

## Newman Catholic Schools

### Wellness Policy on Nutrition & Physical Education

It is the belief of Newman Catholic Schools to strive to make a significant contribution to the general well-being, mental and physical capacity and learning ability of each student and afford them the opportunity to fully participate in the education process. Newman Catholic Schools promotes the development of skills within the student that are necessary for the student to assume responsibility and to be successful and productive in life. Our commitment is to provide a safe and positive environment with the resources necessary to reach our goals. Through open communication and cooperation, we will create an education environment where school and parents accept the responsibility of achieving our mission.

Wellness influences a child's development, health, well-being and potential for learning. To afford students the opportunity to fully participate in the education process, students must attend school with minds and bodies ready to take advantage of their learning environment. The Newman Catholic Schools nutrition and physical education/activity policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits and regular physical activity. Decisions made in all schools programming need to reflect and encourage positive nutrition and physical activity messages and choices.

#### Wellness Policy

##### Student & Staff Wellness

Newman Catholic Schools promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. Our local schools wellness policy will include:

#### I. Nutrition Education Goals

- A. Educate students about food in the cafeteria by conducting two taste testing events per school year and displaying visuals on the serving line and in dining areas.
- B. Implement integrated nutrition education from preschool through secondary as part of a sequential, comprehensive school health education curriculum designed to help students adopt healthy eating habits.

#### II. Nutrition Promotion Goals

- A. Nutrition information will be shared with students and parents through printed

materials, the NCS website and various social media.

- B. Collaborate with the community to provide students, and parents with information to encourage them to teach their children about health and nutrition.
- C. Only foods and beverages that meet USDA “All Foods Sold in Schools” standard may be marketed to students during the school day.

### III. Nutrition Standards

- A. The NCS Food Service Program will follow state and federal guidelines as required by the National School Nutritional Standards, and the Smart Snacks in School Nutrition Standards.
- B. Ensure that all children have access to adequate and health food choices on scheduled school days at reasonable prices.
- C. Provide enough space and time for lunch in a clean, safe, enjoyable meal environment for students.

### IV. Physical Activity Goals

- A. To provide opportunities for every student to develop the knowledge and skills for specific physical activities
- B. To maintain students’ physical fitness and to ensure students’ regular physical activity.
- C. To teach students the benefits of a physically active and healthful lifestyle.

### V. Physical Activity Promotion Goals

- A. Physical Activity information will be shared with students and parents through printed materials, the NCS website and various social media.
- B. Collaborate with the community to provide students, and parents with information to encourage them to teach their children about physical activity.

### VI. Physical Activity Standards

- A. Students receive physical education that follows the Wisconsin State Standards.
- B. Physical education classes are taught by licensed teachers certified in Physical Education.

### VII. Measurement and Evaluation of Wellness Policy A sustained effort is necessary to implement and reinforce the wellness policy guidelines.

- A. The NCS President or designee and building principal/administrator will be responsible for ensuring that each building meets the guideline of the local wellness policy and implement a plan for measuring the effectiveness of the wellness policy. An annual checklist regarding implementation, progress, and staff and student awareness will be conducted on an annual basis.

B. The NCS Wellness Committee will consist of teachers, administrators, food service Coordinator, PE staff, community members, parents, and students. The primary function of this committee will be to periodically review the policy, evaluate policy outcomes, and communicate recommendations to the president or designee.

C. NCS wide staff wellness committee will provide opportunities for staff to model healthy behaviors and enjoy physical activities.

#### VIII. Communication to the Public (parents, students, others in the community) Regarding Content and Implementation of the Policy

A. Principals will inform staff about wellness policy goals and progress

B. The Wellness Committee will provide yearly recommendations to the President or designee

C. The President or designee will report annual results of evaluation of the wellness policy goals

D. Parents and community will be informed about the Wellness Policy, updates, annual reports, and helpful resources through appropriate media outlets.

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