



***Our Lady of the Angels School***  
***404 Cherry Street, Columbia, PA 17512***  
***717-684-2433 + Fax 717-684-5039***

**Diocese of Harrisburg**

**Department of Catholic Schools**

**School Name**                    Our Lady of the Angels  
**Address**                        404 Cherry Street, Columbia, PA 17512  
**Telephone Number**        717.684.2433

**TITLE:**                    **STUDENT WELLNESS**  
**ADOPTED:**            May 11, 2006  
**REVISED:**            April 10, 2013/September 2017

**1. Purpose**                The Diocese of Harrisburg recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Diocese 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 the participation of wellness 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 Diocese establishes that the schools shall provide students:

- { } A comprehensive nutrition program consistent with federal and state requirements.
- { } Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
- { } Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- { } Curriculum and programs for grades K-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 Responsibility Pol. 808**    The Department for Catholic Schools shall be responsible to monitor diocesan schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

Each building principal or designee shall report to the Department of Catholic Schools regarding compliance in his/her school.

Staff members responsible for programs related to student wellness shall report to the Diocesan Wellness Committee or the Department of Catholic Schools regarding the status of such programs.

The Department of Catholic Schools shall annually report to the Diocesan Board of Education on compliance with law and policies related to student wellness. The report may include:

- { } Assessment of school environment regarding student wellness issues.
- { } Evaluation of food service program, including all available foods during mealtime.
- { } Review of all foods and beverages sold in schools for compliance with established nutrition guidelines, based on the action plan.
- { } Listing of activities and programs conducted to promote nutrition and physical activity should be available upon request.
- { } Recommendations for policy and/or program revisions for improvement in specific areas.
- { } Feedback received from school staff, students, parents/guardians, community members and Wellness Committee available upon request.

**P.L. 108-265 Sec. 204** An assurance that diocesan 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 designated school officials in charge of the Cafeteria Management.

#### **4. Guidelines - Wellness Committee**

The Diocese shall appoint a Wellness Committee comprised of the following: diocesan administrator, school administrator, school teacher(s), food service representative, school nurse, student, parent/guardian, health professional and representative of a community wellness/fitness organization.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Diocese for adoption. At least once every three (3) years, the committee shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as school and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal and state guidance or standards are issued.

{ } The Wellness Committee may examine related research and laws, assess student needs and current school environment, review existing Diocesan 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 Department of Catholic Schools.

### **Nutrition Education**

{ } The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

{ } Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

{ } Nutrition education lessons and activities shall be age-appropriate.

{ } Nutrition curriculum shall be behavior focused.

{ } School food service and nutrition education classes shall cooperate to create a learning laboratory in accordance with the action plan.

{ } Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.

{ } Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

{ } The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. Criteria shall be developed to measure “properly” and “appropriate.”

{ } School staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

{ } Consistent nutrition messages shall be disseminated throughout the diocesan schools, classrooms, cafeterias, homes, community and media.

{ } Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

## **Physical Activity**

{ } Diocesan schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

{ } The school will contribute to the effort to provide elementary school students (K-8) will have an accumulation of at least 60 minutes of age appropriate physical activity per daily designed to achieve optimal health, wellness, fitness and performance benefits.

{ } Age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance such as supervised recess, preferably outdoors, during which schools should encourage physical activity in a physically safe environment.

{ } A physical and social environment that encourages safe and enjoyable activity for students shall be maintained.

{ } Physical activity breaks shall be provided for students during classroom hours.

{ } Extended periods of student inactivity in the secondary setting of two (2) hours or more, shall be discouraged.

{ } After-school programs, when offered, shall provide developmentally appropriate physical activity for participating children.

{ } Diocesan schools shall partner with parents/guardians and community members to institute programs that support lifelong physical activity.

{ } Physical activity shall not be used as a form of punishment.

{ } Students/families and community members should be made aware of facilities available for physical activity outside of school hours.

## **Physical Education**

{ } All student must be participate in physical education.

{ } Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

{ } Physical education classes shall be the means through which all students learn and practice developmentally appropriate skills and knowledge.

{ } 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 shall be implemented.

{ } A sequential physical education program consistent with Diocesan curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

{ } Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

{ } A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

{ } Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

{ } Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

{ } Certified health and physical education teachers should teach Physical education.

{ } Appropriate professional development shall be provided for physical education staff.

{ } Physical education classes shall have a teacher-student ratio comparable to those of other courses.

{ } Physical activity shall not be used or withheld solely as a form of punishment.

### **Other School Based Activities**

{ } Diocesan schools shall provide adequate space and a healthy environment , as defined by the Diocese, for eating and serving school meals.

{ } Students shall be provided a clean and safe meal environment.

{ } Students shall be provided adequate time to eat: Ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

{ } Meal periods shall be scheduled at appropriate hours, as defined by the school.

{ } Drinking water shall be available at all meal periods and throughout the school day at no cost to students.

{ } Students shall have access to hand washing or sanitizing before meals and snacks.

{ } Food Service personnel who meet criteria established by the diocese in compliance with the federal regulations shall administer the school meals program. As listed in the objectives, this is presently under study.

{ } Professional development shall be provided for school cafeteria staff.

{ } Access to the food service operation shall be limited to authorize staff.

{ } Nutrition content of school meals shall be available to students and parents/guardians.

{ } Students and parents/guardians may be involved in menu selections through various means.

{ } To the extent possible, the school and/or diocese shall utilize available funding and outside programs to enhance student wellness.

{ } Only nutritional food shall be used in the school as a reward, food shall not be used as a punishment.

{ } The Department of Catholic Schools shall provide appropriate training to all staff on the components of the Student Wellness Policy.

{ } Access to the food service operation shall be limited to authorized staff.

{ } Goals of the Student Wellness Policy shall be considered in planning all school based activities.

{ } Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

{ } Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through diocesan programs, communications and outreach efforts.

{ } The Department of Catholic Schools shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

### **Nutritional Guidelines**

All foods available in diocesan schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks, and beverages; vending food, snacks and beverages; school store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; rewards; and food from home.

{ } All competitive foods available to students in the Diocese of Harrisburg schools shall comply with the National Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three (3) year plan.

{ } All competitive foods available to students in the Diocese of Harrisburg shall comply with the established nutrition guidelines, as listed in the Student Wellness Plan.

### **Safe Routes To School**

{ } The school shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.

{ } The school shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.

{ } The Department of Catholic Schools shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

### **Reference:**

Child Nutrition and WIC Reauthorization Act of 2004 - P.L. 108-265 Sec 204