

# ST ADALBERT WELLNESS POLICY 2019 2020

School Wellness Policy Evaluation Checklist  
Indiana Department of Education, School and Community Nutrition

At a minimum, school wellness policies are to include:	Meets Requirements	In Development	Needs Improvement
1. <b>Wellness Coordinator:</b> Has identified at least one person as responsible for monitoring the local wellness policy Title of Person: <u>JOSEPH MILLER, PRINCIPAL</u>	✓		
2. <b>Stakeholder Participation:</b> Allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, evaluation and update of the local school wellness policy	✓		
3. <b>USDA Requirements for School Meals:</b> Has assured School Meals meet the USDA requirements	✓		
4. <b>Nutritional Guidelines for all foods and beverages sold:</b> Has set Nutritional Guidelines for foods and beverages sold on the school campus during the school day	✓		
5. <b>Nutritional Guidelines for non-sold foods and beverages:</b> Has set Nutritional Guidelines for foods and beverages not sold but made available on the school campus during the school day	✓		
6. <b>Food &amp; Beverage Marketing:</b> Allow marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks)	✓		
7. <b>Nutrition Education:</b> Has at least 2 goals for Nutrition Education (For example: Team Nutrition materials) <u>SEE WELLNESS POLICY</u>	✓		
8. <b>Nutrition Promotion:</b> Has at least 2 goals for Nutrition Promotion (For example: Smarter Lunchroom techniques) <u>SEE WELLNESS POLICY</u>	✓		
9. <b>Physical Activity:</b> Has at least 2 goals for Physical Activity <u>SEE WELLNESS POLICY</u>	✓		
10. <b>Other Activities:</b> Has at least 2 goals for Other School-Based Activities that promote student wellness <u>SEE WELLNESS POLICY</u>	✓		
11. <b>Evaluation:</b> Every three years has evaluated the local wellness policy with an Evaluation Tool and has notified the public of the results. The evaluation will determine: <ul style="list-style-type: none"> <li>to what extent the Local Educational Agency (LEA) is in compliance with the district policy</li> <li>the extent to which the local wellness policy compares to model school wellness policies</li> <li>the progress made in attaining the goals of the local wellness policy</li> </ul> Name of Evaluation Tool Used: _____		✓	
12. <b>Communication:</b> Annually inform and update parents, students, staff, and the community about the content and implementation of the local wellness policy, including the evaluation of the policy and provide a way for additional stakeholders to be able to participate		✓	

USDA requires a minimum of 2 goals for nutrition education, promotion, physical activity, and other activities, but it is up to each LEA to determine the content of the goals. LEAs are required to review and consider evidence-based strategies in determining these goals.

Evaluated on: 10/30/19

Revised January 2019

**DIOCESE OF FORT WAYNE - SOUTH BEND**  
*Individual School Wellness Plan Checklist*

NAME OF SCHOOL

ST. ADALBERT

CITY OF SCHOOL

SOUTH BEND

**The school offers a free / reduced breakfast / lunch and / or milk program funded by the federal government?**

- Yes  
 No

*Note: If yes, an Individual School Wellness Plan is required by federal law.*

**The school food service staff members are:**

- School/parish employees.  
 Employees of a third party food service vendor.

*Note: If a third party vendor is used, provide the name of the firm:* TAHER

**Directions for Completing the Individual Wellness Plan Checklist**

Review each step of the Individual School Wellness Plan Checklist and check (✓) the appropriate indicator of the school's response to the steps for the current school year. Below is a description of each indicator:

- |    |                                   |  |
|----|-----------------------------------|--|
| A. | Already implemented:              | The school had this step in place prior to the current school year.  |
| B. | New implementation:               | The school will implement this step for the first time during the current school year.   |
| C. | Unable to implement at this time: | The school is unable to implement this step during the current school year. The school should provide an explanation on page 4 regarding why this step cannot be implemented during the present school year and give some indication of when it will be implemented in the future. |
| D. | Unable to implement ever:         | The school will never be able to respond to this step. The school must provide an explanation on page 4 regarding why this step can never be implemented.  |

## Meeting Nutrition Guidelines & Ensuring Healthy Eating Goals

Please check (✓) the appropriate indicator for each item.

*Students will be provided access to a variety of age-appropriate, appealing food and beverage choices that are consistent with the current Dietary Guidelines for Americans.*

### 1. In the school cafeteria, the school will:

- |     | A                                   | B                        | C                        | D                        |   |
|-----|-------------------------------------|--------------------------|--------------------------|--------------------------|---|
| 1.1 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Offer a variety of fruits and vegetables.   |
| 1.2 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Serve low-fat (1%) and fat free milk.   |
| 1.3 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensure whole grain products are served.   |
| 1.4 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensure meals, at a minimum, meet the nutrition requirements and regulations of the National School Lunch Program and/or School Breakfast Program. |

### 2. For food and beverages sold or provided individually (vending machines, snack bars, school stores and school-sponsored fundraisers, etc.), the school will:

- |     | A                                   | B                        | C                        | D                        |  |
|-----|-------------------------------------|--------------------------|--------------------------|--------------------------|--|
| 2.1 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Closely monitor and regulate the items sold, ensuring they are consistent with the nutritional goals of the wellness plan.   |
| 2.2 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Closely monitor and regulate the frequency and nature of school sponsored fundraisers.   |
| 2.3 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Make every effort to provide nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products whenever and wherever food is sold or otherwise offered at school. |

*Students will be served in a clean, safe, and pleasant environment and will be provided with an adequate amount of time to eat.*

### 3. The school will:

- |     | A                                   | B                        | C                        | D                        |   |
|-----|-------------------------------------|--------------------------|--------------------------|--------------------------|---|
| 3.1 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Schedule meal periods as close to the middle of the school day as possible. It is recommended to provide at least 20 minutes for students to eat their meals.     |
| 3.2 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensure all food and beverages provided by the school comply with federal, state, and local food safety and sanitation regulations.                                |
| 3.3 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Encourage food providers to share information about the nutritional content of school meals and/or individually sold food with students, family and school staff. |
| 3.4 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensure food service personnel have adequate pre-service training.   |
| 3.5 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Not withhold food or beverages as a punishment.   |
| 3.6 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Restrict access to food preparation and service areas to authorized personnel.  |

## Meeting Physical Activity Goals

Please check (✓) the appropriate indicator for each item.

*Students in grades Kindergarten through 12 will have opportunities, support, and encouragement to be physically active on a regular basis while in the school setting.*

### 4. The school will:

- |     | A                                   | B                                   | C                        | D                        |   |
|-----|-------------------------------------|-------------------------------------|--------------------------|--------------------------|---|
| 4.1 | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | Make sure that each student participates in regularly scheduled formal and informal physical activity programs.                             |
| 4.2 | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Provide all elementary students with daily, supervised recess periods.  |
| 4.3 | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | Offer some extracurricular activity programs (intramural sports, interscholastic sports, physical activity clubs or other like activities). |
| 4.4 | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | Not withhold participation in recess or physical education class as punishment.   |
| 4.5 | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | Provide reasonable accommodations for students with disabilities and/or other limitations.  |
| 4.6 | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | Ensure all school physical activity facilities and equipment are safe.  |
| 4.7 | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | Work with the community to create a safe and supportive environment for students walking or biking to school.                               |

## Meeting Nutrition Education Goals

*Students will be provided with nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. Schools will also establish linkages between health education and school meal programs, and with related community services.*

### 5. The school will:

- |     | A                                   | B                        | C                        | D                        |   |
|-----|-------------------------------------|--------------------------|--------------------------|--------------------------|---|
| 5.1 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Offer students sequential and interdisciplinary nutrition education.  |
| 5.2 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Include interactive activities such as contests, promotions, taste testing, field trips, school gardens, or other like activities in nutrition education programs.  |
| 5.3 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Work with parents to assist in providing a healthy diet and daily physical activity for their children, which may include information to help families incorporate healthy eating and physical activity and disseminating a list of healthy party food ideas to parents and teachers. |

Provide an explanation for each step above checked with a "C" or "D." When "C" was the indicator checked, also provide an indication of when this step will be implemented.

STEP #	EXPLANATION	TIMELINE

\* OTHER ACTIVITY GOALS: (A) INCREASE AFTER SCHOOL EXTRA CURRICULAR NON-SPORT ACTIVITIES  
 (B) INSTRUCTION ON BRAIN AND LEARNING IN MORNING ASSEMBLIES.

Describe any other additional efforts being undertaken for the current school year as part of the school's wellness program:

- KROC CENTER VISIT TO PROMOTE PHYSICAL ACTIVITY
- BULLYING PREVENTION PROGRAM AS PER STATE LAW AND DIOCESAN POLICY.

EDUCATION GOALS: (A) COVER BASIC FACTS OF NUTRITION THROUGH PHYSICAL EDUCATION CLASS AT AGE APPROPRIATE.  
 (B) SEND HOME MONTHLY FACT SHEET AND TIPS TO PARENTS ON NUTRITION.

PROMOTION GOALS: (A) UPDATE CAFE BULLETIN BOARDS FREQUENTLY  
 (B) MONITOR VEGETABLE CONSUMPTION AT LUNCH

PHYSICAL ACTIVITY GOALS: (A) 2 HOURS OUTSIDE FREE PLAY WEEKLY  
 (B) ENCOURAGE PARTICIPATION IN NON-TRADITIONAL SPORTS FOR STUDENTS

Please ensure a team including parents, students, representatives of the school food authority, the education commission (if applicable), school administrators and the public implement and continue development of the wellness plan by reviewing this checklist and offering comment. List the team members below.

Team Members:

- |                               |                             |
|-------------------------------|-----------------------------|
| JOSEPH MILLER                 | A.T (MIDDLE SCHOOL STUDENT) |
| MELISSA GREEN                 | KARLA ROMERO                |
| BABETTE ZIELINSKI             | CANDACE SALAZAR             |
| J. L. (MIDDLE SCHOOL STUDENT) |                             |

A copy of the Individual School Wellness Plan should be signed by the principal and sent to the Catholic Schools Office.

Signature of Principal: Joseph Miller Date: 10/30/19