ST ADALBERT WELLNESS POLICY 2019 2020

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

| At a mi | nimum, school wellness policies are to include: | Meets Requirements | In Development | Needs Improvement |
|---------|--|-----------------------|-------------------|----------------------|
| 1. | Wellness Coordinator: Has identified at least one person as responsible for monitoring the local wellness policy Title of Person: TOSEM MILLER PRINCIPAL | | | |
| 2. | Stakeholder Participation: 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. | USDA Requirements for School Meals: Has assured School Meals meet the USDA requirements | / | | |
| 4. | Nutritional Guidelines for all foods and beverages sold : Has set Nutritional Guidelines for foods and beverages sold on the school campus during the school day | / | | |
| 5. | Nutritional Guidelines for non-sold foods and beverages: Has set Nutritional Guidelines for foods and beverages not sold but made available on the school campus during the school day | ~ | | |
| 6. | Food & Beverage Marketing: 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) | V | | |
| 7. | Nutrition Education: Has at least 2 goals for Nutrition Education (For example: Team Nutrition materials) SEE WELLNESS POLICY | / | | |
| 8. | Nutrition Promotion: Has at least 2 goals for Nutrition Promotion (For example: Smarter Lunchroom techniques) | V | | |
| 9. | Physical Activity: Has at least 2 goals for Physical Activity | V | | |
| 10. | Other Activities: Has at least 2 goals for Other School-Based Activities that promote student wellness SEE WELLNESS POLICY | / | | |
| 11. | Evaluation: 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: • to what extent the Local Educational Agency (LEA) is in compliance with the district policy • the extent to which the local wellness policy compares to model school wellness policies • the progress made in attaining the goals of the local wellness policy Name of Evaluation Tool Used: | | | |
| 12. | Communication: 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

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

| NAN | ME OF SCHOOL | ST. ADA | KLBEKT |
|----------------|---|--------------------------------|--|
| CITY | OF SCHOOL | SOUTH | BEND |
| | school offers a free/reral government? | educed break | fast/lunch and/or milk program funded by the |
| ØY. | | | |
| Note: | If yes, an Individual Sc | hool Wellness I | Plan is required by federal law. |
| The | school food service sta | ff members a | are: |
| | hool/parish employee nployees of a third par | | e vendor. |
| Note: | If a third party vendor i | s used, provide | the name of the firm: TAHER. |
| Revie appro | ew each step of the Ind | ividual Schoo school's resp | al Wellness Plan Checklist I Wellness Plan Checklist and check (🗸) the onse to the steps for the current school year. Belov |
| A. | Already implemented | d: | The school had this step in place prior to the current school year. |
| В. | 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

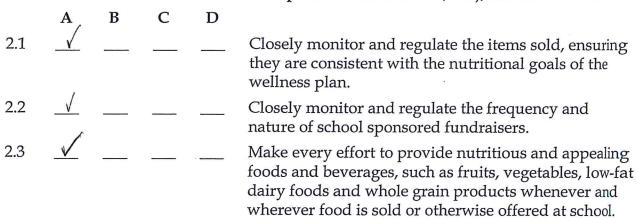
Please check (✔) the appropriate indicator for each item.

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: |
|---------------------------------|--------------|
|---------------------------------|--------------|

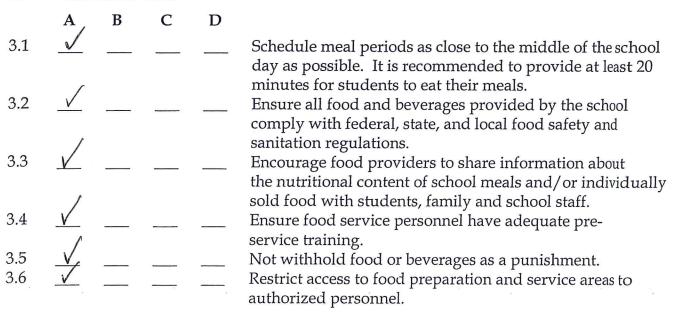
| | A | В | C | D | | |
|-----|---------|---|---|---|---|--|
| 1.1 | | | | | Offer a variety of fruits and vegetables. | |
| 1.2 | | | | | Serve low-fat (1%) and fat free milk. | |
| 1.3 | <u></u> | | | | Ensure whole grain products are served. | |
| 1.4 | | , | | | Ensure meals, at a minimum, meet the 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:



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:



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.

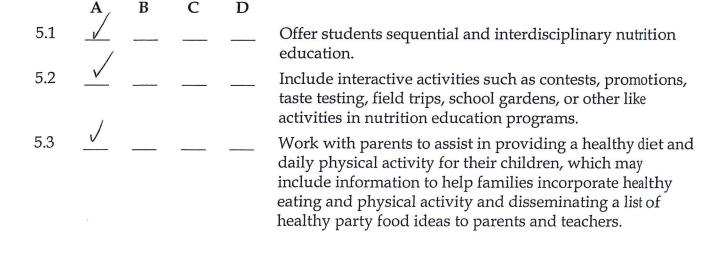
| 1 | The | school | TAT:17. |
|----|-------|--------|---------|
| 4. | 11110 | SCHOOL | WIII |

| 1. | THE BEHOOF WIII. | | | | |
|-----|------------------|---|---|---|---|
| | A | В | C | D | |
| 4.1 | | | | | Make sure that each student participates in regularly scheduled formal and informal physical activity programs. |
| 4.2 | <u>,</u> | | | | Provide all elementary students with daily, supervised recess periods. |
| 4.3 | <u>/</u> | | | | Offer some extracurricular activity programs (intramural sports, interscholastic sports, physical activity clubs or other like activities). |
| 4.4 | $\frac{}{}$ | | | - | Not withhold participation in recess or physical education class as punishment. |
| 4.5 | <u>√</u> | | | | Provide reasonable accommodations for students with disabilities and/or other limitations. |
| 4.6 | | | | | Ensure all school physical activity facilities and equipment are safe. |
| 4.7 | \checkmark | 1 | | | 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:



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 ACTIVITIES | CULPICUCAR NON-SPORT |
| | | (B) | LOGTRUCTUR ON BRAIN AND I | ERPHING IN MORNING |
| | Describe of the sch | any other additional effo nool's wellness program: | orts being undertaken for the current | ASSEMBLIES. school year as part |
| | | CEMTER VIS | IT TO PROMOTE PHY | SICAL |
| | | | N PROGRAM AS PER ST | ATTS LAW |
| | A | ND DIOCESAN PO | ocicy. | |
| | EDUCA. | TWN GUALS: (A) | DAIN RAS. TO TO INTO TO | 1 -400 |
| | _ C VOCA | | COVER BASIC FACTS OF NUTRITION PHYSICAL EDUCATION CLASS LAT | |
| | | . (B) | SEND HOME MONTHLY FART | SHEET AND TIPS |
| | D0 | | TO PARENTS ON NUTRITIO | N, |
| | TROMO | TION GOALS: (B) | MADATE CAFE BULLETIN BUNCOS | |
| | PHYSICA | | MONITOR VEGETABLE CONSUMPTO 2 HOURS ONTSIDE FREE PLAY W | JEFKIN |
| * | Please ens authority, implemen | sure a team including par the education commission | ENCOURIGE PARTICIPATION IN NON-TRA rents, students, representatives of the on (if applicable), school administrat nent of the wellness plan by reviewir | e school food STUDENTS, ors and the public |
| | Team Men | | | |
| | JOSEPH | MILLER | A.T (MIDDLE SCHO KARLA ROMERO CANDALE SALAZAR | OL STUDENT |
| | MELLSS | A GREEN | KARLA ROMERO | |
| - | (/ | 10 10 | _ Crayrice oranicard | |
| - | J.L. | (MIDDLE SCHOOL ST | NDENT) | |
| | A copy of to the Cath | the Individual School Woolic Schools Office. | ellness Plan should be signed by the | principal and sent |
| _ | Joseph | Mills | 10/30, | /19 |
| | Signature o | of Principal | | |