

## **WELLNESS POLICY**

Catholic schools in the Diocese of Salt Lake City shall adhere to the Federal Wellness Law. The purpose of this policy is to provide a school environment that enhances learning and development of lifelong wellness practices. The implementation of the policy shall include:

1. Sequential and interdisciplinary nutrition education shall be provided and promoted.
2. Adequate physical education shall be provided and patterns of meaningful physical activity connected to students' lives outside of physical education classes shall be promoted.
3. School-based activities shall be consistent with Catholic schools Wellness Policy.
4. Food and beverages made available by the school to students on campus shall be consistent with the current USDA Dietary Guidelines.
5. The school should have a safe, comfortable, and pleasing environment. Ample time and space for eating meals is provided. Food and/or physical activity shall not be used as a punishment or reward.
6. Child Nutrition programs shall be accessible to all students and must comply with federal, state and local requirements.
7. Foods made available on campus shall adhere to food safety and security guidelines.
8. The Superintendent shall appoint a CSO Wellness Director to regularly monitor the overall effectiveness of the Wellness Policy and recommend policy and/or procedural modifications that will positively impact student health. Each school shall have a Wellness Director to oversee the implementation and evaluation of the Catholic Schools Wellness Policy at each school site.

### **OTHER AUTHORITY/REFERENCE:**

[Section 204 of Public Law 108-265-June 30, 2004](#)  
[USDA Dietary Guidelines 2005](#)  
[USDA Food Security Guidelines](#)  
[Utah Health Education Core](#)  
[School Beverage Guidelines](#)  
[USDA Foods of Minimal Nutritional Value](#)

### **GUIDELINES AND PROCEDURES FOR IMPLEMENTATION:**

1. Nutrition Education. Sequential and interdisciplinary nutrition education shall be provided and promoted as follows:  
Each school shall ensure the health core is taught in grades K-12. Nutrition education shall be encouraged in other areas, in the home and broader community.

## Policy 5130 Continued

2. Physical Education and Physical Activity. Adequate physical education shall be provided outside of physical education classes. Patterns of meaningful physical activity connected to students' lives shall be promoted as follows:
  - a. Each school shall ensure the physical education core curriculum is taught in grades K-12. Physical education activities shall be encouraged in other content areas, home, and the broader community.
  - b. Physical education instructors and an adequate number of faculty/staff at the elementary level shall be currently certified and/or qualified in First Aid/CPR.
  - c. Enrollment in secondary physical education courses shall not exceed the number of students that space and equipment can accommodate.
  - d. Adequate equipment and supplies shall be available for all students to safely and fully participate in structured physical education activities.
  - e. Time allotted for physical education instruction shall be 60-90 minutes per week for grades K-5. Each student at the middle school level will take one class of P.E. per year. High School students are required to complete two (2) P.E. credits before graduation. These standards are in accordance with the Utah State Physical Education guidelines.
  - f. All elementary students K-5 shall be allowed a minimum of 15 minutes of recess each school day, not to include scheduled lunch time. Recess before lunch is strongly recommended.
  - g. Daily scheduled recess periods shall not be used as a punishment or reward.
3. Other School-Based Activities. School-based activities shall be consistent with the Catholic Schools Wellness Policy as follows:
  - a. After-school programs shall encourage physical activity and the formation of healthy habits.
  - b. Catholic Schools Wellness Policy guidelines shall be considered when planning all school-based activities (such as school events, field trips, dances, assemblies, etc.).
4. Nutrition Guidelines for All Food on Campus. Food and beverages made available to students should be consistent with the current USDA Dietary Guidelines as follows:
  - a. Foods made available to students on campus (catered hot lunch, a la carte sales, after-school programs, beverage contracts, fund raisers, school parties/celebrations, student stores, vending machines, etc.) will emphasize nutrient density, fruits and vegetables, decreasing fat and added sugars, and moderating portion size. Food and beverages sold at Catholic High School Activities Association events shall be exempt.
  - b. Food including fruits and vegetables (fresh, cooked, dried, juice, or canned) and beverage sales offered to students outside of the school meal program shall be based on the following standards:

At the elementary/middle school and high school level foods and beverages should meet the USDA Food or Minimal Nutrition Value guidelines and provide no more than 250 calories per package. At the high school level acceptable beverages as specified by the memorandum of understanding between the American Beverage Association and the Alliance for a Healthier Generation shall be exempt.
  - c. Classroom snacks shall feature healthy choices.
  - d. Food and beverage advertisements in the school cafeteria shall be consistent with established nutrition standards.

- e. No school activities, events or parties shall interfere with student access to a nutritionally balanced lunch.
5. Eating Environment. The school environment shall be safe, comfortable, and pleasing. Ample time and space for eating meals shall be provided. Food and/or physical activity shall not be used as a reward or punishment. In addition:
    - a. Students shall be encouraged to start each day with a healthy breakfast.
    - b. Students shall be provided adequate time to eat lunch at school, 20 minutes for lunch, from the time the student is seated.
    - c. Lunch periods shall be scheduled as near the middle of the school day as possible. Lunch periods shall not be scheduled at the end of a shortened school day.
    - d. Elementary schools shall schedule recess before lunch or implement a structured schedule that ensures that children are not pressured to “eat and run.”
    - e. School cafeteria areas shall provide enough serving lines to ensure that students spend no more than seven (7) minutes waiting in line for a school meal.
    - f. School employees and community members shall be encouraged to reward student behavior with non-food items.
    - g. Students in pre-kindergarten through grade 12 shall be responsible for cleaning up after themselves at lunch. Students shall put away trays and dispose of garbage properly to keep the school environment clean.
  6. Child Nutrition Operation. Child Nutrition programs shall be accessible to all students and must comply with federal, state and local requirements.
  7. Food and Safety/Food Security. All foods made available on campus by Child Nutrition Services shall adhere to food safety and security guidelines including compliance with federal, state and local food safety and sanitation regulations. Food provided outside of Child Nutrition Services becomes the responsibility of school administration. Access to the food service operation is to be limited to Child Nutrition staff and authorized personnel only.
  8. Implementation and Evaluation. The Superintendent shall appoint a Catholic School Wellness Director to regularly monitor the overall effectiveness of the wellness policy and recommend policy and/or procedural modifications that will positively impact student health. The Director shall:
    - a. Regularly monitor the overall effectiveness of the Wellness Policy.
    - b. Highlight areas in need of future change.
    - c. Recommend policy and/or administrative procedure modifications that will positively impact student health.
    - d. Ensure that all Wellness Policy guidelines are enforced at the school site.

The school principal shall appoint a Wellness Director to regularly monitor the implementation of the Wellness Policy guidelines at the school site. The school director shall:

- a. Evaluate annually implementation and compliance to policy guidelines
- b. Recommend policy and /or administrative procedure modification that will positively impact student health.
- c. Prepare and submit a written record of compliance to the superintendent of Catholic Schools in May of each year.

**APPENDIX I**  
**SCHOOL BEVERAGE GUIDELINES**

The American Beverage Association & The Alliance for a Healthier Generation

**Elementary Schools**

1. Bottled water
2. Up to 8 ounce servings of milk  
Fat-free or low fat regular and flavored milk and nutritionally equivalent (per USDA) milk alternatives with up to 150 calories/ 8 ounces\*
3. Up to 8 oz. servings of juice  
100% juice with no added sweeteners, up to 120 calories/ 8 ounces, and with at least 10% of the recommended daily value for three or more vitamins and minerals

**Middle Schools**

1. Same as elementary school, except juice and milk may be sold in 10 ounce servings
2. As a practical matter, if middle school and high school students shared access to areas on a common campus or in common buildings, then the school community has the option to adopt the high school standard

**High School**

1. Bottled water
2. No-or low-calorie beverages with up to 10 calories/ 8 ounces
3. Up to 12 ounce serving of milk, 100% juice and certain other drinks
4. Fat-free or low-fat regular and flavored milk and nutritionally equivalent (per USDA) milk alternatives with up to 150 calories/ 8 ounces
5. 100% juice with no added sweeteners, up to 120 calories/ 8 ounces, and with at least 10% of the recommended daily value for three or more vitamins or minerals. Other drinks with no more than 66 calories/ 8 ounces
6. At least 50% of non-milk beverages must be made with water and no or low calorie options

**Time of Day**

1. All beverages sold on school grounds during the regular and extended school day
2. The extended school day includes before and after school activities like clubs, yearbook, band, student government, drama and childcare programs

These guidelines do not apply to school-related events where parents and other adults are part of an audience or are selling beverages as boosters during intermission, as well as immediately before or after an event. Examples of these events include but are not limited to school plays and band concerts.

**APPENDIX II**

Current Dietary Guidelines

Foods and beverages sold through school vending machines that meet acceptable nutritional standards shall consist of the following:

1. Plain, unflavored, non-carbonated water;
2. Milk, as that term is defined in C.R.S. 25-5.5-101, shall include but not necessarily be limited to chocolate milk, soy beverage, rice beverage and other similar dairy or non-dairy beverage;
3. 100% fruit juices or fruit-based drinks composed of no less than 50% juice, without additional sweeteners;
4. An electrolyte replacement beverage that contains 42 grams or fewer of additional sweeteners per 24 ounce serving;
5. Nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables and packaged fruits in their own juice; and,
6. Any other food item containing:  
not more than 35% of total calories from fat and not more than 10% of those calories from saturated fat and not more than 35% of its total weight in sugar.

**NOTE:** For purposes of this appendix, “additional sweetener” means an additive that enhances the sweetness of a food or beverage, including but not limited to sugar. “Additional sweeteners” does not include the natural sugar or sugars that are contained in any fruit juice that is a component of the food or beverage.

**APPENDIX III**

**Resources**

The following resources and suggestions are provided for the benefit of individual School Wellness committees as they implement the Wellness Policy. These resources and suggestions are not all-inclusive.

**Wellness Activity Ideas:**

1. Health fairs
2. Non-food or healthy food fundraisers
3. Participation in the Gold Medal Schools Initiative
4. Participation in the National Presidential Physical Fitness Program
5. Generation Fit dance mat program
6. Distribution of information to encourage health literacy through cooperation with local medical facilities.

**Fundraising Activities:**

1. Discounted movie tickets
2. Sale of service-learning activities
3. Wrapping paper
4. Candles
5. Generation Fit dance mat program

**Non-Food Rewards**

1. Certificate or trophy
2. Photo recognition in a prominent place on campus
3. Pencils, stickers, highlighters, or other school supplies
4. "No Homework" pass
5. More time on special projects
6. Opportunity to be "teacher helper" for the day
7. Praise, smiles, pat on the shoulder