

Notre Dame High School Policy on Wellness and Physical Activity

Federal Public Law (PL 108.25 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy.

Notre Dame High School is committed to providing a school environment that promotes and protects our student's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Notre Dame High School that:

- Notre Dame High School will engage students, parents, teachers, food service professionals, health professionals, and other interested members of our school community in implementing, monitoring, commenting on, and reviewing nutrition and physical activity policies.
- All students in grades 9-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, Notre Dame High School will participate in available federal school meal programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. Officials and Board Members

Notre Dame High School will create, strengthen, or work with existing schools in our area to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus School Meals

Meals served through the National School Lunch and Breakfast Programs 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;
- offer a variety of fruits and vegetables; two different fruit options daily, (Fresh fruit, 100% juice, canned.) Also offer five different fruits and five different vegetables over the course of a week,
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA),
- ensure that at least half of the served grains are whole grain.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles and take-home materials.

Free and Reduced-priced Meals. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or “paid” meals.

Meal Times and Scheduling. Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and approximately 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between approximately 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;

- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the schools responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

A School Wellness Committee will recommend which nutrition standards will be established for all foods available on school campus during the school day based upon the unique needs of the student body and the community. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and sugars, and of moderate portion size.

- All foods made available on campus **during the instructional day** will comply with the current USDA Dietary Guidelines for Americans **including, but not limited to:**

Vending machines

A la carte

Beverage contracts

Fundraisers – It is strongly recommended that fundraising groups consider alternatives to candy and carbonated beverage sales.

Student stores

School parties/celebration – prepared items should conform to nutritional standards (highlighted below) as set forth in this policy.

- Foods of minimal nutritional value on the school campus will be replaced with more nutritional options. Every attempt will be made to adhere to the standards for nutritional value.

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less

- Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards of the National School Lunch Program.
- Food providers will take every measure to ensure that student access to foods and beverages will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- Nutrition education is incorporated during classroom times, not just during meals. Foods and beverages sold at fundraisers will include healthy choices.

The district will disseminate a list of healthy snacks through newsletters and the health curriculum.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.
- Notre Dame High School should provide an environment that fosters healthy eating. Providing food based on performance or behavior connects food to mood. Through nutrition education alternatives to food rewards for students to enjoy will be recommended.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Notre Dame High School aims to teach, encourage, and support healthy eating by students. We should provide nutrition education and engage in nutrition promotion that:

- is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social studies, and elective subjects.
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests and promotions.
- Each student is allowed to carry around a water bottle during the day.
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

Communications with Parents. The school will support parents' efforts to provide a healthy diet and daily physical activity for our children.

Staff Wellness. Notre Dame High School highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a staff wellness committee composed of at least one staff member, school official, dietitian or health professional. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school committee annually.

Physical Activity

It is the hope of Notre Dame High School that students fully embrace regular physical activity as a personal goal in developing healthier lifestyles. Students need opportunities for physical activity beyond physical education class and to be encouraged to participate in regular physical activity and reduce sedentary activity. The promotion of physical activity will meet the following suggested criteria:

- Physical activity will be integrated across curricula and throughout the school day.
- Physical education classes will foster an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- State-certified physical education instructors will teach all physical education classes.
- Policies will ensure that physical education classes will have a student/teacher ratio similar to other classes.
- Time allotted for physical activity will be consistent with research, national and state standards.
- Punishing students by taking away physical education class reduces student's already scarce opportunities for physical activity. Teachers/staff should not deny a student's participation in physical activity as a form of discipline or for classroom make up time.
- Physical education will include the instruction of individual activities, as well as, competitive and non-competitive team sports to encourage life-long physical activity.

- Notre Dame High School will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their student's lives.
- Open Gym every afternoon from 3:30 – 5pm.
- Weight room open every afternoon from 3:30 -5pm with a Coach to help the kids.
- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle, to reduce time spent on sedentary activities, such as watching television, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.
- It is recommended that classroom teachers provide short physical activity breaks between lessons or classes, as appropriate.
- Notre Dame High School will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

Policy Review. Notre Dame High School will, as necessary, review and revise the wellness policy and develop work plans to facilitate its implementation.

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