

Notre Dame Academy Wellness Policy

Purpose

Notre Dame Academy is committed to promoting and protecting students' physical and mental health, well-being, and ability to learn in mind, body and spirit. Thus, Notre Dame Academy supports healthy eating habits and healthy physical activity. We promote and support mental health and well-being via our Top 20 and Peace of Mind programs and curriculum. We strive to provide a well-rounded, healthy environment that is conducive to learning and growing. These efforts contribute positively to honoring each person as a gift from God.

General Statement of Policy

- By working towards the following goals, Notre Dame Academy supports the link between overall wellness and improved educational outcomes of our students.
- Food and beverages served at school will meet the nutritional recommendations of the U.S. Dietary Guidelines for Americans.
- Students will have access to affordable, nutritious, and appealing foods that meet their health and nutrition needs.
- Notre Dame Academy uses the National School Lunch Program as a guideline.
- Notre Dame Academy will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- Each student will learn about their brains and how to be aware of their thinking.
- A counselor will be available to students.
- This policy will be shared on our website and in our Family Handbook.

Wellness Committee

The Notre Dame Academy Wellness Committee will develop, implement and monitor our school wellness program. The policy will be reviewed annually and approved by the Wellness Committee every May.

The Committee, led by the school principal, will consist of individuals representing our school and community including parents, school food authorities, teachers, students, and health professionals. The Wellness Committee will meet a minimum of 4 times per year.

Communication is sent to staff, students, and parents inviting them to join the Wellness Committee annually. Committee members can volunteer by signing up on NDA's Lions Pride Volunteer Agreement.

Nutrition and Food Environmental Guidelines

Food Environment

- Students are encouraged to start each day with a healthy breakfast. Lunch periods will be scheduled in the middle of the school day.
- It is a goal to provide students 15-20 minutes to eat during meal periods.
- It is a goal to provide dining areas that will be attractive and include enough seating areas to accommodate all students who would like to sit and eat lunch, as well as enough serving areas so that students do not have to spend too much time waiting in line.
- Hand washing will be available for students prior to eating. They will be reminded to wash their hands before meals as a way of preventing the spread of germs and reducing the risk of illness.
- Drinking water will be available for students.
- Students must follow guidelines for cold lunches including no soda pop, energy drinks or fast food restaurant meals.
- An allergen-friendly table will be provided in the cafeteria for those with allergies.
- Notre Dame Academy will discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- Food will not be used as an incentive.

Food Service Operation

- Notre Dame Academy offers free breakfast and lunch through the state of Minnesota.
- Notre Dame Academy has a kitchen team which provides meals and/or milk that meet applicable School Nutrition Program requirements including revised requirements from the Healthy, Hunger-Free Kids Act of 2010.
- Lunches meet National School Lunch Program requirements set forth under USDA 7 CFR 210.
- Food service personnel will meet professional standards to administer the National School Lunch program and satisfy reporting standards.

Food and Beverages Served During the School Day

- Food and beverages offered will be nutritiously based, including whole grain-rich products, fiber-rich fruits, and vegetables.
- Food and beverages offered will be of excellent quality, appealing to students, and served at the proper temperature.
- Food and beverages offered will minimize use of fats, sodium, and sugar as defined by the Dietary Guidelines for Americans.
- Notre Dame Academy will not allow vending machines.
- Food provided for classroom celebrations must be commercially prepared.
- Classroom snacks and celebrations should reinforce the importance of healthy choices. Families will receive information from the school on foods that are appropriate for such celebrations.
- All foods sold during the school day (Middle School Snack Cart) will meet the Smart Snack guidelines.

Community Collaboration

Communications with Parents/Guardians

- Notre Dame Academy will support parents'/guardians' efforts to provide a healthy diet and daily physical activity for their children.
- Notre Dame Academy will provide information about physical education and other school-based physical activity opportunities during and after

the school day and will support parents'/guardians' efforts to provide their children with opportunities to be physically active outside of school.

Opportunities After School

- Notre Dame Academy encourages student participation in activities such as extracurricular sports and activities, community activities, and family activities that promote physical health and wellness.
- Notre Dame Academy offers a range of physical activities that meet the needs, interests, and abilities of all students.

Curriculum

- Notre Dame Academy will provide education to promote lifelong habits of healthy eating and physical activity. Links between health education, physical education, school meal programs, and related community services will be fostered.
- Notre Dame Academy will provide nutrition education and engage in nutrition promotion that:

is offered at each grade level as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;

promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and health enhancing practices;

emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise) and nutrition related community services; and links with the school meal program.

Physical Education and Activity

- All students will be provided opportunities for physical education as part of Notre Dame Academy's overall curriculum.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- Students will be given the opportunity to participate in at least 20 minutes of recess before lunch.

Integrating Physical Activity into the Classroom Setting

Students need opportunities for physical activity beyond physical education class, therefore:

- Classroom teachers are encouraged to develop opportunities for physical activity that can be incorporated into subject lessons and are encouraged to provide short physical activity breaks during class.
- Staff are encouraged to model physical activity.

Promoting a Healthy Lifestyle

- Classroom instruction will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities such as watching television.

Rewards and Consequences

- Physical activity is important, therefore, staff will use reasonable judgment before using physical activity or the withholding of physical activity as a consequence.

Mental Health and Well Being

- Students engage in social emotional learning lessons and presentations to create self-awareness in the power of their thinking, learning and communicating to help them reach their full potential.

Healthy Use of Screens

- Staff, students and families will be aware of their screen use and promote the healthy use of screens for learning.