

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Diocese Of Toledo

Reviewer John Schnieders / Lori McLean

School Name Lima Central Catholic H.S.

Date April 1, 2022

Select all grades: PK ☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☒ 10 ☒ 11 ☒ 12 ☒

Yes No I. Public Involvement

☒ ☐ We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

☒ Administrators

☒ School Food Service Staff

☒ P.E. Teachers

☒ Parents

☒ School Board Members

☒ School Health Professionals

☒ Students

☒ Public

☒ ☐ We have a designee in charge of compliance.

Name/Title:

John Schnieders - Finance Administrator, Director of Operations

☒ ☐ We make our policy available to the public.

Please describe:

Our School Website: lchs.edu

☒ ☐ We measure the implementation of our policy goals and communicate results to the public.

Please describe:

Same as above

☒ ☐ Our district reviews the wellness policy at least annually.

Yes No II. Nutrition Education

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition education.

☒ ☐ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☒ ☐ We offer nutrition education to students in: ☐ Elementary School ☐ Middle School ☒ High School

Yes No III. Nutrition Promotion

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ ☐ We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

☒ ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☒ ☐ We ensure students have access to hand-washing facilities prior to meals.

☒ ☐ We annually evaluate how to market and promote our school meal program(s).

☒ ☐ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☒ ☐ We offer taste testing or menu planning opportunities to our students.

☐ ☒ We participate in Farm to School activities and/or have a school garden.

☒ ☐ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

☒ ☐ We price nutritious foods and beverages lower than less nutritious foods and beverages.

☒ ☐ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☒ à La Carte

☒ ☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

☐ ☒ We provide teachers with samples of alternative reward options other than food or beverages.

☐ ☒ We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☒ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☐ ☒ We operate the School Breakfast program: ☐ Before School ☐ In the Classroom ☐ Grab & Go
- ☒ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☐ ☒ We operate an Afterschool Snack Program.
- ☐ ☐ We operate the Fresh Fruit and Vegetable Program.
- ☒ ☐ We have a Certified Food Handler as our Food Service Manager.
- ☒ ☐ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
☒ as à La Carte Offerings ☐ in School Stores ☐ in Vending Machines ☐ as Fundraisers

Yes No **V. Physical Activity**

- ☒ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☐ ☒ We provide physical education for elementary students on a weekly basis.
- ☐ ☒ We provide physical education for middle school during a term or semester.
- ☒ ☐ We require physical education classes for graduation (high schools only).
- ☐ ☒ We provide recess for elementary students on a daily basis.
- ☒ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☐ ☒ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ We offer before or after school physical activity: ☒ Competitive sports ☒ Non-competitive sports ☒ Other clubs *Yoga*

Yes No **VI. Other School Based Wellness Activities**

- ☒ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☒ ☐ We provide training to staff on the importance of modeling healthy behaviors.
- ☒ ☐ We provide annual training to all staff on: ☒ Nutrition ☐ Physical Activity
- ☒ ☐ We have a staff wellness program.
- ☒ ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- ☒ ☐ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☐ ☐ We have a recycling /environmental stewardship program.
- ☐ ☒ We have a recognition /reward program for students who exhibit healthy behaviors.
- ☒ ☐ We have community partnerships which support programs, projects, events, or activities. *Mercy Health Partners*

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name Position/Title

Email Phone

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 11am and 1pm.
- Should not schedule meetings during mealtimes, unless students may eat during the meeting.
- Will provide students access to hand washing 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.

Food Allergy Policy

Intent

Lima Central Catholic High School is committed to the safety and health of all students and employees. In accordance with Ohio HB1, the purpose of this policy is to:

- Provide a safe and healthy learning environment for students with food allergies
- Reduce the likelihood of severe or potentially life-threatening allergic reactions.
- Ensure a rapid and effective response in the case of a severe or potentially life-threatening allergic reaction.

Rationale

With the prevalence of food allergies increasing, nearly every school has students who have severe, sometimes life-threatening conditions. Schools are considered high risk areas for students with food allergies, with most incidents being accidental in nature. Schools can dramatically reduce both the likelihood of such reactions occurring, and reduce the severity of consequences. Effective prevention and treatment plans, proper procedures, trained staff, and clear communication can save lives.

Lima Central Catholic High School's approach to preventing and treating food allergies must be tailored to each individual's needs.

Definitions and Background Information

Anaphylaxis is an acute allergic reaction that affects more than one system of the body. It is a life-threatening event. If someone exhibits difficulty breathing, a drop in blood pressure, or symptoms in more than one body system (cutaneous, respiratory, gastrointestinal or cardio vascular) after possible exposure to an allergen, it should be considered anaphylaxis. Medical attention and treatment should be sought immediately.

Emergency Health Care Plan (EHCP) means procedural guidelines that provide specific directions about what to do in a particular emergency situation.

Epinephrine is the treatment of choice to prevent anaphylaxis. It can help reverse the symptoms. It should be given immediately. A delay in treatment with epinephrine can be fatal.

Epinephrine auto-injector (sometimes called EpiPen) is a device that is used for the automatic injection of epinephrine into the human body.

Food Allergy is an abnormal adverse reaction to a food that is triggered by the body's immune system. The immune system responds to an otherwise harmless food as if it were harmful, resulting in the release of various chemical, including histamines. The most common food allergies are to peanuts, tree nuts, milk, soy, eggs, fish, crustacean shellfish and wheat. Food Allergy symptoms are manifestations of the allergic reaction in various parts of the body. Symptoms may affect:

- The cutaneous system (skin inflammation, tingling, itching, hives, rash, swelling of the lips, tongue, and/or throat.

- The respiratory system (runny or stuffy nose, sneezing, coughing, wheezing, difficulty breathing.)
- The gastrointestinal system (abdominal cramps, vomiting, diarrhea).
- The cardiovascular system (drop in blood pressure, dizziness, lightheadedness, heartbeat irregularities, fainting, shock).

Symptoms can begin immediately upon, or up to two hours after exposure to an allergen. Some individuals exhibit initial symptoms followed by a second phase of symptoms two to four hours later. If more than one system is involved, it is considered anaphylaxis.

Individual Health Care Plan (IHCP) means a comprehensive plan for the care of the children with special needs, including food allergies. IHCP's may include both preventative measures and treatment options.

Individual Health Care Plans and Emergency Health Care Plans

In Lima Central Catholic High School and Individual Health Care Plan and an Emergency Health Care Plan shall be developed for each student identified with any food allergy with potentially serious health consequences. The school nurse will develop the IHCP and EHCP in collaboration with the student's parents/guardians, the student's health care provider, and the student. These plans should include both preventative measures and emergency measures.

Staff Training

At Lima Central Catholic High School, the principal shall identify school personnel who might be involved in managing an emergency in a school, including anaphylaxis. Training shall be provided for these personnel on the signs and symptoms of anaphylactic shock, proper EpiPen administration, adverse reactions, assessing 911 emergency medical system, and preparing for movement and transport of the student. At least one person, other than the school nurse, should be trained in proper EpiPen administration, subject to Good Samaritan provisions. These personnel shall review emergency protocols on an annual basis. If trained personnel are not available, any willing person may administer the EpiPen. Good Samaritan provisions apply.

Self-Management

At Lima Central Catholic High School, each student at risk for anaphylaxis shall be allowed to carry an EpiPen with him/her at all times. A medically identified student may self-administer the EpiPen.

Eating Meals Served by Lima Central Catholic High School Meals Program

Lima Central Catholic High School is required to provide reasonable accommodations in situations where dietary needs are special. Only lactose free milk or nutritionally suitable non-dairy beverage is allowed for Lactose Intolerance. Only a doctor's note telling specifically what

can give a student is acceptable when cannot have milk. The doctor's note must have the student's disability on it.

Evaluation and Review

This policy shall be reviewed and updated on a regular basis, particularly after a serious allergic reaction has occurred at school or at a school-sponsored activity.

