

## **Corryville Catholic School Wellness Policy (Approved 5/16/2017)**

Learning Today ~Leading Tomorrow ~Living Gospel Values

This policy is the *effort of many people at Corryville Catholic representing the vision of who we are and want to be for our school community: children, families, teachers, staff, board members and volunteers*. We strive to create a Christ-centered environment in which each child develops to her or his full potential.

The Wellness Council appreciates this great gift and the vision of Corryville Catholic, and presents the Wellness Policy, to reiterate and reinforce Corryville Catholic's commitment to creating a healthy and safe school environment and community supporting holistic growth and development, and enabling each child's readiness to learn, and succeed, each day.

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

### **Section 1: Nutrition Education**

- Curriculum and instructional goals for nutrition education, physical activity as well as other school-based activities at Corryville Catholic are based on the state-approved Graded Course of Study provided by the Education Office of the Archdiocese of Cincinnati. This curriculum will progress in the order that has been decided by the Archdiocese of Cincinnati based off of currently accepted nutrition practices.
- All grades/students are required to participate in nutrition education.
- Corryville Catholic will strive to link nutrition education to the school food environment. Students will be educated to make healthy choices while participating in the SBP and NSLP.
- Corryville Catholic will strive to teach students healthy behaviors that can be practiced in their lives.

### **Section 2: Standards for USDA Child Nutrition Programs and School Meals**

- Corryville Catholic participates in the USDA school breakfast and lunch program ("*reimbursable meals*") and provides full-priced, reduced-price or free lunches. Students who prefer to pack their lunches may purchase milk.
- All students are encouraged to begin their day with a healthy breakfast.
- Foods made available through the NSLP and breakfast will comply with the current USDA Dietary Guidelines. Link to NLSP and SBP Guidelines:  
<https://education.ohio.gov/getattachment/Topics/Other-Resources/Food-and-Nutrition/National-School-Lunch-Program/Simplified-New-meal-pattern-charts-for-2015-school-year-OKed-by-Communications.pdf.aspx>
- Nutrition information for all school meals is available from Corryville's Food Service Department upon request.

- Corryville strives for high participation in meal programs. Professional development for food service staff is centered around this idea with training in food safety and scratch cooking. Corryville also participates in activities similar to and including “Every Kid Healthy Week” to raise awareness.
- Free and Reduced forms are available to all families in the school office or on the school’s website: [www.corryvillecatholic.org](http://www.corryvillecatholic.org)
- Corryville Catholic uses a point of sale system that allows for Free and Reduced status privacy for all students.
- All food and nutrition staff participate in professional development in accordance with USDA Professional Standards. Documentation of trainings are kept on file in the Food Service Department.
- Students are not permitted to leave school grounds during breakfast/lunch periods.
- 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. Corryville’s breakfast time is scheduled for 30 minutes and lunch time is 20 minutes.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Dining areas are attractive and have enough space for seating all students.
- Drinking water is available for students at meals from the drinking fountain and also a water cooler with cups for students to take to their seats with their meal.
- Recess is offered to all students but due to scheduling conflicts is scheduled after lunch periods. Kindergarten and preschool are scheduled before their lunch period.

### **Section 3: Nutrition Standards for Other Foods and Beverages**

- Corryville’s Food Service has a separate ‘A la Carte Policy’ (Available from Food Service) that addresses USDA nutrition standards and Smart Snacks Guidelines. Corryville Catholic does not sell food outside of the NLSP and SBP except for milk.
- Corryville Catholic’s *guidelines* for student packed lunches during the school day promote student health:
  - Parents are encouraged to provide healthy snacks and minimize sugary treats.
  - No pop, large-sized drinks or snacks are permitted in the cafeteria.
- Drinking water is available to students during meal times and the school day via drinking fountains. During hot weather students are permitted to keep water bottles at their desks.
- Fundraisers meet the Smart Snacks guidelines and are focused on not being food centered. (Raffle, boxtops, etc) In the event that the fundraisers do not meet nutrition criteria the rules are followed that the events must not occur before the school day starts, are not held during the school days, and not start less than 30 minutes after school.

### **Section 4: Physical Education and Physical Activity**

- Curriculum and instructional goals for physical education at Corryville Catholic are based on the state-approved Graded Course of Study provided by the Education Office of the Archdiocese of Cincinnati.

- All students participate two days per week in the school’s Physical Education program by grade level: K-4, 2 bouts of 30 minutes each, totaling 60 minutes weekly; 5-8, 2 bouts of 40 minutes each, totaling 80 minutes weekly.
- Students participate in Physical Education classes with their homeroom class, such that each PE class is at or below the state of Ohio’s approved teacher-student ratios for general education classes.
- The physical education teacher must meet the basic qualifications for teaching in the Archdiocese.
- Corryville Catholic does not provide professional development for the PE teacher.
- Corryville Catholic will initiate a comprehensive school physical activity program (CSPAP) plan by 2018.
- Corryville Catholic provides busses for students who reside farther than one mile away, and encourages other students to walk to school when weather appropriate. Biking is not safe.
- Corryville Catholic partners with other schools and organizations to offer after school physical activity. All students are eligible to participate in age-appropriate activities offered.
- All students will have recess built into their daily schedule.
- All K-5 teachers offer a total of 30 minutes of in-class physical activity breaks throughout each school day.
- Teachers and staff are involved in the planning and delivery of physical activity opportunities during and after school (at special events).
- Family Fun Activities will be scheduled to encourage family participation in physically active events outside of the school day.
- Corryville Catholic provides annual professional development for classroom teachers in implementation of classroom-based physical activity.
- Corryville has joint agreements for after-school physical activity participation with other schools and local recreational organizations (e.g., Friar’s Club)

### **Section 5: Wellness Promotion and Marketing**

- The staff and teachers at Corryville Catholic eat their meals in the lounge and are encouraged to model healthy eating/drinking behaviors. Staff and teachers are not permitted to consume sugary drinks or snacks in the classroom.
- Staff or teachers who wish to eat in the presence of students must model healthy choices.
- The staff and teachers at Corryville Catholic are encouraged to model physical activity behaviors (leading “brain breaks”, taking the stairs, participating in special events).
- Providing food and requiring or withholding physical activity are not to be used as either reward or punishment.
- Posters and fliers from Team Nutrition, Fuel up to Play and Action for Healthy Kids are displayed in the cafeteria and classrooms to promote healthy food and beverage choices. Other evidence-based resources may be used.
- Posters and fliers from Team Nutrition, Fuel up to Play and Action for Healthy Kids are displayed in the cafeteria and classrooms to promote physical activity. Other evidence-based

resources may be used.

- Physical activity is fostered via daily classroom breaks and special events.
- Family Fun Nights will be scheduled to encourage family participation in healthy events outside of the school day.

### **Section 6: Implementation, Evaluation, and Communication**

- Corryville Catholic convened a Wellness Council in 2009 and includes representatives from all stakeholder groups (staff, teachers, administration, parents, community). Student representation is accomplished through the Student Health Council, composed of junior-high students.
- The Assistant Principal will serve on the Wellness Council, and be accountable for ensuring compliance of wellness policies within the school.
- On an annual basis, Corryville Catholic's Wellness Council will use an evidence-based assessment tool (e.g., Alliance for Healthier Generation, Action for Healthy Kids or CDC School Health Index) to evaluate the implementation of the policy and wellness goals.
- An annual progress report on compliance/implementation will be made to the school board for review and posted on Corryville Catholic School's website for the school community and the public.
- The progress report ensures transparency by including: the web address of the wellness policy, description of activities and progress towards meeting wellness goals, contact details for Wellness Council leadership and information on how to join the Wellness Council.
- Upon completion of each annual assessment, the Wellness Council will determine if the Wellness Policy requires an update based on current regulations, standards and best practices.
- Corryville Catholic will use a variety of methods (e.g., website, e-mail, parent meetings) to engage families in wellness activities, inviting family members to participate in the Wellness Council and Family Fun Nights and other school events.