

St. Luke's Catholic School Wellness Policy



This Local Wellness Policy (LWP) outlines the school's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing distractions. This policy applies to all students and staff. Specific measurable goals and outcomes are identified within each section below.

Local Wellness Committee

St. Luke's School has established a Local Wellness Committee that meets at least two times per year to develop goals for and oversee implementation of school health and safety policies/programs, including periodic reviews and updates of this LWP.

The Local Wellness Committee represents St. Luke's Elementary School with the following membership: Administrator, Physical Education Teacher, School Board Member, Parent, School Lunch Worker, Professional Health Care Provider.

Committee Members

Name	Title / Relationship to the School or District	Email address	Role on Committee
Lynnette Powers Official Coordinator	School Administrator	lynnettepowers@gmail.com	Implementation, Evaluation, Accountability
Mara Peters	Professional Health Care Worker, Parent	mpeters16@gmail.com	Assists in evaluation, Provides perspective of medical professional
Teresa Sieck	Physical Education Teacher	tsieck@stlces.com	Assists in evaluation, recommends educational needs.
Mary Beth Meier	School Board Member Parent	meiermarybeth@gmail.com	Assists in evaluation, provides school board perspective
Carolyn Straub	School Lunch Worker	cestraub@hatmail.com	Assists in evaluation, provides school lunch experience

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Implementation, Monitoring, Accountability and Community Engagement

Local Wellness Policy (LWP)

St. Luke's Catholic School has developed and will maintain an implementation plan for accomplishing this LWP. This plan delineates the roles, responsibilities, actions, and timelines, and includes information about who will be responsible to making what change, by how much, where, and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available at school, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

St. Luke's School uses a variety of tools (see list below) to complete school-level assessments of implementation of this plan; based on the results; St. Luke's School will create an action plan, implement the plan, and generate an annual report. St. Luke's School will retain records to document compliance with the requirements of this LWP at the school's main office and any required state reporting agencies.

Documentation maintained in these locations includes but is not limited to:

- this written LWP
- documentation demonstrating that the policy has been made available to the public.
- documentation of efforts to review and update the LWP; including an indication of who is involved in the update and methods St. Luke's School uses to make stakeholders aware of their ability to participate on the Local Wellness Committee
- documentation to demonstrate compliance with the annual public notification requirements
- the most recent assessment on the implementation of the LWP
- assessment documents will be made available to the public.

St. Luke's School actively informs families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school makes this information available via the school website:

<https://saintlukes.edublogs.org/>, and through school-wide communications. This includes a

summary of the St. Luke School's activities related to wellness policy implementation. Annually, the school also will publicize the name and contact information of the school officials leading and coordinating the Local Wellness Committee, as well as information on how the public can get involved with the Committee.

Triennial Progress Assessments

At least once every three years, St. Luke's School will conduct a Triennial Progress Assessment and develop a report that reviews the school's compliance with this LWP. This assessment and report will include a full description of the progress made in attaining the goals of St. Luke's School's LWP.

The required two positions/persons responsible for managing the triennial assessment and report is: Mrs. Powers- School Administration, and Mary Beth Meier- School Board Member

The above referenced individuals will monitor St. Luke's School's compliance with this LWP and develop the triennial progress reports by utilizing, among other tools, the annual LEA self-evaluations described in the above section. St. Luke's Schools will actively notify households/families of the availability of the triennial progress report.

Establishing a Plan to Measure the Impact and Implementation of the Local Wellness Policy

St. Luke's School evaluates compliance and effectiveness of this LWP using existing data collection tools, such as, but not limited to:

- School Health Index; <https://www.cdc.gov/healthyschools/shi/index.htm>
- Data collection and analysis of State-Wide fitness assessments
- Centers for Disease Control and Prevention School Health Profiles, South West Nebraska Public Health Department, Lori Rowley, Ogallala Director
- WellSAT 2.0
- USDA triennial administrative review.

Revisions and Updating the Local Wellness Policy

This LWP will be assessed and updated at least every three years, following the triennial assessment discussed above. The Local Wellness Committee will update or modify this LWP based on the results of St. Luke's annual self-assessment, the USDA triennial administrative review, and on other variables, including if/when St. Luke's School health priorities change; the community's health needs change; the wellness goals are met; new health science arises, new technology emerges; and new federal or state guidance/standards are issued.

Community Involvement, Outreach and Communication

St. Luke's School is committed to being responsive to community input, which begins with awareness of the LWP. We will actively communicate ways in which representatives of the Local Wellness Committee and others can participate in the development, implementation and periodic review and update of the LWP through a variety of means appropriate for St. Luke's School. We also will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply. St. Luke's School will actively notify the public about the content of or any updates to this LWP annually, at a minimum. St. Luke's School will also use these mechanisms to inform the community about the availability of the annual and triennial reports. Additionally, St. Luke's School will disseminate this LWP to parents through posting it in the school office, on the school website, and through any parent-teacher organizations.

St. Luke's School participates in the Local **Backpack Program** ensuring healthy foods for families on weekends and school breaks. Food packages include healthy, easy-to-prepare food for kid-friendly meals.

We will invite professional health-related visitors to provide demonstrations and education to our students. An emphasis and heightened awareness will be given to monthly health topics. This calendar of monthly health observances will be available to families and addressed with activities and presentations from local health agencies, including Southwest Nebraska Public Health Department.

The **Southwest Public Health Department** will join with St. Luke's School to provide a yearly health screening to our students. They will also support and assist St. Luke's School with all health-related topics affecting families and children in our area.

Nutrition

St. Luke's School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, lean protein and fat-free or low-fat dairy, that are moderate in sodium, low in saturated fat, have zero grams trans-fat per serving (nutrition label or manufacturer's specification), and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of students, help mitigate childhood obesity, model healthy eating habits to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

St. Luke's School is committed, in partnership with Ogallala Public School's Hot Lunch Program to offer school meals through the National School Lunch Program (NSLP).

- is accessible to all students.
- is appealing and attractive to students.
- is served in a clean and pleasant setting.
- meets or exceeds current nutrition requirements established by local and federal statutes and regulations
- ensures all qualified students will become eligible for free lunch
- schools will provide at least 30 minutes for students to eat lunch and sufficient time during the lunch period for every student to pass through the service line
- promote healthy food and beverage choices.

Staff Qualifications and Professional Development

Ogallala Public School's 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](#).

Water

To promote hydration, free drinking water will be available to all students throughout the school day. St. Luke's School will make drinking water available where school meals are served during mealtimes. Additionally, St. Luke's School will also:

- Allow students to bring and carry water bottles filled with only water with them throughout the day.
- Water dispensers from a local water conditioning company will be available in all classrooms. These will be clean and maintained to ensure they are properly sanitized, disinfected, and hygienic.
- Students will be encouraged to stay hydrated after physical activities such as recess and Physical Education.

Promotion of Healthy Foods and Beverages

St. Luke's School is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. These smart snacks will aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. We will encourage healthy treats for special celebrations, such as birthdays. Posters and publications will be available to students and families encouraging healthy food choices.

Nutrition Promotion

St. Luke's School will promote healthy food and beverage choices for all students throughout the school day, as well as encourage participation in school meal programs. This promotion will occur through at least:

- implementing 10 or more evidence-based healthy food promotion techniques through the school meal program.
- ensuring 100 percent of foods and beverages promoted to students through the school lunch program meet the USDA nutrition standards.

Quality Nutrition Education, Health Education and Physical Education

St. Luke's School aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education that help students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

Nutrition Education

St. Luke's School will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences.
- includes enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and 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)
- may provide 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.
- All health education teachers will provide opportunities for students to practice the skills taught through the health education curricula.

Health Education

St. Luke's School provides formal, structured health education, consisting of planned learning experiences that help students to acquire information and the skills needed to make quality health decisions. As such, St. Luke's School will provide students a comprehensive school health education that addresses a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional

health, personal health and wellness, physical activity, safety and injury prevention, tobacco use, and violence prevention.

St. Luke's School will be responsible for the students' sexual education with a program supported by Catholic Education Resource, Theology of the Body. This curriculum is designed for K-5 learners with age-appropriate information. We will additionally communicate to families with complete transparency, and strong encouragement to support learning at home.

General health education curricula and instruction will address the Nebraska State Standards and incorporate the characteristics of an effective health education curriculum. St. Luke's School will provide health education that:

- is offered at least 75 minutes per week at each grade level, K-8, as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- is incorporated into classroom instruction in subjects such as math, science, language arts, and social sciences.
- incorporates an age-appropriate sequential health education curriculum that is consistent with State and national standards for health education recommended by Ed. Reports.
- incorporates active learning strategies and activities that students find enjoyable and personally relevant.
- incorporates opportunities for students to practice or rehearse the skills needed to maintain and improve their health.
- incorporates a variety of culturally appropriate activities and examples that reflect the community's cultural diversity.
- incorporates assignments or projects that encourage students to have interactions with family members and community organizations.

Additionally, to ensure reinforcement of health messages that are relevant for students and meet community needs, St. Luke's School will base its health education program, at

least in part, on the results of the Health and Physical Education Assessment and in collaboration with the community. St. Luke's School will also seek to imbed health education as part of student visits with the school nurse, through posters or public service announcements, and through conversations with family and peers.

Physical Education and Physical Activity

St. Luke's School acknowledges the positive benefits of physical activity for student health and academic achievement. It is the goal of St. Luke's School that students engage in the recommended 60 minutes per day of physical activity. Additionally, recognizing that physical education is a crucial and integral part of a child's education, we will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the students' physical, mental, emotional, and social well-being.

The components of St. Luke's School's physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports, and physical activities.

- Students in grades K-5 receive at least 150 minutes per week of physical education.
- Physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health.
- 50 percent of physical education class time is devoted to actual physical activity.
- suitably adapted physical activity shall be provided as part of the individualized education plan (IEP) developed for students with disabilities
- physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions
- Physical activity is neither required nor withheld as punishment.

St. Luke's School Wellness Policy:

Adopted on: October 31, 2006

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