

BISHOP GARRIGAN SCHOOLS WELLNESS POLICY

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The system supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The system provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy system goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The system supports and promotes proper dietary habits contributing to students' health status and academic performance. Foods are served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The system will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the system will utilize electronic identification and payment systems; and promote the availability of meals to all students.

The system will develop a local wellness policy committee comprised of representatives of the board, parents, leaders in food/exercise authority and employees. The local wellness policy committee will develop a plan to implement and measure the local wellness policy and monitor the effectiveness of the policy. The committee will designate an individual to monitor implementation and evaluation the implementation of the policy. The committee will report annually to the board regarding the effectiveness of this policy.

Specific Wellness Goals

- specific goals for nutrition education, (*see Appendix A*)
- physical activity, (*see Appendix B*)
- other school-based activities that are designed to promote student wellness, (*see Appendix C*)
- nutrition guidelines for foods available on campus, (*see Appendix D*)

The board will monitor and evaluate this policy by yearly review and revision.

NUTRITION EDUCATION AND PROMOTION

The system will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- includes training for teachers and other staff.

Appendix B

PHYSICAL ACTIVITY

Physical Education

The system will provide physical education that:

- is for all students in grades K-12 for the entire school year;
- is taught by a certified physical education teacher;
- includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

Daily Recess

Elementary schools should provide recess for students that:

- is at least 20 minutes a day;
- is preferably outdoors;
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,
- discourages extended periods (i.e., periods of two or more hours) of inactivity.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity and Punishment

Employees should not use physical activity (e.g., running laps, pushups) as punishment.

Healthy Kids Act

K-6 students will have 20 minutes a day of physical activity and students in grades 7-12 will have 80 minutes of physical activity per week.

Appendix C

OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the system will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- discourage sedentary activities, such as watching television, playing computer games, etc.;
- provide opportunities for physical activity to be incorporated into other subject lessons; and,
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Appendix D

NUTRITION GUIDELINES FOR FOODS AVAILABLE ON CAMPUS

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state and federal law;
- offer a variety of fruits and vegetables;
- serve low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and,
- ensure that whole grains are served 2 days per week.

Breakfast

To encourage all children to have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools may:

- operate the breakfast program;
 - notify parents and students of the availability of the School Breakfast Program, where available;
- and,
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

Free and Reduced-Priced Meals

The system will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the system may:

- utilize electronic identification and payment systems;
- promote the availability of meals to all students.

Meal Times and Scheduling

The system:

- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks

Food Service Staff

Food service staff will administer the meal programs. As part of the system's responsibility to operate a food service program, the system will:

- provide continuing professional development for all food service employees.

Sharing of Foods

The system discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods Sold Outside the Meal (e.g. vending, a la carte, sales)

Elementary Schools: The food service program will approve and provide all food and beverage sales to students in elementary schools. To this end:

- food in elementary schools should be sold as balanced meals, given young children's limited nutrition skills; and,
- foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits and non-fried vegetables.

Secondary Schools: In middle/junior high and high schools, foods and beverages sold individually outside the reimbursable meal programs (including vending machine, and fund-raising activities) during the school day, or through programs for students after the school day, should meet the following nutrition and portion size standards:

Beverages

The following will be available: water, juice, diet pop and sports drinks.

Foods

A food item sold individually:

- should have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10 percent of its calories from saturated and trans fat combined;
- should have no more than 35 percent of its weight from added sugars;
- should contain no more than 230 mg of sodium per serving for chips, cereals, crackers, baked goods and other snack items.

Snacks

Snacks available will meet smart snack standards and be served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and milk and/or water as the primary beverage. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. The system will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.

Rewards

The system will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through meals) as a punishment.

Celebrations

Schools should evaluate their celebrations practices that involve food during the school day. The system will disseminate a list of healthy party ideas to parents and teachers.

School-Sponsored Events

Some foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually.

Food Safety: Food made available on campus will comply with food safety and security guidelines.

Food & Beverage Marketing: The only food and beverage marketing will meet smart snacks standards.

Appendix E

PLAN FOR MEASURING IMPLEMENTATION

Monitoring

The president will ensure compliance with established system-wide nutrition and physical activity wellness policies.

In each school:

- the principal will ensure compliance with those policies in the school and will report on the school's compliance to the president; and,
- food service staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or principal.

In the schools:

- the schools will report on the most recent review from the Department of Education by Bureau of Nutrition Programs and School Transportation;
- the president will develop a yearly progress report;
- Wellness Committee will make triennial report to board.

Policy Review

Policy review will be conducted yearly to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the system will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. The system, and individual schools within the system will, revise the wellness policies and develop work plans to facilitate their implementation.

September 2005-June 2006

The Wellness Committee has been established. The Iowa Association of School Boards Policy Primer was reviewed in sections and modified to meet the needs of Bishop Garrigan Schools.

September 2006-May 2007

Additional revisions were made to the policy established last year. Whole grains are encouraged. A spring wellness day was planned.

September 2007-May 2008

No changes were made to wellness policy. Sub committees were formed.

September 2008-May 2009

No changes were made to wellness policy. Elementary breakfast program was discussed. Vending machines were discussed.

September 2009

Additional revisions to policy. Breakfast program has been implemented. Vending machine choices have been altered. Committee members updated. Rewards will be discussed. Whole grains will be stressed.

May 2010

No changes made to Wellness Policy.

April 2011 Sub-committees have set goals for 2011-2012 school year:

Menu sub-committee

Will plan to hold a Bishop Garrigan Wellness Committee fundraiser.

Garden sub-committee

Possibility "farm to school" garden for BGHS to be presented to the school board in May 2011 and investigated for potential in the fall of 2011 (or the following year).

Physical Activity sub-committee

Pre-K-6 100% physical activity compliant 150 minutes plus per week.

7-12 95% physical activity complaint 120 minutes plus per week.

Look at new compliance in future if the state decides to go everyday or every other day requirement.

Fund raising and Vending Machine sub-committee

Fund raiser meals will be 51% whole grain with increased use of fruits and vegetables.

August 2011

No changes made to Wellness Policy.

May 2012

No changes made to Wellness Policy.

May 2013

No changes made to Wellness Policy. Membership and committees updated.

December 12, 2013

No changes made to Wellness Policy. Membership and committees updated.

Breakfast Review – Guidelines, Points, Exchanges

Lunches – Veggies seasoned, Offered, Ideas

Birthday snacks - policy

May 2022

No changes were made to the Wellness Policy

Feb 2023

Wellness policy reviewed. Membership and committees updated.

Wording on physical activity updated

Wording for snacks to meet smart snack compliance updated

Discussed possible updates to school nutrition requirements of sodium decrease and possible no addition of sugar to fruits/vegetables

BISHOP GARRIGAN SCHOOLS WELLNESS POLICY COMMITTEE 2022 - 2023

Students

Garrett Heying – 12th Grade

Violet Bode – 11th Grade

Molly Peterson – 10th Grade

Tate Foertsch – 9th Grade

Food Service Professional

Doris Blocker

School Board Members

Stephanie Schafer

Renee Graves

School Administrators

Kristie Hough

Lynn Miller

Christina Peterson

Community Members

Lisa Muller

Teachers

Marty Wadle

David Burrow

Kara Birkey

Kim Murphy

Erin Miller

John Byrkeland

Lisa Charbonneaux

Health Professionals

Alison Rosenmeyer, Registered Nurse