

# DIOCESE OF BOISE CATHOLIC SCHOOLS

## Healthy School Environment Policy (LOCAL WELLNESS POLICY)

Each school that participates in the National School Lunch and /or Breakfast Program will adhere to the following policy and regulations:

1. The Diocese shall provide nutrition education, recommendations for physical activity and other activities that are designed to promote student wellness.
2. Each participating school will develop nutrition guidelines promoting student health and reducing childhood obesity for all goods vended or distributed by school employees and/or student organizations.
3. Guidelines for reimbursable school meals will follow current regulations as issued by the USDA.
4. Each local school board will evaluate the implementation of the Healthy School Environment (Wellness) policy annually.

### I. Administrative Regulations:

- A. Physical activity is to be encouraged through active engagement in recess, physical education classes, and intramurals which maximize the use of available space, time, and personnel. State requirements for physical education classes must be followed.
- B. Wellness education including nutrition, fitness, safety, physical and emotional health is to be included through the normal curriculum process in each elementary school grade, secondary health class, and appropriately integrated into other courses.

### II. Healthy Food Guidelines:

- A. The school provides a clean, safe, enjoyable meal environment for students.
- B. The school provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.

- C. The school makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.
- D. Fresh Food: Fresh foods such as fruits, vegetables, calcium rich dairy products, nuts, seeds, and whole grains already meet the item criteria. When ever possible these products should be promoted as best practice in foods offered or sold to children.
- E. Educators are discouraged from using foods and beverages with low nutritional value as rewards. Candy and other foods with low nutritional value should not be sold to raise funds. Occasional class parties and celebrations are exempt from the above guidelines; however providing healthful options is strongly encouraged.
- F. The school encourages all students participate in school meals program and protect the identity of students who eat free and reduced price meals.
- G. School menus offered meet the nutrition standards established by the U.S. Department of Agriculture and the Idaho State Department of Education. School meals are consistent with the current Dietary Guidelines for Americans published by the United States Department of Agriculture.

### III. Monitoring and Compliance

- A. The local school board of each participating school shall form a monitoring committee to ensure compliance with this policy. The principal of each school will include the compliance report in her/his summary to the diocesan superintendent, who will include the information in the annual report on Catholic Schools to the Bishop.
- B. The monitoring committee is responsible to inform and update the public (including parents, students, and others in the community) about the content and implementation of the wellness policy.
- C. The monitoring committee is required to periodically measure and make available to the public an assessment on the implementation of the wellness policy, including:
  - The extent to which schools are in compliance with the wellness policy
  - The extent to which the wellness policy compares to model the wellness policy
  - A description of the progress made in attaining goals of the wellness policy

- D. Each local monitoring committee should include at least one parent, one student, representative of the school food authority, teachers of physical education and one health professional as well as assigned board members and school staff.