

LIMA CENTRAL CATHOLIC HIGH SCHOOL WELLNESS POLICY

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas, good health fosters student attendance and education;

Whereas, healthful foods and physical activity promotes weight control and correct bodily functioning;

Whereas, community participation is an essential element in the development and implementation of a successful school wellness policy;

Whereas, this policy provides an assurance that guidelines for reimbursable school meals are being met.

Lima Central Catholic High School is committed to providing an environment conducive to children's overall health by implanting health nutrition information and physical activity opportunities. Therefore, it is the policy of Lima Central Catholic High School to:

1. Help students acquire the desire to eat healthy and stay active.
2. Engage students, parents, teachers, food service professionals, health professionals and interested community members in developing, implementing and reviewing district-wide nutrition and physical activities policy.
3. All students in grades 9-12 will be provided with daily encouragement to be physical active.
4. All students will have access to food and beverages at school that meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
5. We will provide clean, safe and pleasant settings and adequate time for students to eat lunch.
6. We will participate in available federal school meals programs that pertain to our system.
7. Our school will have nutrition education and physical education available to all our students to foster lifelong habits of healthy eating and physical participation, and provide a connection between health, nutrition and community opportunities.

TO ACHIEVE THESE POLICY GOALS

1. School Health Councils

Lima Central Catholic High School will create, strengthen or work within a school health council to develop, implement, monitor, review and, as necessary, revise school nutrition and physical activity policies. The council will also serve as a resource to the school for implementing those policies.

2. Nutritional Quality of Foods and Beverages Sold and Served at Lima Central Catholic High School

School Meals

Meals served 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 statutes and regulations
- Serve low-fat and fat-free milk
- Ensure that some of the served grains are whole grains

Free-and-Reduced Priced Meals

Schools will utilize electronic identification and payment systems to eliminate any social stigma attached free-and-reduced price school meals.

Meal Times and Scheduling

Schools

- will provide students with at least 20 minutes after sitting down for lunch.
- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 am and 1 pm.
- Should not schedule meetings during mealtimes, unless students may eat during the meeting.
- Will provide students access to handwashing or hand sanitizing before they eat meals or snacks.

Qualifications of School Food Service Staff

Cafeteria supervisor will administer the school meal programs. The school will provide continuing nutritional development. Also, staff development programs should include training programs for cafeteria workers and volunteers.

Sharing of Food and Beverages

Schools should discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Food and Beverages Sold Individually (i.e., foods sold outside of the reimbursable school meals, such as through vending machines, cafeteria a la carte lines)

All foods and beverages sold individually outside of reimbursable school meal programs during the day or through programs for students after the school day will meet the following nutrition and portion size standards:

Beverages

- Allowed – water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored, low-fat or fat-free fluid milk and nutritional-equivalent nondairy beverages to be defined by the USDA.
- Not Allowed – soft drinks

3. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotions

Lima Central Catholic High School aims to teach, encourage and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is integrated into the classroom as teachers feel it fits the acceptable curriculum
- Is part of health education classes
- Promotes fruit, vegetables, whole grain products and health-enhancing nutrition practices
- Includes education for teachers and other staff

Integrating Physical Activity into the Classroom Setting

For students to receive opportunities for the physical activity beyond physical education class.

- Classroom health education will complement physical education by reinforcing the knowledge to maintain a physically-active lifestyle and to reduce health risk of too much time spent on sedentary activities
- Opportunities for physical activity will be integrated into other subject lessons as appropriate
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate

4. Physical Activity Opportunities and Physical Education

Physical Activity Opportunities

Lima Central Catholic High School will offer a range of extracurricular activities that meet the needs, interests and abilities of all students

5. Monitoring and Policy Review

Monitoring and Policy Review

The principal, director of finance and cafeteria manager will ensure compliance with established nutrition and physical activity wellness policy.

School food service staff will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the school principal.

The school will conduct an assessment of the school's existing nutrition and physical activity environments and policy be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As a part of that review, the school will review its nutrition and physical activity policy; provide an environment that supports healthy eating and physical activity; and nutrition and physical education policy and program elements. Lima Central Catholic High School will, as necessary, revise the wellness policy and develop work plans to facilitate their implementation.

The principal or administrative designee and cafeteria manager will develop a summary report every three years on the school's compliance with the nutrition and physical activity wellness policy. The school will, as necessary, revise the wellness policy and develop work plans to facilitate

their implementation. That report will be provided to the Lima Central Catholic Administration and also distributed to the governing board, parent/teacher organizations, and health personnel in the school if so requested.

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