community using a coordinated school health approach to improve the health and wellness of our students, and thus has established a Wellness Policy that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of Reitz Memorial High School to achieve the following policy goals.

Nutrition Education Goals

- Reitz Memorial High School shall strive to provide current nutrition education that is interactive and that teaches the skills necessary to adopt lifelong healthy eating behaviors.
- Reitz Memorial High School shall strive to integrate nutrition themes into core curriculum (i.e. math, science, language arts) where appropriate.
- Reitz Memorial High School shall strive to make health information (emphasizing nutrition and exercise) available to parents and community leaders.
- Reitz Memorial High School shall strive to offer nutrition education in the school dining room with coordination between foodservice staff and teachers.
- Reitz Memorial High School shall strive to provide consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media.
- Reitz Memorial High School will encourage teachers and food service staff to attend professional development opportunities related to wellness policy goals.
- Staff who provide nutrition education will have appropriate education.

Nutritional Standards for all foods available on the school campus during the school day

- In June of 2004, the Child Nutrition and WIC Authorization Act was signed into law. This makes it mandatory for schools that participate in the National School Breakfast Program or the National School Lunch Program, to have a written School Wellness Policy by July 1, 2006. Reitz Memorial High School will continue to implement and annually update this policy for health and wellness of all students.

- The school nutrition program will encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits and vegetable, and decrease the daily intake of fats.

STANDARDS FOR USDA CHILD NUTRITION PROGRAMS & SCHOOL MEALS

(Supports I.C. 20-26-9-18)

Nutritional integrity should be used as a basis for establishing the nutrition guidelines for foods offered in the school. The School Nutrition Association defines nutritional integrity as a level of performance that assures all foods and beverages available in schools are consistent with the U.S. Dietary Guidelines for America. Therefore, schools should provide all students access to high quality foods and beverages such as fruits, vegetables, low-fat dairy products, bottled water and low-fat whole-grain products, wherever and whenever food is sold or otherwise offered at school during the normal school day.

Parents should be informed that the application is available online and should be completed. Schools should implement plans to protect student privacy. Examples of this are:

- Competitive foods are sold from the same lines as reimbursable meals
- Students are given a code to enter at the cash register regardless the type of payment they make for school meals

A. Child Nutrition Programs

1. SCHOOL LUNCH PROGRAM WILL:

- Meet, at a minimum, nutrition requirements established by USDA for federally funded programs.
- Emphasize fruits, vegetables, whole grains, and low-fat dairy products.
- Be appealing and attractive to students.
- Be served in clean and pleasant surroundings.
- Provide students with adequate time to eat (the School Nutrition Association recommends twenty minutes for lunch.)
- Promote school meal participation with taste tests, contests, etc. Nutritional analysis of menu items will be available at each school and available to parents.

2. SCHOOL CAFETERIA STAFF WILL:

- Be hired with the understanding that they are responsible to adhere to the policies the school has in place.
- Be provided continuing staff development that includes training programs for good child nutrition and appropriate training on any nutrition updates or revision to the policy.

III. NUTRITION STANDARD FOR COMPETITIVE & OTHER FOODS & BEVERAGE

(Supports I.C. 20-26-9-19)

A. Foods and beverages sold outside of the Child Nutrition Program, such as a' la carte and vending machine items, will meet the following guidelines:

1. BEVERAGES:

- Water, (flavored and non-calorie sweeteners), fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice, unflavored or flavored low-fat or fat-free fluid milk, sports drinks (middle and high school students).
- Students will have access to free palatable drinking water during the school day. Schools may offer the option of student water bottles.

2. FOODS:

- a. A food item sold individually will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters, cheeses) sugar and sodium and 10 percent of its calories from saturated and trans fat combined.

3. PORTION SIZES – LIMIT PORTION SIZES OF FOODS AND BEVERAGES SOLD INDIVIDUALLY TO THE FOLLOWING:

- a. One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky.
- b. One and one half ounces for cookies.
- c. Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, and other bakery items.
- d. Three ounces for bagels and pretzels.
- e. Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream.
- f. Eight ounces for non-frozen yogurt.
- g. Twelve fluid ounces of all beverages, excluding water in the elementary schools; age-appropriate portion sizes for middle and high school students.
- h. The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion size limits.

USDA Smart Snack standards are to be followed in all schools. The link to the Smart Snack website is: <http://www.fns.usda.gov/healthierschoolday/tools>

High Schools: In high school, at least 50% of all foods and beverages sold outside the reimbursable school meal programs during the school day will meet nutrition guidelines outlined above. The sale of foods and or beverages containing non-nutritive sweeteners during the school day is prohibited as per USDA guidelines.

- The school shall strive to offer foods that accommodate medically necessary dietary needs of students.
- Procedures will be in place for providing families, on request, information about the ingredients and nutritional values of foods served.
- In the school cafeteria, breakfast/lunch food may only include school prepared meals or a meal prepared at home.
- Qualified nutrition professionals will administer the school nutrition programs.

Physical Activity and Physical Education Goals

- Reitz Memorial High School shall strive to promote daily physical activity through instruction and programs for all children.
- Reitz Memorial High School in accordance with the Indiana Department of Education will require all students to earn two credits in physical education. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
- Reitz Memorial High School will strive to integrate appropriate physical activity into the curriculum and classroom setting.
- Reitz Memorial High School will provide the opportunity and strive to encourage student involvement in extracurricular non competitive school physical activities and promote participation in community health programs.

- Reitz Memorial High School will strive to establish community partnerships by engaging community resources and services that promote physical activity.
- Reitz Memorial High School will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Reitz Memorial High School will encourage professional staff development that enables teachers and other school staff to promote enjoyable lifelong physical activity for students.
- Equipment and facilities used for physical activities will be safe.

Other School Based Activities

- Reitz Memorial High School will strive to provide a clean and safe meal environment for students.
- Reitz Memorial High School will provide time for students to enjoy eating healthy foods scheduled as near the middle of the school day as possible
- Reitz Memorial High School encourages alternatives to the use of food as a reward or punishment.
- Reitz Memorial High School encourages finding alternative to using physical activity as a form of discipline.
- Reitz Memorial High School shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value.
- All employees of Reitz Memorial High School are encouraged to be positive healthy lifestyle role models for students in the areas of good nutrition and fitness.
- An attempt will be made to provide an area in each cafeteria designated as food allergen free. Cafeteria workers and supervisory staff must be trained by the food service director to keep the area safe, clean, and allergen free, to the best of their ability.
- Parents and teachers should encourage nutritious foods for celebrations and classroom snacks.

Resource and Implementation Tools

Reitz Memorial High School will formulate the action plan using the Wellness Policy. (*Use of Action Steps form - School Wellness Policy Template, TysonfoodWISE, 2005.*)

The following websites provide excellent resource materials to assist in implementation.

<http://www.actionforhealthykids.org>

www.schoolnutrition.org

www.fns.usda.gov/tn/Healthy/changing.html

www.cdc.gov

www.idoe.gov.in.us

Policy Review and Evaluation

Evaluation

The school administrator will ensure compliance with established nutrition and physical activity wellness policies. The principal or designee will ensure compliance with those policies and will report on the school's compliance to the Diocesan Catholic Schools Office.

School food service staff will ensure compliance with nutrition policies and will report on this matter to the school principal

The school administrator will develop a summary report every three years on school-wide compliance with the established nutrition and physical activity wellness policies. That report will be provided to the local school board and also to the Diocesan Catholic Schools Office.

Policy Review

To help with the initial development of the wellness policies, each school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of that assessment will be used to identify and prioritize needs.

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 nutrition and physical activity policies; provide for an environment that supports healthy eating and physical activity' and adhere to nutrition and physical education policies and program elements. Reitz Memorial High School will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Updated on March 31, 2016