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Bosco Catholic School System

Wellness Policy

The Bosco Catholic School Board of Education is committed to providing a school environment that promotes and protects children's health and ability to learn by supporting healthy eating and physical activity. Children's health and social and emotional well-being should be the primary emphasis of school programs for nutrition, education and physical activity. Given the documented connection between proper nutrition, adequate physical activity and educational success, the Board of Education adopts the following goals and authorizes the following actions to provide Bosco Catholic School Students with a school environment that promotes student health and wellness.

1: Food and Beverages

Students' eating habits are influenced by the types of foods and beverages available to them. The Board recognizes that a nutritious, well-balanced, reasonably-portioned diet is essential for student wellness. To help students possess the knowledge and skills necessary to make nutritious food choices for their lifetime, Bosco Catholic School shall ensure that all foods and beverages available in school will promote good nutrition, balance and reasonable portion sizes. The Bosco Catholic School System shall ensure that reimbursable school meals meet or exceed the program requirements and nutrition standards found in federal regulations.

The School System will adhere to the nutrition standards required by all federal, state and local regulations as they may arise.

To accomplish this, the Board directs that the School System:

1. Serve healthy and appealing foods and beverages, following state and federal nutrition guidelines, as well as safe food preparation methods.
2. Provide a clean, safe and enjoyable meal environment for students
3. Provide enough space and serving areas to ensure that all students have access to school meals with minimum wait time.
4. Encourage students to participate in school meals program and continue to protect the identity of students who are approved for free and reduced price meals.
5. Adopt "Learning experiences designed to facilitate the voluntary adoption of eating and the nutrition-related behavior conducive to health and well-being" (ADA 1996)

A. School Meals and Vending Machines

The Board directs that the School System:

1. Promote fresh fruits, vegetables, salads, whole grains and low fat items
2. Encourages students to try new or unfamiliar items, as appropriate.
3. Makes efforts to ensure that families are aware of programs available for free or reduced-price meals and encourage eligible families to apply.
4. Considers serving produce and food from local farms and suppliers.
5. Provides students with adequate time to eat their meals.
6. Makes drinking fountains available where meals are served
7. Promotes items which are healthy, fresh, natural and minimally processed and discourages items high in sugar, fat and that are highly processed.

B. Food in the Classroom

1. Teachers, staff and coaches should not use food as an incentive or reward for academic performance or good behavior, unless in conflict with the student's Individualized Educational Plan ("IEP") or Section 504 Plan.

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2. Identified students at the elementary level must not consume any foods brought into the classroom other than those provided by their parents/guardians. For the purposes of the policy, an "identified student" is defined as a student who has been diagnosed with an allergy by their private medical caregiver and that notice of such allergy has been provided in writing to the School Health Office.
3. Teachers and staff at the elementary level should be encouraged not to use food for instructional purposes unless directly related to curriculum, enrichment, or the study of other cultures.
4. If teachers or staff plan to use food as part of the curriculum, a.) The teacher or staff must speak with the school nurse, and b.) Teachers and staff must identify the ingredients to the parents and may identify ingredients to the students. c.) Parents/guardians must be informed of the ingredients prior to the lesson.
5. Parents/guardians should be encouraged to provide their children's snacks and make a positive contribution to their child's diet and health.
6. Food brought from home by a student should be for their own individual consumption.
7. Parents/guardians are responsible to identify and notify the teachers and staff of any known food allergies. a) Parents/guardians of students with identified food allergies or food sensitivities are encouraged to provide a supply of food snacks which they approve for their child's consumption. b) Identified students must not consume any foods brought into the classroom other than those provided by their parents/guardians. c) Upon parent/guardian request only, parents /guardians of elementary school students should be made aware of any students in the same classroom that have identified food allergies.

C. Celebrations

At the elementary schools, teachers and staff are encouraged to hold no more than six (6) celebrations, for occasions other than birthdays, which include food during the school year. Identified students must not consume any foods brought into the classroom other than those provided by their parents/guardians.

1. Parents/guardians, teacher and staff should give preference for healthy foods or for non-food items for in-school celebrations as well as for birthday celebrations. Candy is discouraged.

D. On School Bus

At the elementary school level, eating should not occur when a student is riding on the school bus, unless it is in the conflict with a student's IEP, IHP, or Section 504 Plan

E. Fund Raising Activities

Organizers of fundraising activities are encouraged to provide healthy choices that reinforce healthy behaviors. Choices may include extra recess time, out of uniform day, etc. Non food awards and rewards shall be used sparingly.

F. Alcoholic Beverages Prohibited

The sale, consumption or distribution of alcoholic beverages is prohibited at school-related events, where students are present, whether on or off school premises.

II. Physical Activity

Physical activity is an important factor in staying healthy and being ready to learn. The Board encourages every student to develop knowledge of skills necessary to perform a variety of physical activities, to regularly participate in activity, and to appreciate and enjoy physical activity as an ongoing part of a healthy lifestyle. In addition, staff, students and families are encouraged to participate in and model physical activity as a valuable part of daily life.

The school's Physical Education program shall adhere to the curricular requirements of the Iowa Board of Education.

To accomplish this, the Board directs that the school:

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A. Physical Education

1. Engage students in physical education for at least the minimum number of hours or days per week under State requirements
2. Offer Physical Education classes that incorporate the appropriate standards
3. Offer Physical Education that promote the integration of physical activity in the curriculum.
4. Offer Physical Education classes that promote, teach and provide opportunities to practice activities the students enjoy and can pursue throughout their lives.
5. Not use physical activity as a form of discipline or punishment or reward.

B. Recess

1. Schedule a daily allotment of recess time for elementary school students.

C. Extracurricular Opportunities for Physical Activity

1. Promotes opportunities, primarily at the secondary school, for physical activity through a range of before and/or after-school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.
2. Offer programs to meet the various physical activity needs, interests, and abilities of all students.

III. Nutrition Promotion and Education

The Board believes that nutrition promotion and education is a key component in introducing and reinforcing health behaviors in students. Nutrition promotion and education that teaches the knowledge, skills and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Staff members who provide nutritional promotion and education will be appropriately trained. The School's broader Health Education program shall incorporate the appropriate Iowa Learning Standards.

To accomplish this, the Board directs that the School:

1. Include nutrition education as part of the PK-12 curriculum, not only in health education classes but also in classroom instruction in math, science, language arts, social sciences and electives.
2. Incorporate activities that involve parents/guardians, students, and the community
3. Offer a health curriculum
4. Promote fruits, vegetables, whole grain products, low fat dairy products, safe and healthy food preparation methods and healthy nutrition practices.

IV. Other School-Based Activities.

The School may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity. Such activities may include but are not limited to, health forums or fairs, health newsletter articles, parent/guardian outreach, employee health and wellness activities, limiting the use of food as rewards, reviewing food marketing and advertising at school, hosting or promoting community wide events, offering wellness- related courses.

V. Implementation

The Principal(s) of Schools or his/her designee shall have operational responsibility to ensure that the School meets the standards set forth in this policy. The building principals or their designees will monitor the implementation of policy.

VI. Monitoring and Review

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The School shall provide information to the public (including parents/guardian, students and others in the community) about the content and implementation of this Wellness Policy.

The School shall establish a School Wellness Committee which shall consist of the Physical Education staff, Athletic Director, the school nurse, the Food Director, and a representative for teachers, students, and parents.

The Committee shall:

1. Participate in the development, implementation, periodic review and update of this Wellness Policy.
2. Obtain periodic informal updates of building principals, classroom staff and school health personal on the progress of wellness activities and their effects
3. Report to the Board on an annual basis regarding the implementation and effectiveness of this policy.