



## ***Wellness Policy on Physical Activity and Nutrition 2020-2023***

In accordance with federal law, it is the policy of Bishop Dwenger High School to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

Bishop Dwenger High School recognizes that good nutrition and regular physical activity affect the health and academic well-being of our students. Research suggests that there is a positive correlation between a student's health and well being and his/her ability to learn. It is part of Bishop Dwenger's mission to encourage and educate students on the benefits of an active lifestyle. Our families, faculty, students, and visiting community are reminded to live an active life through our *Mission Statement* (which is read to all students and families each year and posted on our website). There is also a pillar that reads *ACTIVE LIFE* (installed in 2018) that greets all who enter our school and students who walk pass it throughout the day.

However, the school cannot act alone. It is necessary for the staff, students, school board, and parents to work together to promote, support, and model healthy behaviors and habits. Bishop Dwenger's Wellness Policy shall be made available to students and families by means of school registration, the student handbook and the corporation's website.

A "wellness" committee has been created to oversee that the policy is implemented, supported, promoted, and updated.

1. The committee shall meet at annually to review nutrition and physical activity policies and to develop an action plan for the coming year.
2. The committee shall meet as needed during the school year to discuss implementation activities and address improvements.
3. Updated action plan and/or ideas are presented to the Administration Team and School Board for approval before implementation.

These committee members are made up from the following:

- Parents/Guardians
- Food Service Director
- Kitchen Staff (lead baker/lead cook)
- Teachers of Health Education & Physical Education
- Student Council
- Dietitians
- School Nurse
- School Board members
- Administration

The following goals have been chosen to be our focus over the next three years:

I. Nutrition Education & Promotion

A. Influence Students' Eating Behaviors

1. Nutrition education will be a major discipline taught in all health classes
  - a) Indiana Academic Standards for Health Education
2. All students are exposed to nutrition education throughout the day from informative and appealing posters in hallways, restrooms, and the cafeteria
3. Nutrition information will be promoted by posting school's *Wellness Plan* on school website.
4. Healthy lifestyle is promoted in the Student Handbook, under *Code of Conduct*.

II. Standards for USDA Child Nutrition Programs and School Meals

- A. Adequate time (25-30 minutes) will be provided to students to eat lunch
- B. School meals will be served in clean and pleasant settings.
- C. Students will have convenient access to hand-washing and sanitizing stations.
- D. Potable (drinking) water must be readily available at all mealtimes.
- E. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
- F. School Meal Content
  1. Be appealing and appetizing to children
  2. Meals comply with the minimum nutrition requirements established by the USDA for federally funded programs
  3. Contain 0 percent trans fats
  4. Offer a variety of fruits and vegetables
  5. 100 percent of the grains offered are whole grain-rich.
  6. All cooked foods will be baked or steamed.
  7. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.



8. The food services department shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.
9. Special dietary needs of students are considered when planning meals, according to the document Accommodating Children with Special Dietary Needs in the School Nutrition Programs.

### III. Physical Activity

- A. All 9th grade students must complete a full year of Physical Education
  1. Waivers will not apply towards the physical education courses required for a diploma.
- B. Provide regular, consistent, and fair opportunities for everyone to develop the knowledge and skills for physical activity and exercise.
- C. Almost 60% of the student body is involved in extra-curriculars that require physical activity
  1. Students will be given opportunities for physical activity through physical education classes offered throughout the day for grades 9-12.
  2. Students and faculty are given opportunity for before-school or after-school programs that involve physical activity.
    - a) Non-IHSAA sanctioned athletic club teams
      - (1) Girls Rugby
      - (2) Boys Rugby
      - (3) Hockey (co-ed)
      - (4) Lacrosse
    - b) Access to gym, multi-purpose room, weight room, & cardio room
    - c) Recycling Club (transports all recyclables from classrooms to outside bin weekly)
  3. Summer conditioning at the school is available to every student through June-July under the guidance of trained coaches and athletic trainers.
    - a) Use of the gymnasiums
    - b) Use of outdoor track and *Shields Field*
  4. Service hours (20 hrs.) are required for all students to perform within a school year.
  5. Tournament Day during Homecoming involves almost 70% of the student body in some kind of physical activity-contest
  6. Students walk an average of 8,000 steps each day (at least 2 miles per day)
    - a) Our two-level school building enables students to experience daily exercise when walking between classes.

### IV. Nutrition Standards for Competitive and Other Foods and Beverages

- A. Bishop Dwenger provides and allows food and beverages that support proper nutrition, promote healthy choices, and comply with federal nutrition standards in vending machines, lunch lines, and concession stands.

1. Less than 10 percent of total calories from saturated fats
  2. 0 percent trans fats
  3. No more than 35 percent of calories from total sugars
  4. No more than 200 milligrams of sodium per portion as packaged
  5. No more than 200 calories per package
  6. 100 percent of the grains offered are whole grain-rich
  7. Water station is made available to students during lunches
  8. A la carte, school vending machines and other beverages outside of school meals shall be limited to:
    - a) Water without flavoring, additives, or carbonation
    - b) Low-fat and nonfat milk (in 8- to 12-ounce portions),
    - c) 100% fruit juice in 8 ounces
    - d) All beverages other than water, white milk or juice shall be no larger than 12 ounces.
  9. Vending machines:
    - a) That only sell water and juice drinks will be available during mealtimes.
    - b) Will contain items that meet the approved nutrition standards.
  10. This policy is promoted and encouraged for the following events (including but not limited to):
    - a) Marching Band fundraisers
    - b) Cheerleader fundraisers
    - c) Birthdays
    - d) Special class celebrations
    - e) Homecoming
  11. Concessions:
    - a) Will include at least 50% healthy beverages and foods, according to the approved nutrition standards.
- B. Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers per school building per year.
1. FBLA Krispy Kreme donut (1 week per year)
  2. SADD ice cream sundae (1 day per year)
- C. *Smart Snacks* are served for breakfast items
- D. Water stations have been installed (starting in 2017) throughout the school
1. Students are allowed to carry clear, refillable, plastic water bottles |
    - a) The recycling club (S.E.A. Club) sold very nice water bottles to students to use during the day to carry their water.

V. Other Activities that Promote Student Wellness

- A. School provides a clean, safe, and enjoyable meal environment
- B. School utilize electronic identification and payment systems that enable F/R students to remain equal and unknown to their peers while in the lunch line.
- C. Lunches are scheduled as close to mid-day as possible

- D. Fundraisers that comply with less than 50% of healthy food requirements are enforced to be done outside of the instructional day.
- E. Special honors and accolades for athletics and club activities on the announcements

VI. Staff Wellness

- A. The school corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.
  - 1. The Diocese of Fort Wayne-South Bend offers reduced membership fees to local YMCA.
  - 2. Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual Use.
  - 3. Schools will promote breastfeeding by making reasonable efforts to provide a private location for employees to express breast milk in accordance with IC 22-2-14-2.

VII. Goals for Measurement & Evaluation

- A. Bishop Dwenger will use the IDOE *Wellness Policy Evaluation Tool*
- B. The wellness committee will meet at least 1x per school year
- C. Surveys will be used to determine satisfaction and acquire improvement ideas from students, faculty, and school board (parents)
- D. To ensure continuing progress, the wellness committee will evaluate implementation efforts and their impact on students and staff at least every three years. The board will notify the public of the results of the three-year assessment and evaluation.
  - A. The Principal is responsible at keeping the minutes and notes from committee meetings
  - B. The Principal is responsible to report to the School Board any updates and changes that need to be vetted before implementation