

**Local Wellness Policy
Vincennes Catholic Schools
2019-2020**

The Vincennes Catholic Schools is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Following the policy of the Catholic Schools in the Diocese of Evansville, the Vincennes Catholic Schools; Flaget Elementary and Rivet Jr. / Sr. High School:

- 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.
- Provide students in K-12 opportunities, support, and encouragement to eat well and be physically active on a regular basis.
- Monitor the food and beverages sold or served at school so they meet the US Dietary Guidelines for Americans.
- 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 to for students to eat.
- Provide nutrition education and physical education to foster lifelong habits of eating healthy and physical activity and will establish linkages between health education and school meal programs as well as related community services.
- **I. Vincennes Catholic School Health Council**

The Vincennes Catholic schools will create, strengthen, or work within the existing school health council to develop, implement, monitor, review, and as necessary to revise school nutrition and physical activity policies. The council will also serve as a resource for implementing those policies as needed in an effort toward compliance with the Diocese of Evansville Nutrition, Wellness, and Fitness Policy.

Current Health Council Members

- **Janice Jones** - Rivet Principal
- **Beth Stevenson** - Food Service Director
- **Susan Blackburn** RN – Rivet
- **Dave Weiss** -Rivet Parent
- **Neal Pace** - Rivet PE /Health Teacher
- – Rivet Student

II. Nutrition Education and Wellness

The Vincennes Catholic Schools follow the health curriculum standards and guidelines as stated by the Indiana Department of Education. Flaget and Rivet link nutrition education activities with the Coordinated School Health Program. The goal is to provide the knowledge and skills necessary for healthy eating and a lifetime of good health to students and care-giving adults.

A. Classroom Nutrition Education

Nutrition Education is taught in grades K-12 and designed to provide students with the necessary knowledge and skills to promote and protect health.

Nutrition education has age appropriate lessons that address but are not limited to:

- Benefits of healthy eating, essential nutrients, the use and misuse of dietary supplements.
- How to assess personal eating habits, and how to set and achieve goals for improvement.
- Safe food preparation, handling, and storage.
- Caloric balance between food intake and energy expenditure (physical activity/exercise).
- Adequate fruits and vegetables, whole grains, and low fat dairy.
- Planning healthy meals.
- Understanding and using food labels.
- My Plate

- Evaluating nutrition information, misinformation, and commercial food advertising.
- Integration of nutrition education into core curriculum areas such as math, science, social studies, and language arts.
- Purdue Extension programs such as Healthy Happy Me, Professor Popcorn and Fit Kids.
- Hand Washing Lessons.
- Staff responsible for nutrition education will participate in professional development.

B. Other Nutrition Education and Wellness Activities.

- Cafeteria staff participates in nutrition education.
- Students are to be exposed to a variety of food choices and new food experiences.
- Cafeteria staff displays nutrition education posters and food facts.
- Nutrition education is provided to students, parents, and staff through Nutrition Nuggets newsletters on the school website.
- Faculty and staff set an example of healthy eating and exercise.

III. Nutrition Standards for USDA Child Nutrition Programs and School Meals

The Vincennes Catholic Schools provide all students access to high quality foods and beverages such as fruit, vegetables, low fat dairy products, bottled water, and low fat whole grain products whenever and wherever food is sold or otherwise offered during the normal school day.

A. Child Nutrition Programs

1. Meals served through the National Lunch Program will:

- Be appealing and attractive to students.
- Be served in clean and pleasant surroundings.
- Meet nutrition requirements established by the USDA for federally funded programs.
- Emphasizes fruits, vegetables, whole grains, and low fat dairy products.
- All grains offered are 100% whole grain or the state waiver is in effect.
- Serve only low fat 1% unflavored and fat free flavored milk.
- Potable water is available in the cafeteria at no charge at the water fountains.
- Low fat cheese and dairy products are used in all areas of the operation.
- Juices served as drink options are 100% fruit juice.
- Turkey and chicken are offered frequently.
- Chef Salads are offered in grades K-12 as a daily option for lunch.
- Portion sizes meet the Child Nutrition Program guidelines.
- Alternate foods are offered to those students when medically indicated.
- Students are allowed adequate time to eat.
- All nutritional information is available.

2. The Vincennes Catholic Schools do not participate in the School Breakfast Program.

- There are Smart Snack approved breakfast bars available for purchase by those who choose to participate.

3. Free and Reduced Price Lunches

- Direct Certification or Applications are distributed at the beginning of school to every student.
- This program is for the benefit of our students and may be applied for anytime during the school year as your financial situation changes.
- Every effort to eliminate any social stigma attached to and prevent the overt identification of students who are eligible for free and reduced price meals.
- If there are ever any questions about this program please contact the Food Service Director.

4. Cafeteria Staff

- Understand their responsibility to adhere to the policies in place by the VCS.
- Each staff member is required to accumulate continuing education hours each year
- The Food Service Director and Kitchen Managers at each school are Serv-Safe certified
- Annual continuing education hours are offered by Indiana Department of Education and other Child Nutrition entities. The Food Service Director may also train staff.

5. After School Care Program

- Emphasis on healthy smart snacks
- Emphasis on water as a beverage

IV. Nutrition Standards for Competitive and Other Foods and Beverages (outside of the Child Nutrition Program)

1. Food items sold individually must have no more than 35% of its calories from fat, sugar, and sodium and 10% of its calories from saturated fat. No trans-fat.

2. The Smart Snack Calculator from Alliance for a Healthier Generation is used to verify acceptable snacks.

3. Portion Sizes must meet the guidelines for portion sizes of foods and beverages sold individually outside the Child Nutrition Program.

4. Fundraising: Less than 50% of school fundraising activities involve food.

5. Rewards: Food is not used as a reward for academic performance or good behavior unless on very rare occasions.

6. Celebrations:

- School Celebrations are limited to Christmas, Valentine's Day, and Halloween for grades K-5
- No more than 1 food or beverage that does not meet the nutrition standards is allowed

7. Vending Machines: No vending machines are operational during school hours. School hours are from midnight to 30 minutes after school dismisses for the day.

8. **No Restaurant Type Food** is to be ordered, delivered, or brought into the building for student consumption in competition with the National School Lunch Program.

9. Student lunches brought from home should contain a healthy meal, with protein, vegetables, fruit and whole grains. **NO CARBONATED BEVERAGES ALLOWED.**

10. Concession Stands will make an effort to offer healthy, nutritious snacks and beverages.

V. Physical Activity and Physical Education Goals

Physical Activity:

- Open Gym times are made available to the teachers and to their students to allow time for exercise outside of regular recess and physical education classes.
- Teachers provide short physical activity breaks between classes or lessons as appropriate.
- A wide variety of after school sports are offered in the Vincennes Catholic School system.
- The after school care program offers time for physical activity for participants.
- PE teachers are encouraged to seek professional development.

B. Physical Activity Opportunities and Physical

- All students in K-12 receive Physical Education Classes each week.
- Students spend 50% or more class time in active participation in physical activity.
- Students in K-5 have a 15 minute Wake Up Walk daily from 7:30 - 7:45 AM.
- Students in K-5 have fifteen minutes recess daily with an additional 15 minutes daily after lunch.
- Students in 6-12 have 15 minutes open gym time after lunch.
- Teachers use energizers during periods of extended inactivity
- A wide variety of sports are available after school hours through the school system.
- The afterschool care provides opportunity for physical activity.
- Teachers do not withhold the entire timed opportunities for physical activity as punishment.

- Teachers are creative in providing physical activity when students stay in at recess on consecutive days.
- VCS works closely with the Vincennes Police Department to create safe procedures for students while at school, walking to and from school, as well as morning drop off and dismissal procedures.
- A safe area for parking bicycles is provided for students who ride their bicycles to school.

VI. Staff Wellness

- Activities are planned to encourage good nutrition, physical activity, and mental wellness.
- Healthy snacks are provided for Faculty Meetings.
- Food for Teacher Luncheons is healthy and nutritious.
- The Diocese of Evansville and the Health Advocates provide yearly health screens, flu shots, consultations, and wellness information for each employee.
- The school nurse is available for blood pressure checks as needed.

VII .Assessment and Ongoing Evaluation

Monitoring:

- The school administrator will ensure compliance with established nutrition and physical activity wellness policies.
- The school administrator will report the school's compliance to the Diocesan Catholic Schools Office.
- The school food service staff will ensure compliance with the nutrition policies and will report to the school administrator.
- The school administrator will develop a summary report by using the Diocesan Healthy School Checklist every three years on school wide compliance with the established nutrition and physical activity wellness policies. The report will be provided the School Board and also to the Diocesan Catholic Schools Office.

Policy Review:

- A baseline assessment will be conducted on the school's existing nutrition and physical activity environments and policies. The results if the assessment will be used to identify and prioritize needs.
- Assessments will be repeated every three years to help review policy compliance, access progress, and determine areas of improvement.
- The Vincennes Catholic Schools will review nutrition and physical activity policies and provide for an environment that supports healthy eating and physical activity; and adhere to the nutrition and physical activity policies and program elements.
- The Vincennes Catholic Schools Health Advisory Council will meet to review, revise, and develop work plans to facilitate their implementation.

This Wellness Policy will be reviewed each year and revised when necessary.

This Health Advisory Council will meet twice a year.

Nondiscrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. USDA is an equal opportunity provider, employer, and lender.