

**PROPOSED WELLNESS POLICY FOR  
OUR LADY OF VICTORY CATHOLIC SCHOOL,  
STATE COLLEGE, PA  
Diocese of Altoona-Johnstown**

**GUIDING PRINCIPLE**

The Diocese of Altoona-Johnstown and Our Lady of Victory Catholic School recognize the gospel value of the sanctity of life. We attempt to foster in all our students a respect for the gift of health. We also realize that it is our task as educators to educate our students in body, mind, and spirit. This impels us to recognize the value of proper nutrition and physical activity in the development of each child entrusted to our care. Student wellness is related to well-being, growth, development, and the ability to learn. The diocese and the school are committed to providing a school environment that promotes student wellness, nutrition education, and physical activity to students, and education for parents to enable them to assist their children to make better choices. A healthy school environment will assist the students to learn and make good choices regarding proper nutrition and physical activity. The improvement of nutrition and physical activity may also improve student achievement.

**ORGANIZATION OF DIOCESAN AUTHORITY**

Schools including Our Lady of Victory Catholic School will establish a Wellness Committee to monitor the implementation of policies in the school, including these programs:

1. Access at a reasonable cost to a lunch program that meets federally established nutritional guidelines.
2. A health curriculum for classes designed to educate students about proper nutrition and life long physical activity on a developmentally appropriate level.
3. A physical education course of study that provides for developmentally appropriate physical activity during the school day.

**DELEGATION OF RESPONSIBILITY**

The Diocesan Education Office will be responsible to monitor Our Lady of Victory Catholic School's programs and curriculum to ensure compliance with this policy and established guidelines.

The Our Lady of Victory Catholic School's principal will report to the Education Office at the beginning of each academic year specific programs that will implement the policies at the local level.

The principal will report to the Education Office at the end of the year a report that should include:

1. A list of activities and programs conducted to promote nutritional and physical activity awareness among the students.
2. An assessment of the school environment regarding wellness issues.
3. A list of physical activities that were implemented in the school to increase the amount of time the students spend in physical activity.
4. Suggestions for improvement for the coming year.

The following staff members are responsible for implementation within their sphere of accountability:

The Cafeteria Manager: to develop a lunch program consistent with National School Lunch Program guidelines. They are also responsible to provide assurance that the school is in compliance with these guidelines. Our Lady of Victory Catholic School's lunch program is contracted from State College Area School District's Food Services program.

The Physical Education Teacher: to implement the Pennsylvania State Standards which involve physical activity 10.4 and 10.5. The teacher will also provide instruction that will enable the students to make physical activity a part of their lives both during the school hours and at home.

The Physical Education and Science Teachers: to implement the health curriculum areas of the Pennsylvania State Standards in particular 10.1 and 10.2. The teachers will also provide information about proper nutrition and eating.

Classroom Teachers: to develop ways for daily physical activity within the school day both in clement and inclement weather.

## **IMPLEMENTATION GUIDELINES**

### **Wellness Committees**

Our Lady of Victory Catholic Church is responsible to have a Wellness Committee with at least one representative for each of the following areas:

- 1) Building principal
- 2) Food service manager
- 3) Parent representative
- 4) Teacher representative
- 5) School nurse
- 6) School counselor
- 7) Coach
- 8) Health professional
- 9) Representative of local or county agency
- 10) Appropriately aged students

The Wellness Committee serves as an advisory committee regarding student health issues and is responsible for overseeing the implementation of the Student Wellness Policy on the individual school level.

The Wellness Committee will serve as a clearinghouse for information regarding student health issues and as liaison with community agencies. The information will then be disseminated to the school.

The Wellness Committee will provide the Education Office with an annual report that will include a copy of the minutes of each meeting and information disseminated to the school.

### **Nutrition Education**

Parent/guardians and students will be asked to suggest areas of needed education by the Wellness Committee at least every other year.

The Wellness Committee will provide one education program each year for parents. The program will provide parents with current information on improving nutrition or increasing physical activity for their entire family. The following are examples of possible programs:

- 1) Healthy weight for children and adults
- 2) Weight management
- 3) Weight related health issues
- 4) Nutritious food alternatives
- 5) Ways to increase physical activity
- 6) The new food pyramid and its implications

The school or teacher will teach at least five thirty-minute nutrition education lessons to each class during each semester. The nutrition education will provide all students with the knowledge and skills needed to lead healthy lives. The areas of education should include the new food pyramid, dietary guidelines for fruits, vegetables, sugars, fats, and also healthy methods to lose and maintain weight. Teachers can provide age appropriate information using sources available on the internet and/or through community or other health agencies, or through the Wellness Committee.

The school handbook will be changed to ask parents, students, and teachers to provide healthy snacks at school for any class celebrations. This includes asking for minimal (no more than 2-3) items with added sugar as the first ingredient, and beverages such as water, 100% fruit juice, or milk.

Parents will receive information that will help them involve students in menu planning at home at least once a year.

School classes can: take field trips that involve nutrition such as touring a grocery store, invite health professionals to speak in school, study the effects of drugs, tobacco,

and alcohol on bodies, read labels for nutritional information, and/or study the effects of fats and sugars on the body.

The beverage vending machine will be off limits for all students during the school day. There are no food vending machines in the school.

There are no school store sales of food.

There are no a la carte items available for Kindergarten through grade 5. Middle School (grades 6 – 8) do have the option to purchase a la carte items. (Items in red revised 1-28-08)

The school lunch schedule will be changed so students up to fifth grade will have a twenty or twenty-five minute lunch period. All students will have access to hand-washing and/or use of hand sanitizer while preparing for lunch.

Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through what they consume and through programs, communications, and outreach efforts offered by the school and the Wellness Committee.

The Food Service manager, who is employed by and meets criteria established by the State College Area School District who provides our lunch program, shall administer the lunch program. The school will provide evidence that meals served meet or exceed federal nutrition standards through the providers of the lunch program. Information on the nutrition facts for school meals will be available to parents/guardians upon request from the State College Area School District Food Program.

### **Physical Education**

The school will provide physical education classes in accord with the minimum recommended minutes provided by the Diocese of Altoona-Johnstown:

- 30 minutes a week for students in grades Kindergarten through 3
- 40 minutes a week for grades 4 through 8.

All students are required to participate in the physical education classes unless there is a specific documented medical reason.

The physical education classes should provide instruction that promotes lifelong physical activity. The students will learn, will practice, and will be assessed on developmentally appropriate skills and knowledge to develop the confidence to participate in health enhancing activities. A completed checklist of age appropriate skills will be maintained by the Physical Education teacher as a means of tracking the progress of the students with regard to the Pennsylvania State Standards.

## **Physical Activity**

The school will provide opportunities for students to engage in physical activity each day. Activities such as walking, jumping rope, or unstructured play will be available to the students daily during recess for Kindergarten after their lunch time for fifteen minutes, and for first through eighth grade before or after their lunch time for twenty minutes. These opportunities are important because they include students who are not athletically gifted. Students will also be offered school sponsored sports in grades four through eight, and after school sport clubs for all students.

Other school based physical activities during the school day beyond Physical Education will be encouraged, including avoidance of extended periods of student inactivity which will last no longer than two hours, and incorporation of movement such as stretches, walking, and jumping into core subjects.

The school will utilize at least one program per year that encourages students to engage in daily physical activity. This program will provide materials, record sheets, and/or food tips to increase daily physical activity and nutrition awareness. One example of this type of program is the School Walk for Diabetes which raises physical and nutritional awareness and money for the American Diabetes Association.