

## **NATIVITY ACADEMY AT ST. BONIFACE WELLNESS POLICY**

### **PURPOSE**

The purpose of the Nativity Academy wellness policy is to ensure that all students at Nativity Academy are provided with a safe and healthy environment that promotes wellness through high-quality health and physical education to enrich student learning and ensure success. We believe student health is closely associated with academic achievement, attendance rate, and behavior support, thus, our students need to be striving for healthy lifestyles in order to be prepared for “college and career readiness truly.”

### **NUTRITION**

There is a standards-based nutrition curriculum and health education curriculum that is integrated into the curriculum and education program.

Nutrition topics shall be integrated within the comprehensive health education curriculum in the 8th grade. Nutrition education teaches skill-based behaviors (e.g. reading food labels, meal planning, etc.).

Nativity Academy follows all guidelines of the USDA National School Lunch, National School Breakfast, and National School Snack Programs.

### **SCHOOL MEALS**

Nativity Academy shall ensure that all reimbursable school meals meet current USDA nutrition standards. Nativity Academy is a CEP school (Community Eligibility Provision) which means all children eat at no cost to parents/guardians.

School meals meet USDA standards (e.g. 1% white milk & 1% free flavored milk). Nativity Academy takes the following steps to encourages healthy choices:

- a) offering a second chance breakfast in the school office.
- b) scheduling adequate time for all school meals (702 KAR 6:060)
- c) following all the nutritional standards required by federal and state laws and regulations. This also applies to all food and beverages offered during the school day. e.g. cooking class during EEP (Extended Enrichment Program)
- d) providing information to students or families on nutrition, caloric, and sodium content of foods available. Students are not offered salt as a condiment and food preparers do not add sodium to foods.
- e) not offering extra portions in our program.
- f) The Food Service Director receives 8 hours of continued education in nutrition and meal planning annually. Every 3 years FSD will update food safety and sanitation training through Louisville Metro Department of Public Health & Wellness.
- g) in compliance with federal Healthy Hunger Free Kids Act (KRS 158.852) any fundraiser shall meet the established state requirements. We do not have vending of any type in our school

- h) The cafeteria manager will work closely with parents/guardians to make reasonable accommodations for special dietary needs.

Nativity Academy is a closed campus. School staff may not provide permission for students to leave campus for the purpose of obtaining lunch.

Appropriate supervision shall be provided in the cafeteria during breakfast, lunch, and snack.

Students will be made aware of the availability of water during meals. Water fountain is located in the cafeteria.

### **NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES**

All foods provided to students during the school day are required to meet or are in compliance with USDA Smart Snacks federal nutrition.

Foods provided during the Extended Enrichment Program meet or exceed Smart Snack nutrition standards.

All foods and beverages served to students in the Extended Enrichment Program will meet Smart Snacks standards.

Classroom celebration will focus on activities, rather than food.

Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

Nativity Academy does not hold any fundraisers in which students sell or purchase food or beverages.

### **PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

Nativity Academy has a comprehensive, standards-based physical education curriculum that identifies the progression of skill development in grades 6-8 and is aligned with the state physical education standards.

Students in grades 6-8 shall receive 250 minutes per week of physical education/ health instruction throughout the school year.

Students grades 6-8 will receive 90 minutes of structured free play a

Physical education classes will have the same student/teacher ratios used in other classes.

The school shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.

All students shall be required to take physical education class.

Nativity Academy will not allow students to be exempted from required physical education.

Nativity Academy will not allow students to substitute other school or community activities for required physical education class time.

Nativity Academy will develop and implement a comprehensive school physical activity program (CSPAP) that provides physical activity throughout the school day and addresses the needs of students.

The CSPAP will:

- Allow staff to participate in or lead physical activity opportunities throughout the school day. In addition, an employee wellness program will be implemented to meet the wellness needs of school staff.
- Address family and community engagement in physical activity, and provide a wide-variety of offerings.

Nativity Academy will partner with local government and community-based agencies to support active transport to school to implement a comprehensive active transport program (i.e. TARC and walking options).

Physical activities (e.g., walking club, ballet, yoga, climbing, cheerleading, etc.) shall be available to all students through the Extended Enrichment Program.

A variety of sports teams are offered to students through either Nativity Academy or partnerships with other Catholic schools.

Nativity Academy shall provide all teachers with professional development opportunities that are focused on the integration of physical activity into classroom academic content and schedule throughout the school day.

## **FOOD AND BEVERAGE MARKETING**

- Teachers wishing to consume snacks or lunch alongside their students must ensure that only healthy food/beverages are present. The staff is provided with break/lunch periods and are not required to eat with students.
- Teachers model physical activity by participating in exercise breaks during class time with their students. Teachers are encouraged to share their positive experiences with physical activity with their students.

Physical activity is strongly recommended as a reward when feasible.

Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason. (Example: running laps or jogging around a playground)

The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices.

Nativity Academy encourages participation in after-school sports, intramurals and other, non-competitive physical activity programs via school newsletters.

Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.

Advertising of any food or beverage that may not be sold on campus during the school day is prohibited.

Advertising of any brand on containers used to serve food or in areas where food is purchased is prohibited.

Nativity Academy will not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by the principal.

## **WELLNESS LEADERSHIP**

The Superintendent/designee will direct District officials (“wellness leadership group”) to monitor compliance with this and related policies. At the school level, the Principal/foodservice director will

monitor compliance with those policies in his/her school and will report on the schools compliance as directed by the Superintendent/designee.

The wellness leadership group shall work to encourage and support all students to be physically active on a regular basis as provided by school/council policy. Each school shall review and consider evidence-based strategies to set measurable goals in providing nutrition education and engaging in nutrition promotion to positively influence lifelong eating behaviors.

Suggested language may include goals related to activities and opportunities:

offered at each grade level as part of a sequential, comprehensive, standards-based

program designed to provide students with the knowledge and skills necessary to promote

and protect their health;

offered as part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

that include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

that promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

that emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);

that link with school meal programs, other school foods, and nutrition-related community services;

that teach media literacy with an emphasis on food marketing; and

that include training for teachers and other staff.

## **IMPLEMENTATION, EVALUATION AND COMMUNICATION**

The Wellness Committee will meet at least bimonthly throughout the school year.

A letter will be sent to the school community via email, and will be posted in a central area in the school building inviting members of the community to join the Wellness Committee. Teachers, student, parents, administrators and allied health professionals are encouraged to attend.

Nativity Academy's administration shall be responsible for ensuring that the wellness policy is implemented throughout the school.

Administration will appoint at least one staff member (coordinated school health chair) responsible for ensuring compliance within the school and for reporting progress to the school's Education Committee.

Every year, the Wellness Committee will undertake an evaluation of policy implementation and will report on outcomes that may be influenced by the policy (e.g., body mass index measurement changes, meal participation rates, physical activity rates among students).

The Wellness Committee shall prepare a report annually for the Executive Director, Education Committee, school staff, students, and parents evaluating the implementation of the policy and regulations and including any recommended changes or revisions.

Progress reports will be shared with the public via the school website. The report will include a link to the wellness policy, a progress report for the school that includes a summary of wellness activities and contact information for Wellness Committee members. The report will include an open invitation for interested parties to join the committee.

Every year, the Wellness Committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

Nutrition education and physical education information will be provided to parents in the form of handouts, articles and information provided in school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach parents.

Current Wellness Committee Leaders:

Roni Witherspoon, Principal, [rwitherspoon@nativityacademy.org](mailto:rwitherspoon@nativityacademy.org)

Chris Green, Cafeteria Manager/Food Service Director, [cgreen@nativityacademy.org](mailto:cgreen@nativityacademy.org)

Drew Melton, PE/Health Teacher, [dmelton@nativityacademy.org](mailto:dmelton@nativityacademy.org)

Sarah Ball, Board Member, [sball@bellsouth.net](mailto:sball@bellsouth.net)