

## Local School Wellness Committee

### Committee Role and Membership

The Local Wellness Committee will convene a representative Local wellness committee (hereto referred to as the LWC or work within an existing school health committee) that meets at least one time per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy (heretofore referred as "wellness policy").

### Name Title/Relationship to the School Email Address

Kate Hagemann - Principal & Athletic Director [khagemann@gaccbluejays.org](mailto:khagemann@gaccbluejays.org)

Father Steve Emanuel - St. Mary's Parish Priest/School President [sdemanuel@archomaha.org](mailto:sdemanuel@archomaha.org)

Joani Meier - Food Service Director/Manager [jmeier@gaccbluejays.org](mailto:jmeier@gaccbluejays.org)

Joyce Ortmeier - classroom teacher [jortmeier@gaccbluejays.org](mailto:jortmeier@gaccbluejays.org)

Tami Bracht - Authorized Representative School Nutrition Program [tbracht@gaccbluejays.org](mailto:tbracht@gaccbluejays.org)

### Implementation, Assessment, and Update:

The School will actively inform families each year of basic information about this policy, including its content, any updates to the policy and implementation status. The School will make this information available through school communications and on the website [www.gaccbluejays.org](http://www.gaccbluejays.org). Annually, the School will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how they can get involved with the local wellness committee. At least once every three years, the committee will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school is in compliance with the wellness policy
- A description of the progress made in attaining the goals of the wellness policy.

The LWC will monitor school's compliance with this wellness policy and will notify families of the availability of the triennial progress report. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

### References/Governance

Healthy, Hunger Free Kids Act of 2010 USDA Local Process 2014 -How to Develop, Implement, & Evaluate a Wellness Policy USDA National School Lunch and Breakfast Program Presidential Youth Fitness Test Nebraska Department of Education Policy Nebraska Department of Health and Human Services - Health Screening Policy for the Omaha Archdiocese of Catholic Schools' Healthy Schools Local Wellness Policy Requirements of the Guardian Angels Central Catholic Wellness Committee Recommendations

## General Statement

Guardian Angels Central Catholic School 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. Our school will provide nutritional support and physical education programs to foster habits that promote lifelong health.

## Policy Focus/Public Involvement

Guardian Angels Central Catholic wellness committee is open to parental and public involvement in the development, implementation, and monitoring stages of this policy. A copy of this policy is sent out in the annual July mailing to every family attending Guardian Angels Central Catholic School and can be requested at either of the school offices. New families are provided a copy when they register.

## Nutrition

### School Meals

Our school is committed to serving healthy meals to children. The school meal programs aim to improve the diet and health of school children.

School Meals will be prepared and served in accordance with state guidelines and the federal USDA National School Lunch to meet or exceed current nutrition requirements.

### Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

## Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. Drinking water will be available where school meals are served during mealtimes.

### Competitive Foods and Beverages

All foods and beverages sold at school during the school day will meet nutrition standards. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>

### Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Healthy party ideas are available from the Alliance for a Healthier Generation and the USDA.

## Nutrition Promotion and Education

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

### Nutrition Education

The School will teach, model, encourage and support healthy eating by all students. Schools and the Cuming County Extension Office will provide nutrition education and engage in nutrition promotion that:

- Is part of not only physical education classes, but also integrated into other classroom instruction
- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and/or school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise)
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing;
- Includes nutrition education training for teachers and other staff.

### Food and Beverage Marketing in Schools

The school environment ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools.

As the school nutrition services/Athletics Department/PTA/PTO review existing contracts and consider new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the wellness policy.

## Physical Activity

Children and adolescents should participate in physical activity every day. Physical activity during the school day would not be withheld as punishment for any reason. To the extent practicable, the School will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The School safety committee will conduct necessary inspections and repairs.

### Physical Education

The school will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes.

All elementary students in each grade will receive physical education throughout the school year. All physical education classes are taught by licensed teachers.

### Essential Physical Activity Topics in Health Education

Health education is required in all grades. The school will include in the health education curriculum some of the following topics appropriate to the school:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight § How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity.
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan § Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture

- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

## Recess

This elementary school grades 4-6 offers at least 20 minutes of recess and grades K-3 offers at least 45 minutes of recess on all days during the school year. If recess is offered before lunch for Pre-K students, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms. Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

## Classroom Physical Activity Breaks

The school recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Resources and ideas are available through USDA and the Alliance for a Healthier Generation. Teachers will serve as role models by being physically active alongside the students whenever feasible.

## Staff Wellness and Health Promotion

The LWC will focus on staff wellness issues, identify and disseminate wellness resources. Our school will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors, including Professional Learning.

## Community Health Promotion and Family Engagement

The School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. The school will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.