

# Bishop Walsh School Wellness Policy

Bishop Walsh School is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

**To accomplish these goals:**

- Child Nutrition Programs comply with federal, state and local requirements. "Child Nutrition Programs are accessible to all children.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, concessions, a la carte, and fundraising) shall comply with Smart Snack guidelines, and Maryland Nutrition Standards for foods 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.
- All foods made available on campus adhere to food safety and security guidelines.
- 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.
- Bishop Walsh School will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families. (I 0)
- Students will be encouraged to start each day with a healthy breakfast.
- The school will engage in community outreach to help plan and engage in activities centered around healthy eating and exercise.

**Physical Activity**

- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge. (I)
- Policies ensure that state-certified physical education instructors teach all physical education classes. (I)
- Policies ensure that state physical education classes have a student/teacher ratio similar to other classes. (I)
- 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 prior to lunch can increase the nutrient intake and reduce food waste.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. (10)
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- Bishop Walsh will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted. (I)
- Information will be provided to families to help them incorporate physical activity into their student's lives.
- Schools encourage families and community members to institute programs that support physical activity, such as a walk to school program. (I)

### **Other School Based Activities**

- After-school programs will encourage physical activity and healthy habit formation. (10)
- Local wellness policy goals are considered in planning all school based activities (such as school events, field trips, dances, and assemblies).
- Bishop Walsh will encourage development of a Wellness Committee comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.

### **Nutrition Guidelines for All Foods on Campus**

- All foods made available on campus comply with the current USDA Dietary Guidelines for Americans:
  - o Vending machines
  - o A la carte
  - o Beverage contracts
  - o Fundraisers
  - o Concession stands
  - o School parties/celebrations
- Only those foods/beverages which comply with federal and state standards for food/beverages sold and/or provided during the school day can be advertised.
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for all students.
- Classroom snacks feature healthy choices. (5)
- Nutrition education is incorporated during classroom snack times, not just during meals. Schools shall comply with Smart Snack guidelines, and Maryland Nutrition Standards for foods and beverages sold during the school day, including fundraisers. (6)

### **Eating Environment**

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated. (3)
- Lunch periods are scheduled as near the middle of the school day as possible. (8)
- Cafeteria will include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining area is attractive and have enough space for seating all students. (10)
- Food is not used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP)

### **Child Nutrition Operations**

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals. (I) (8)
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. (I)
- Bishop Walsh will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and summer foodservice programs).
- Employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements. (I)
- All food service personnel shall have adequate pre-service training in food service operations. (I)
- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. (I)
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

## **Foods**

Main course food items offered in elementary, middle and high schools as an alternative to the reimbursable meal should be offered in reasonable portion sizes that are consistent with guidance provided by the USDA for Child Nutrition Programs and that take into consideration the percentage of total calories from both fat and saturated fat. This guidance applies to foods typically sold a la carte, including items such as deluxe pizzas, salads, sandwiches, and yogurt.

In elementary and middle schools, all other food sold, including packaged snacks, should be offered only in single-serving portions. The unit sold, regardless of the number of portions in the package, should contain:

- No more than 9 grams of total fat, excluding packaged nuts and seeds.
- No more than 2 grams of saturated fat.
- No more than 15 grams of sugar, excluding dried fruit with no added sugar.
- At least 5% nutrients

## **Beverages**

The sale of beverages in all schools during the standard school day is limited to the following:

- Water
- Non-carbonated, flavored water with fewer than 20 calories per serving.
- Unflavored milk or soy milk
- Flavored milk or soy milk (no more than 30 grams of total sugar per 8 ounce serving)
- 100% fruit/vegetable juice, not to exceed 12 ounces
- Fruit/vegetable juice beverages with at least 10% fruit/vegetable juice and 100% vitamin C, not to exceed 12 ounces.
- Isotonic beverages, not to exceed 16 ounces.

## **In-School Education**

- Elementary teachers will include units about mindfulness.
- Elementary teachers will include units about nutrition and exercise
- Organized activities will be held in the school centered around exercise.
- Health teacher will include units about nutrition and the importance of a healthy lifestyle in health classes.

## **Process for Updates**

- The Wellness Policy will be updated at the beginning of every school year.
- The general public and school community will be invited to participate in the development, implementation, review, and update of the policy. This will occur each summer.
- Please contact the school principal with any questions about the Wellness Policy or wellness compliance.

