

Bishop Walsh Wellness and Nutrition Policy

1. School Health Council

Bishop Walsh School is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. The wellness council will work to develop, implement, monitor, review and as necessary, revise school nutrition and physical activity policies. The wellness council will also serve as a resource for implementing those policies.

2. Nutrition Goals and Guidelines

In the interest of influencing student behavior regarding nutrition:

- a. Bishop Walsh School cafeteria will prepare and serve school meals that meet the nutrition standards established by the USDA and MSDE. Child nutrition programs are accessible to all enrolled children.
- b. Teachers and organizations are encouraged to minimize the use of candy and other food to be consumed during the instructional day as a reward system for students
- c. Meals served through the National School Lunch and Breakfast Programs will meet all Federal Regulations for School Meals Nutrition standards and the Smart Snacks in School nutrition standards.

Foods and Beverages Sold Individually (ie, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snacks) lines, fundraisers, school stores, etc.)

- a. Elementary School- The school food service program will approve and provide all food and beverage sales to students in elementary schools. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits and non-fried food. (Soda and candy should be strongly discouraged during school hours.)
- b. Middle/High School- In middle and high school, all foods and beverages sold individually outside the reimbursable school meal program (including those sold through a la carte (snacks) lines, vending machine, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the all Federal Regulations for School Meals nutrition standards and the Smart Snacks in School nutrition standards. (Soda and candy should be strongly discouraged during school hours.)

3. Health Education, Physical Education, and Activities: K-12

All students K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive scheduled health education regularly scheduled health and physical education. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

4. Integrating Physical Activity into the Classroom Setting

Physical education courses will be the environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.

- a. Provide a daily recess period, which is not used as a punishment or a reward. Consider planning recess before lunch since research indicates that physical activity before lunch can increase nutrient intake and reduce waste.
- b. Teachers will provide short physical activity breaks between lessons as appropriate.

5. Daily Recess

All elementary and middle school students will have at least 20 minutes a day supervised recess, preferably outdoors. During activities, such as mandatory school-wide testing, students should be given periodic breaks during which they are encouraged to stand and be moderately active.

6. Physical Activity and Discipline

Teachers and other school personnel will not use physical activity (e.g., running laps, pushups, etc.) or withhold recess for disciplinary reasons.

7. Parent and Community Involvement

- a. Partnership between parents and families will continue to be strengthened.
- b. The school has and will continue to work with Maryland Cooperative Extension on education students and parents to make better nutritional choices.
- c. Success of family involvement will be monitored by the wellness committee through email, surveys, and phone calls.

8. To Accomplish These Goals

- a. Child Nutrition Programs comply with federal, state, and local requirements. Child Nutrition Programs are accessible to all children.
- b. Patterns of meaningful physical activity connect to student lives outside of physical education.
- c. All school-based activities are consistent with local wellness policy goals.
- d. All foods and beverages made available on campus shall comply with Smart Snacks guidelines, and Maryland Nutrition Standards for food and beverages sold during the school day. Food and beverages made available at school parties/celebrations are to be consistent with the current dietary guidelines for Americans.
- e. All foods made available on campus adhere to food safety and security guidelines.
- f. The school environment is safe, comfortable, pleasing, and allows time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.
- g. Bishop Wash will provide information to families that encourages them to teach their children about health and nutritious meals for their families.
- h. Students are encouraged to start each day with a healthy breakfast.
- i. The school will engage in community outreach to help plan and engage in activities centered around healthy eating and exercise.

Monitoring and Implementation/Review

At least once a year, the superintendent/principal, or their designee, shall review the compliance of the wellness policy and make the assessment results available to the public.

Policy Review

Bishop Walsh School will review policy compliance, assess progress, and determine what areas are in need of review and update the nutrition and wellness policy as needed.

Revised on: 9/5/2025

Approved by Principal, Jennifer Flinn:

A handwritten signature in black ink, reading "Jennifer Flinn". The signature is written in a cursive style with a large, stylized "J" and "F".