

Individual School Wellness Plan Checklist

NAME OF SCHOOL Saint Joseph High School
CITY OF SCHOOL South Bend

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

X 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:

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 | <u>x</u> | ___ | ___ | ___ | Offer a variety of fruits and vegetables. |
| 1.2 | <u>x</u> | ___ | ___ | ___ | Serve low-fat (1%) and fat free milk. |
| 1.3 | <u>x</u> | ___ | ___ | ___ | Ensure whole grain products are served. |
| 1.4 | <u>x</u> | ___ | ___ | ___ | 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 | <u>x</u> | ___ | ___ | ___ | Closely monitor and regulate the items sold, ensuring they are consistent with the nutritional goals of the wellness plan. |
| 2.2 | <u>x</u> | ___ | ___ | ___ | Closely monitor and regulate the frequency and nature of school sponsored fundraisers. |
| 2.3 | <u>x</u> | ___ | ___ | ___ | 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 | <u>x</u> | ___ | ___ | ___ | 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 | <u>x</u> | ___ | ___ | ___ | Ensure all food and beverages provided by the school comply with federal, state, and local food safety and sanitation regulations. |
| 3.3 | <u>x</u> | ___ | ___ | ___ | 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 | <u>x</u> | ___ | ___ | ___ | Ensure food service personnel have adequate pre-service training. |
| 3.5 | <u>x</u> | ___ | ___ | ___ | Not withhold food or beverages as a punishment. |
| 3.6 | <u>x</u> | ___ | ___ | ___ | 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 x ___ ___ ___ Make sure that each student participates in regularly scheduled formal and informal physical activity programs.
- 4.2 ___ ___ ___ x Provide all elementary students with daily, supervised recess periods.
- 4.3 x ___ ___ ___ Offer some extracurricular activity programs (intramural sports, interscholastic sports, physical activity clubs or other like activities).
- 4.4 x ___ ___ ___ Not withhold participation in recess or physical education class as punishment.
- 4.5 x ___ ___ ___ Provide reasonable accommodations for students with disabilities and/or other limitations.
- 4.6 x ___ ___ ___ Ensure all school physical activity facilities and equipment are safe.
- 4.7 x ___ ___ ___ 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 x ___ ___ ___ Offer students sequential and interdisciplinary nutrition education.
- 5.2 x ___ ___ ___ Include interactive activities such as contests, promotions, taste testing, field trips, school gardens, or other like activities in nutrition education programs.
- 5.3 x ___ ___ ___ 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
4.2	We are a high school with grades 9 - 12 only.	

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


We continue to offer a salad bar and have started using hydroponic lettuces from a local farmer. daily and a variety of fresh fruits and vegetables. We continue to have students help clean up after lunches and get a little more movement they normally would not get. The Director of Food Services has started making protein snacks for our athletes and has taught a few health classes how to make them. Additionally, we are looking into ways that we could incorporate nutrition into our health classes.

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 comments. List the team members below.

Team Members:

Danielle Kaidan	Ben Downey
<u>Megan Wiginton</u>	Pat Stockrahm
Beth Barca	Darlene Verduzco
Katie Harshman	<u>Dana Strabavy</u>

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

	June 20, 2024
Signature of Principal	Date