



WELLNESS POLICY

Revised in 2022 for 2023-24, 2024-25, 2025-26

The Archdiocese of Indianapolis shall adopt and promulgate an Archdiocesan Wellness Policy for the Catholic schools that considers the recommendations made by the Wellness Policy Task Force, whose members have addressed the areas of nutrition, intuition education and physical activity, in relation to the current laws and research.

SVS Wellness Committee Members:

Teresa D. Underwood, Principal
Pam Brewster, Food Services Director
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Chloe True, School Improvement Team
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Nondiscrimination Statement

This institution is an equal opportunity provider.

The Archdiocese of Indianapolis Catholic schools are committed to providing school environments that promote and protect children's health, wellbeing, and ability to learn, by supporting healthy eating and physical activity. Therefore, it is the policy of the Archdiocese of Indianapolis Catholic Schools that:

- Schools will engage students, parents, teachers, food service staff, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school nutrition and physical activity policies.
- All students in grades K-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 (www.dietaryguidelines.gov). Schools participating in the National School Lunch and/or Breakfast Programs will meet the guidelines set forth by USDA for all foods sold at school, including the Smart Snacks in Schools Standards. (www.fns.usda.gov/in/guide-smart-snacks-schools)

- Schools will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- 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.

I. NUTRITION EDUCATION

The schools within the Archdiocese of Indianapolis will follow health education curriculum standards and guidelines as stated by the Indiana Department of Education. The goal is to provide the knowledge and skills necessary for healthy eating and a lifetime of good health to both student and care-giving adults.

A. Classroom Nutrition Education

Nutrition education will be taught in grades K-8 as part of a sequential, comprehensive, health curriculum designed to provide students with the necessary knowledge and skills to promote and protect health.

Nutrition education will be designed to help students learn:

- Nutrition knowledge, including but not limited to, the benefits of healthy eating, essential nutrients, nutritional deficiencies, the use and misuse of dietary supplements, safe food preparations, handling and storage, caloric balance between food intake and energy expenditure and foods important for good health: fruits and vegetables, whole grains, low fat dairy, healthy fats and oils and a variety of protein sources.
- Nutrition related skills, including but not limited to, planning a healthy meal, understanding and using food labels, critically evaluating nutrition information, misinformation, and food advertising.
- How to assess one's personal eating habits, and how to set and achieve goals for improvement.
- Teachers are encouraged to integrate nutrition education into core curriculum in areas such as math, science, social studies, and language arts. Tools will be available through health curriculum resources and suggestions through professional development. The staff responsible for nutrition education will participate in professional development if needed so as to be adequately prepared to deliver current nutrition education topics specific to their grade level.

B. Nutrition Promotion and Wellness Activities

- Food service staff will participate in nutrition promotion. Students will be educated through new food experiences and exposed to a wide variety of food choices including ethnic foods. Encouragement should be given to children to try new foods.
- The cafeteria will serve as a learning lab for healthy eating and be used to display nutrition promotion posters and food facts, and provide education opportunities to encourage interest in healthy foods. Schools where after-school programs are offered will provide opportunities for nutrition education (with life skills formation).

- Partnerships and collaborative education interventions should be encouraged between schools, nutrition assistance programs, and/or other community organizations (i.e. public health programs, government designed programs, health care providers, or other related groups).
- Nutrition promotion and wellness education will be offered to students, parents, and staff through activities such as health fairs, healthy eating and wellness seminars, newsletters, handouts, links to creditable websites, and other information consistent with the current USDA Dietary Guidelines for Americans.
- School faculty and staff should encourage healthy eating behaviors by being role models to students during school hours. For schools participating the NSB/NSLP, faculty and staff should make all efforts to remove food and drink branding in the classroom. Faculty and staff will have the opportunity to be involved in wellness programs and/or efforts to build effective school health initiatives.

II. STANDARDS FOR USDA CHILD NUTRITION PROGRAMS & SCHOOL MEALS

Nutritional integrity will be used as a basis for establishing the nutrition guidelines for foods offered in the school. The School Nutrition Association defines nutritional integrity as a level of performance that assures all foods and beverages available in schools are consistent with the U.S. Dietary Guidelines for America. Therefore, schools should provide all students access to high quality foods and beverages such as fruits, vegetables, low-fat dairy and whole-grains, and a variety of protein sources wherever and whenever food is sold or otherwise offered at school during the normal school day. Meals served through the National School Lunch and Breakfast Programs will meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs.

A. School Lunch and Breakfast Programs will:

- Serve as a model for healthy eating.
- Emphasize a variety of fruits, vegetables, whole grains, and low-fat dairy foods and a variety of protein sources.
- Be appealing and attractive to students.
- Be served in clean and pleasant surroundings.
- Provide students with adequate time to eat. The School Nutrition Association recommends twenty minutes for lunch from the time a student is seated with their meal.
- Promote school meal participation with taste tests, themed lunches, engaging signage, celebrity guests, etc.
 - Schools on the NSB/NSLP will provide appropriate meal substitutions for students with a documented food related allergy in accordance with policies and procedures.
(www.in.gov/doi/nutrition/special-dietary-needs/)

B. School Foodservice Personnel

- Are responsible for adhering to the wellness policies the school has in place.
- Will be provided continuing staff development that includes training programs for child nutrition and appropriate training on any nutrition updates or revision to the policy.
 - Who fall under the NSB/NSLP will follow USDA guidelines set forth.

III. NUTRITION STANDARDS FOR OTHER FOODS & BEVERAGES SOLD OR OFFERED DURING SCHOOL HOURS

Foods and beverages SOLD outside the Child Nutrition Program such as a la carte and vending machine items will meet the Smart Snacks in Schools Standards. * *For the purpose of this policy, a school day is defined as 12:00am to thirty (30) minutes after school ends.* The standards, required by the Healthy Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

Smart Snacks in School also supports efforts by school food service staff, school administrators, teachers, parents and the school community to instill healthy eating habits in students.

A. Nutrition Standards for Snack and Ala Carte Foods*

Any food SOLD in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or protein food; and
- meet all the competitive food nutrient standards set forth by the USDA.

Foods must also meet several nutrient requirements to include ingredient listings and limits on calories, sodium, fat, and sugar. To determine if a food or beverage item is in compliance with the USDA’s Smart Snack in Schools nutrition standards, schools are encouraged to use the smart snack calculator found at <https://foodplanner.healthiergeneration.org>.

B. Nutrition Standards for Beverages*

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternative permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary school may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- No more than 20-ounce portions of
 - Calorie free, flavored water, (with or without carbonation); and
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or < 10 calories per 20 fluid ounces.

be advertised on school premises. This includes, but is not limited to, visible vending machines or coolers selling prohibited items.

IV. PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

A. Physical Activity

Schools are encouraged to develop and implement a comprehensive school physical activity program that provides physical activity throughout the school day and addresses the needs of students, staff, and the school community. Individual

- Staff should be provided with opportunities for professional development about physical activity.
- Integrating Physical Activity into the Classroom Setting – For students to receive the nationally recommended amount of daily physical activity, (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

B. Physical Education All students in grades K-8 will participate in Physical Education Standards to meet the Physical Education Standards. Individual school policies should have a minimum of two physical education goals.

- The physical education program shall be provided adequate space and equipment to ensure quality physical classes for students.
- All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.
- All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive regular physical education.
- A certified physical education teacher in grades that are departmentalized will teach physical education. In self-contained classrooms, teachers holding an appropriate license may teach their own physical education, as well as other required subjects as their license allows.
- Student involvement in other physical activities (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement in grades K-8.

C. Daily Recess All elementary school students (K-5) will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

D. Physical Activity Opportunities Before and After School

Elementary, middle, and high schools are encouraged to offer extracurricular physical activity programs such as physical activity clubs or intramural programs. High schools and middle schools, as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interest, and abilities of all students.

E. After School Programs

After school child care and enrichment programs will provide and encourage, verbally and through the provision of space, equipment, and activities, daily periods of moderate to vigorous physical activity for all participants.

- No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

*Taken from United States Department of Agriculture's "Smart Snacks in School."

C. Fundraising Activities

- The sale of food items that meet nutrition requirements are not limited in any way under the Smart Snacks in School standards.
- The Smart Snacks in School standards do not apply during non-school hours on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards. Indiana allows two exemptions per school per school year for fundraisers occurring during the school day involving the sale of food and/or beverages not meeting the Smart Snacks in Schools Standards. The Indiana Department of Education defines an exemption as a selling event. If a singular fundraiser covers the span of two days, the limit will have been reached as each of the two days is an "event" in and of itself.

D. Nutritional Guidelines for Non-Sold Food and Beverages

- When using food as part of a lesson plan or project, it should be recognized that some students may have food allergies, intolerances, or other medical conditions that may be affected by the food they eat. As such, students should not be made to taste food in the classroom and the student's academic grades should not be dependent on whether they sample foods that are brought into the classroom.
 - Common food allergens should be identified by the person who brings the food into the classroom. These allergens include, but are not limited to peanuts, tree nuts, fish, shellfish, eggs, gluten, milk and soy.
 - Food brought into the classroom should be maintained safely until served. That is, hot food should be held at greater than 135 degrees and cold food should be held at 40 degrees or below. Information on safe food handling can be found at fsis.usda.gov/food-safety.
 - After food is served in the classroom, proper clean-up of the area should be carried out before the next class enters the room. Cleaning with soap and water or a household cleaner must be done. Water alone is not effective in removing allergens.
 - Using food as rewards should be discouraged.
 - Classes that use food in the classroom on a frequent basis (for example: Nutrition and Wellness) will not the fact in the course description in the course catalog.

F. School Sponsored Events Outside of School

- It is recommended that an effort be made to offer or sell foods and beverages that meet good nutrition guidelines as set forth in this policy.
 - If a school is participating in the NSB or NSLP, no marketing may be geared toward students during the school hours that pertains to events sponsored outside of the school day. This means no advertisement promoting foods or beverages that fall outside of the nutritional guidelines may

F. Physical Activity and Punishment

Teachers and other school personnel will not arbitrarily use physical activity as punishment (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

G. Safe Routes to School

The school will assess and, if necessary, and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the school will work together with local public works, public safety, and/or police departments in those efforts.

V. FOOD AND BEVERAGE MARKETING IN SCHOOLS

School-based marketing will be consistent with nutrition and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals and foods and beverages sold individually (Smart Snacks in Schools guidelines).

- The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy is encouraged.
- Marketing unhealthy foods is prohibited.
- Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low nutrition food products; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in ala carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

VI. STAFF WELLNESS

The Archdiocese of Indianapolis Catholic Schools values the health and wellbeing of every staff member encourages schools to plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

School administrators should generally encourage healthy snacks in teacher break rooms and at staff meetings and promote physical activity engagement through such activities as walking, yoga, etc.

VII. IMPLEMENTATION, EVALUATION, & COMMUNICATION

A. School Wellness Committee

Each school in the Archdiocese of Indianapolis will form a School Wellness Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. This committee will consist of a group of individuals representing the school and community and may include:

- Parents/Guardians and Students
- Food Service Staff and the Physical Education teacher

- Members of the School Commission
- One or more teachers and administrators.
- One or more health professionals such as a Registered Dietitian, nurse, etc.
- General public

B. Monitoring

- Each school will identify at least one person responsible for monitoring the local Wellness Policy and reporting compliance matters to the school administrator/principal.
- The School Administrator/Principal is responsible for ensuring compliance with the local Wellness Policy.

C. Wellness Policy Implementation and Evaluation

To help with the initial development of the local Wellness Policy, each school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of that assessment will be used to identify and prioritize needs and establish goals for nutrition education, nutrition promotion, physical activity, and other activities that promote wellness.

At least every three years schools will use the Indiana Department of Education Wellness Policy Evaluation Checklist (<http://www.doe.in.gov/files/triennial-assessment-template.pdf>) to review policy compliance, assess progress, and determine areas in need of improvement. The school will, as necessary, revise the Wellness Policy and develop work plans to facilitate their implementation.

D. Communication

Each school will communicate annually to parents, students, staff, and the community the content and implementation of the local Wellness Policy. This should be accessible to stakeholders through published school handbooks and the school's website

VII. EXPECTATIONS AND GOALS

A. St. Vincent de Paul School will:

- provide students with healthy choices from the cafeteria and a la carte menu, using USDA guidelines.
- offer free-reduced lunch applications to all parents during online registration that will also be available throughout the school year. This application process will be kept anonymous. Families who are approved for free or reduced meals will be recorded into Meal Magic. Once approved, students are serviced in the cafeteria without other students being aware of their status.
- give students the opportunity to offer menu ideas using USDA guidelines.
- inform teachers of rules concerning healthy treats for parties and snacks in the classroom. Teachers will be asked to support the Wellness Committee's recommendations which will include fresh fruits/vegetables and commercially packaged healthier snack options for parties and every day snacks. Nutritional labels are necessary for food/snacks to be served.
- provide appropriate supervision in the cafeteria and ensure that rules of safe behavior are consistently enforced.

B. Specific Goals for Other School-Based Activities Designed to Promote Student Wellness:

- The school shall provide all students with at least 20 minutes to eat after being seated at lunch.
- Wellness education shall be added as a Life Skill.
- Students will learn good nutritional eating habits and the benefits of daily activity.

