

Wellness Policy for OLPH Cafeteria

Commitment to Student Wellness

Our Lady of Perpetual Help (OLPH) Cafeteria supports students' health and well-being by promoting nutrition and physical activity across all grade levels.

- Encouraging healthy eating habits through nutritious food and beverage choices.
- Supporting age-appropriate physical activity as part of a well-rounded school environment.
- Reinforcing wellness practices that help students learn, grow, and thrive.

Nutrition and Physical Activity Standards

In accordance with federal law, OLPH is committed to providing students with access to healthy foods and beverages and supporting developmentally appropriate opportunities for physical activity.

All meals served by the school must meet or exceed the federal nutrition guidelines issued by the U.S. Department of Agriculture.

OLPH School Cafeteria will support Farm to School efforts by incorporating healthy, locally sourced foods when available.

Policy Availability

The School Wellness Policy will be made available to students and families through the following channels:

- OLPH cafeteria website
- Student handbook
- School registration materials

Wellness Committee

The OLPH School Board will engage parents and guardians, food service professionals, physical education teachers, school board members, school administrators, and interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.

A campus-level Wellness Committee will be formed and maintained to oversee the development, implementation, and evaluation of the school wellness policy. In accordance with state and federal law, the committee will include representatives from the following groups:

- Parents and guardians
- Food service director and food service professionals
- Physical education teachers
- School board members
- School administrators
- Interested members of the public
- Representatives of interested community organizations

Additional committee members may include teachers, teaching assistants, SNAP-Ed educators, recreation professionals, industry professionals, voluntary service workers, and other community representatives.

Committee Responsibilities and Reporting

The Wellness Committee will meet at least annually to review nutrition and physical activity policies and develop an action plan for the coming year. The committee may also meet as needed during the school year to discuss implementation activities, barriers, and challenges.

The committee will report annually to the OLPH School Board on the implementation of the wellness policy, including any recommended changes or revisions.

The OLPH School Board will adopt, or revise nutrition and physical activity policies based on the committee's recommendations.

Wellness Coordinator

The sponsor will designate at least one individual to monitor the local wellness policy and ensure it is implemented, reviewed, and updated as needed.

Standards for USDA Child Nutrition Programs and School Meals

The board will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods that support healthier choices and promote learning.

School Meal Content

Meals served through the National School Lunch and Breakfast Programs will meet the following standards:

- Be appealing and appetizing to students.
- Meet or exceed applicable local, state, and federal nutrition requirements for USDA-funded programs.

- Offer a variety of fruits, vegetables, and whole grains.
- Serve only low-fat (1%) and fat-free milk, as well as nutritionally equivalent non-dairy alternatives, as defined by USDA.
- Use baked or steamed cooking methods for all cooked foods.
- Follow proper procurement procedures and preparation methods to reduce excess fat, calories, and sodium in food.
- Not allow soda during lunch.
- Not allow outside food (parents may not bring Subway, etc.)
- Provide free/reduced lunch information to all students.

Food Promotions and Taste Testing

The food service department will provide periodic food promotions that allow students to taste test new foods being introduced on the menu.

Meal Substitutions for Special Dietary Needs

The sponsor will make substitutions for food and beverage components for students with special dietary requirements at no extra cost for the student. This includes, but is not limited to, food allergies or intolerances, texture modifications, carbohydrate counts, and calorie modifications. Substitutions will be made on a case-by-case basis.

School Meal Participation

To the extent possible, OLPH School will provide the USDA School Breakfast Program to all students.

In accordance with the Healthy, Hunger-Free Kids Act, OLPH School will inform families about the availability and location of Summer Food Service Program meals.

Mealtimes and Scheduling

OLPH School will schedule meals to support students' health, comfort, and readiness to learn.

- Students will receive adequate time to eat after being served: at least 20 minutes for lunch and at least 10 minutes for breakfast.
- Elementary students may schedule recess before lunch.
- School meals will be served in clean, pleasant settings.
- Potable drinking water will be readily available during mealtimes.
- Appropriate cafeteria supervision will be provided, and rules for safe behavior will be enforced.

- OLPH will provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school cafeteria.

Professional Development

OLPH school cafeteria staff will be hired with the understanding that they are responsible for following all established cafeteria policies and procedures.

Food service managers and staff will receive annual professional development and training in proper food handling techniques and healthy cooking practices.

Fundraisers

Fundraising activities will support healthy eating and wellness. OLPH School will promote the sale of non-food items for school-sponsored fundraising whenever possible.

Food or beverages sold as part of a fundraiser must meet approved Smart Snacks standards when sold during the school day on school grounds. For this policy, the school day begins at midnight before the school day and ends 30 minutes after the school day concludes.

Food and beverages provided but not sold will comply with federal nutrition standards.

Classroom Celebrations

Classroom celebrations will emphasize activities rather than food. Appropriate alternatives may include:

- Free time
- Extra recess
- Music time
- Reading time

Classroom celebrations that include food will be limited to one per month.

OLPH will inform parents and guardians of the classroom celebration guidelines.

Food as a Reward or Punishment

Teachers and staff will not use food or beverages as a reward. For example, sugar-sweetened beverages or candy should not be used as classroom rewards.

School staff will not withhold food or beverages at mealtimes or during classroom celebrations as a form of punishment.

Drinking Water Access

Students will have access to free, palatable drinking water throughout the school day. Teachers may allow students to keep water bottles at their desks when appropriate.

Food and Beverage Marketing

Food and beverage marketing on the OLPH School campus will support healthy choices and align with applicable school nutrition standards.

- During the school day, signage and similar media may advertise only foods and beverages provided and sold by the school cafeteria that meet competitive food standards for foods sold in schools, including Smart Snacks standards.
- Foods of minimal nutritional value, including related brands and illustrations, may not be advertised or marketed in educational materials.

Physical Activity and Physical Education

The Wellness Committee supports students' health and well-being by promoting regular physical activity through physical education, recess, classroom activity breaks, and before- and after-school activities.

Physical Education

All students in grades K–8 will participate in physical education to meet applicable Physical Education Standards.

Physical education classes will follow the same student-to-teacher ratio used in other classes. In Indiana, the average ratio for a single school may not exceed 30 students to 1 teacher.

The physical education program will be provided with adequate space and equipment to support high-quality instruction for students.

Daily Recess and Physical Activity Breaks

Elementary students will have at least one active recess period each day lasting at least 20 minutes. Recess will be held outdoors when possible. When outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.

Teachers are encouraged to incorporate physical activity breaks into classroom time as often as possible.

Schools should discourage extended periods of inactivity lasting two hours or more. During events such as mandatory school-wide testing, teachers will provide periodic breaks for moderate physical activity.

Physical Activity, Remedial Activities, and Punishment

Students will not be removed from or excused from physical education to receive instruction in other content areas.

School staff will not use physical activity, such as running laps or push-ups, as punishment. Staff also will not withhold opportunities for physical activity, including recess or physical education, as a form of punishment.

Staff Wellness and Facility Use

OLPH School supports staff wellness by allowing employees to use school facilities outside regular school hours for health and fitness activities.

- Staff may use school facilities for activities such as group fitness classes, walking programs, and individual exercise.
- The parish community is encouraged to use school facilities for well-focused activities, including senior fitness groups and adult volleyball.
- All staff involved in physical education will be provided with opportunities for professional development focusing on physical activity, fitness, health, and wellness.

Other School-Based Wellness Activities

The Wellness Committee supports the health and well-being of students and staff by promoting policies, practices, and school environments that encourage physical activity and healthy eating.

Walking and Bicycling to School

When appropriate and safe, OLPH will allow students to walk or bicycle to school.

To the extent possible, OLPH will make improvements that help make walking and bicycling to school safer, easier, and more enjoyable for students.

Use of School Facilities Outside School Hours

- School spaces and facilities, including the playground, gym, and track, may be made available to students, staff, and community members before and after the school day.
- Facilities may also be available on weekends and during school vacations, when appropriate.
- All school policies related to safety and facility use will always remain in effect.

Evaluation of the Wellness Policy

Through implementation and enforcement of this policy, OLPH will create an environment that supports physical activity and healthy eating behaviors. To ensure continued progress, the Wellness Committee will evaluate the policy's implementation and its impact on students and staff at least once every three years.

The policy and related regulations will be revised as needed based on the evaluation findings.

Wellness Committee Report

The Wellness Committee will provide a written report to the school board. The report will include the following information:

- The school's progress toward meeting wellness goals over the previous three school years.
- The website address for the wellness policy and instructions for how the public may request a copy.
- A description of progress toward meeting the policy's goals and objectives.
- The name, position, and contact information of the school official coordinating the wellness team.
- Information on how individuals and the public may get involved with the wellness team.

The three-year assessment and evaluation report will be made available to the public by posting it on the school website.