

## HARRISON COUNTY CATHOLIC SCHOOL WELLNESS POLICY

### I. PURPOSE

The purpose of the Harrison Co. Catholic School Wellness Policy is to provide a guide for all students, staff, parents, and stakeholders, to understand the fundamentals of a healthy lifestyle. Through education, our schools promote and support healthy eating habits and physical activity to help students achieve academically and learn and maintain life-long healthy eating and physical activity patterns.

### II. GOALS

The main goal for Harrison Co. Catholic Schools is to provide the education for students which enables them to develop the knowledge and skills needed to make life-long smart, nutritious food choices as well as make physical activity a safe and productive part of daily life.

Harrison Co. Catholic Schools is committed to implementing and following a wellness policy that encourages proper nutrition and a healthy lifestyle through education and physical activity for all students and staff.

### III. ACTION

Harrison Co. Catholic Schools commit to the following to ensure and promote students' physical well-being through education and physical activity:

- A. All students in Pre-K-12 will have the opportunity and be encouraged to engage in physical activity regularly.
- B. Foods and beverages served by Harrison Co. Catholic Schools will meet nutrition guidelines set forth in the National School Lunch Program and School Breakfast Program and/or other regulations established through local, state, and federal policies.
- C. Harrison Co. Catholic Schools will participate in available federal school meal programs, including the National School Lunch Program and School Breakfast Program, to the extent possible.
- D. Students will have unrestricted access to water daily through the use of water fountains, water bottle filling stations, and water cups provided during and between mealtimes.
- E. School food service professionals will provide students with nutritious and affordable foods that are appealing and meet students' needs for a healthy lifestyle in a clean and safe environment with enough time for students to eat.

#### IV. ACHIEVEMENT OF WELLNESS GOALS

- A. A Wellness Team comprised of school administrators, food service personnel, and health professionals will work to create, implement, evaluate, and revise as needed, school health and wellness policies.
- B. All school meals served following the guidelines of the National School Lunch and Breakfast Programs will:
  - 1. Be served to all students in a clean, safe setting.
  - 2. Meet nutrition requirements as set forth by local, state, and federal policies.
  - 3. Offer a variety of fruits and vegetables.
  - 4. Be as appealing to students as possible.
  - 5. Serve only 1%, low-fat and fat free milk.
- C. Breakfast will be served under the requirements of the School Breakfast Program to the extent possible.
  - 1. Grades PreK-6 students will have breakfast before morning prayer daily at approximately 8:00 a.m. and have at least 10 minutes to eat.
  - 2. Grades 7-12 students will have breakfast daily following morning prayer at approximately 8:45 a.m. Breakfast is “grab-and-go,” and students have at least 10 minutes during their second period class to eat.
  - 3. Parents will be notified annually in a newsletter regarding access to the breakfast and the importance of eating a healthy breakfast.
- D. Harrison Co. Catholic Billing and Payments
  - 1. Parents will receive monthly invoices for breakfast and lunch costs. All monies owed should be paid by for the school year by June 30<sup>th</sup>. All documents, invoices, and payments are confidential.
  - 2. Parents will be notified and instructed on how to apply for free and reduced meals. Harrison Co. Catholic works to ensure all parents and families have access to the free and reduced meals application and keeps all documents, invoices, and payments confidential.
- E. Meal-Times for Harrison Co. Catholic
  - 1. Students will have at least 10 minutes to sit and eat breakfast and at least 20 minutes after sitting down to eat lunch.
  - 2. Breakfast is served to all Harrison Co. Catholic students between 7:45 a.m. and 9:00 a.m.
  - 3. Lunch is served to all students between 10:30 a.m. and 12:30 p.m.
  - 4. While club, student council, and other organizations in grades 7-12 meet during lunchtime occasionally, students may eat during those meetings.
  - 5. Bathrooms are accessible before, during, and after mealtimes for handwashing.

- F. Harrison Co. Catholic Food Service and Program Personnel, including child nutrition director, manager, and cafeteria workers will maintain professional qualifications, certifications, and trainings and complete annual professional development courses as required by the West Virginia Department of Education.
- G. Students will be discouraged from sharing meals and snacks to maintain school health and safety standards, especially to reduce the risk of allergic reactions for students with food allergies and the spread of communicable diseases, such as COVID-19.

#### V. SALE OF INDIVIDUAL FOODS AND BEVERAGES (sold separately from school breakfasts and lunches served by Harrison Co. Catholic Schools)

- A. Middle and high school students have access to one snack vending machine, which meets USDA Smart Snack Guidelines.
- B. Vending machines and snacks are not accessible during mealtimes and are only available before and after lunch.
- C. Snacks served during after-care and Keepers after-school program are all pre-packaged. Water is available to students with refillable bottles and individual bottles of water are also available for students.
- D. School Celebrations must all be approved by school administration. For all grades PreK-12, there are not more than 5 celebrations during school instructional time per academic year. All foods brought in have full nutrition labels and be commercially prepared to protect students with food allergies. School health professionals also provide a comprehensive list of allergens to classroom teachers and accommodations are made for students with gluten and other allergies.
- E. Foods and beverages are not withheld from students as punishment.

#### VI. PHYSICAL ACTIVITY AND PHYSICAL EDUCATION (P.E.)

- A. All students in grades K-6 have 30 minutes of recess daily. All students in PreK have an hour of recess daily.
- B. All students in grades PreK-6 have 40 minutes of Physical Education classes weekly.
- C. All students in grades 7-12 are required to participate in at least one interscholastic sport annually. Each sport counts as .25 credits towards their 1.00 Physical Education

credit, which is a school and state graduation requirement. Interscholastic sports participation is required since a P.E. class is not offered by a faculty or staff member. Students may take a P.E. class virtually to satisfy the graduation requirement. Interscholastic sports are provided for males and females, students of all abilities, and students with special needs.

- D. Recess will not be withheld from students as a punishment. The type of activity and student choice in participation may be limited or changed during an activity by school personnel.
- E. The after-school Keepers Program available for all students in grades PreK-6, encourages and promotes physical activity and provides supervised access to the outdoor school playground (weather-permitting) and the school gymnasium.
- F. Use of School Facilities outside of regular school hours is permissible for school extra-curricular activities to students, staff, parents, and community members for school approved activities.

## VII. NUTRITION EDUCATION AND PROMOTION

Harrison Co. Catholic Schools will provide nutrition education, which is a critical component of promoting a healthy lifestyle. Nutrition education includes:

- A. In Grades K-8, a standards-based, developmentally appropriate approach to nutrition education that is taught across curriculums in multiple subjects, including science, math, reading, and language arts.
- B. In Grades 9-12, a standards-based, developmentally appropriate approach to nutrition education is taught in Health class – a 1.00 credit of Health is a graduation requirement.
- C. Policies regarding Harrison Co. Catholic Schools for students located in Notre Dame and St. Mary's student handbooks.
- D. Staff Wellness is a vital component of a healthy lifestyle for teachers and a positive work environment. Wellness is encouraged and promoted by advocating for a sustainable work-life balance, providing information and resources on healthy eating and exercise habits, and utilizing funds, when available, for staff wellness retreats.

## VIII. WELLNESS POLICY COMPLIANCE, REVIEW, AND EVALUATION

- A. Principals for Harrison Co. Catholic Schools are responsible for ensuring compliance with all school wellness policies and state Child Nutrition standards.
- B. Harrison Co. Catholic Schools Wellness Team will conduct a review annually of the schools' Wellness Policies.
- C. Annual evaluations of the Wellness Plan by the Wellness Team will identify areas of improvement and assess the overall effectiveness of the plan and compliance with plan policies. Based on evaluation findings, plans may be revised, and new measures implemented to make improvements and ensure compliance.

Approved by Harrison Co. Catholic Wellness Team

Effective: August 1, 2021