



BISHOP CARROLL CATHOLIC HIGH SCHOOL

Local Wellness Policy

**Bishop Carroll Catholic High School's
Local Wellness Policy**

**Adopted: July 2006
Revised: September 2015**

1. Purpose

246 STUDENT WELLNESS

Bishop Carroll Catholic High School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, 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.

2. Authority

P.L. 108-265 Sec. 204

To ensure the health and well-being of all students, the Board establishes that the school shall provide to all students:

1. A comprehensive nutrition program that adheres to all Federal, State and Local requirements.
2. Access to foods and beverages that meet established nutritional guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs for grades 9-12 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.

3. Delegation of Authority (POL. 808)

The Principal shall be responsible to monitor the school programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

The Principal shall report to the Chief Executive Officer regarding compliance in his/her school.

Staff members responsible for programs related to students' wellness shall report to the Principle regarding the status of such programs.

The Chief Executive Officer shall annually report to the Board on the school's compliance with the law and policies related to student wellness. The report may include:

1. Assessment of the school environment regarding school wellness issues.
2. Evaluation of the food services program.
3. Review of all foods and beverages sold in school for compliance with established nutrition guidelines.
4. Listing of activities and programs conducted to promote nutrition and physical activity.
5. Recommendations for policy and/or program revisions.
6. Suggestions for improvements in specific areas.
7. Feedback received from school staff, students, parents/guardians, community members and the Wellness Committee.

P.L. 108-265 Sec 204

An assurance that school guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law, shall be provided annually by the Food Service Director.

4. Wellness Committee

The Chief Executive Officer and the Principal shall appoint a Wellness Committee that meets at least four times per year comprised of at least, but not limited to one (1) of **each** of the following:

School Board Member
School Administrator
Food Service Member
Coach
Parent/Guardian
Student
Teacher
Health Professional

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for monitoring the Local Wellness Policy to ensure that it complies with Federal and State law, and making recommendations to the Board for policy changes.

The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may

make policy recommendations to the Board related to other health issues necessary to promote student wellness.

The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

The Wellness Committee shall provide periodic reports to the Chief Executive Officer and the Principal regarding the status of its work, as required. Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

5. Nutrition Education

The Goals of our nutrition education program are to:

1. Teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
2. Provide nutrition education within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.
3. Provide all students with the knowledge and skills needed to lead healthy lives.
4. Provide age appropriate lessons and activities.
5. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
6. The relationship between healthy eating and personal health and disease prevention
7. Food guidance from [MyPlate](#)
8. Reading and using USDA's food labels
9. Eating a variety of foods every day
10. Balancing food intake and physical activity
11. Eating more fruits, vegetables, and whole grain products
12. Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
13. Choosing foods and beverages with little added sugars
14. Eating more calcium-rich foods
15. Preparing healthy meals and snacks
16. Risks of unhealthy weight control practices
17. Accepting body size differences
18. Food safety
19. Importance of water consumption
20. Importance of eating breakfast
21. Making healthy choices when eating at restaurants
22. Eating disorders
23. The Dietary Guidelines for Americans
24. Reducing sodium intake
25. Social influences on healthy eating, including media, family, peers, and culture
26. How to find valid information or services related to nutrition and dietary behavior
27. How to develop a plan and track progress toward achieving a personal goal to eat healthfully
28. Resisting peer pressure related to unhealthy dietary behavior
29. Influencing, supporting, or advocating for others' healthy dietary behavior

6. Physical Activity

The Goals of our physical activity program are to:

1. Provide opportunities for developmentally appropriate physical activity during the school day for all students.
2. Provide age appropriate physical activity opportunities such as clubs and interscholastic athletics to meet the needs and interest of students in addition to planned physical education.
3. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

7. Physical Education

The Goals of our Physical Education program are to:

1. Provide quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation.
2. Provide physical education classes that shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health enhancing physical activity.
3. Provide a comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health enhancing physical activity.
4. Provide in the physical education program a varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime.
5. Develop and implement a sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety, and Physical Education academic standards.
6. Provide safe and adequate equipment, facilities and resources for physical education courses.
7. Provide appropriate professional development for physical education staff.
8. The physical, psychological, or social benefits of physical activity
9. How physical activity can contribute to a healthy weight
10. How physical activity can contribute to the academic learning process
11. How an inactive lifestyle contributes to chronic disease
12. Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
13. Differences between physical activity, exercise, and fitness
14. Phases of an exercise session, that is, warm up, workout, and cool down
15. Overcoming barriers to physical activity
16. Decreasing sedentary activities, such as TV watching
17. Opportunities for physical activity in the community
18. Preventing injury during physical activity
19. Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
20. How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
21. Developing an individualized physical activity and fitness plan
22. Monitoring progress toward reaching goals in an individualized physical activity plan
23. Dangers of using performance-enhancing drugs, such as steroids
24. Social influences on physical activity, including media, family, peers, and culture
25. How to find valid information or services related to physical activity and fitness
26. How to influence, support, or advocate for others to engage in physical activity
27. How to resist peer pressure that discourages physical activity

8. Food Service

The Goals of our Food Service Program are:

1. The School shall provide adequate space, as defined by the school, for eating and serving school meal.
2. Provide a clean and safe meal environment.
3. Provide students adequate time to eat.
4. Drinking water shall be provided at all meal periods and throughout the school day.
5. Students shall be provided access to hand washing and/or hand sanitizing before all meals.
6. Meal programs will be administered by Nutrition Professionals who meet criteria as established by Federal and/or State guidelines.
7. Professional development shall be provided to all school Nutritional Staff as required by Federal and/or State guidelines.
8. Limit access to food service operations shall be limited to authorized staff.
9. Nutritional contents of all school meals and snacks shall be made available to students and parents/guardians, upon request.

9. Other Scholl Based Activities

1. Provide appropriate training to all staff on the components of the Local Wellness Policy.
2. Consider the goals of the Student Wellness Policy in planning all school based activities and fundraisers.
3. Encourage administrators, teachers, food service personnel, students, parents and/or guardians, and community members to serve as positive role models through all school programs, communications and outreach efforts.
4. Support the efforts of parents/guardians to provide a healthy diet and daily physical activity for students by communicating relevant information through various methods.

10. Nutritional Guidelines

1. All Foods available in the school during the school day (which is defined as Midnight until 30 minutes after the last period bell) shall comply with all Federal and State nutritional guidelines as defined by the Healthy Hungry Free Kids act and the USDA Smart Snack act.
2. Foods provided for the National School Lunch Program or the National Breakfast Program shall comply with Federal Nutritional standards as defined by the Healthy Hungry Free Kid act.
3. Offer fruits and vegetables as two separate meal components
4. Offer fruit daily at breakfast and lunch
5. Offer vegetables daily at lunch, including specific vegetable subgroups weekly (dark green, orange, legumes, and other as defined in the 2005 Dietary Guidelines) and a limited quantity of starchy vegetables throughout the week
6. Offer whole grains: half of the grains would be whole grain-rich upon implementation of the rule and all grains would be whole-grain rich two years post implementation
7. Offer a daily meat/meat alternate at breakfast
8. Offer fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored only)
9. Offer meals that meet specific calorie ranges for each age/grade group
10. Reduce the sodium content of meals gradually over a 10-year period through two intermediate sodium targets at two and four years post implementation
11. Prepare meals using food products or ingredients that contain zero grams of trans fat per serving
12. Require students to select a fruit or a vegetable as part of the reimbursable meal

13. Use a single food-based menu planning approach
14. Use narrower age/grade groups for menu planning. In addition, the proposed rule sought to improve school meals by requiring State agencies (SAs)
15. Conduct a nutritional review of school lunches and breakfasts as part of the administrative review process
16. Determine compliance with the meal patterns and dietary specifications based on a review of menu and production records for a two-week period
17. Review school lunches and breakfasts every 3 years, consistent with the HHFKA
18. All school fundraisers, special events, and classroom parties, shall comply with Federal Nutritional standards as defined by the Healthy Hungry Free Kid act. Unless otherwise approved as an exempted event.
19. All exempted events shall comply with Federal and State Guidelines and shall be approved and monitored by the Wellness Committee.

References: FNS 0001-15