

Wellness Policy
Scotus Central Catholic Jr/Sr High School
District #

Healthy School Environment

The Archdiocese of Omaha recognizes schools play a critical role in creating a healthy environment for the prevention of childhood obesity and combating problems associated with poor nutrition and lack of physical activity. This policy requires all members of the school and community to maintain an environment that enhances maximum student potential.

Nutrition Education: The primary goal of nutrition education is to influence students' eating behaviors. Schools will promote nutrition education throughout a students' K-12 educational program. Nutrition education is incorporated into a variety of curriculum areas. These curriculum experiences provide the knowledge and skills necessary to make healthy food choices for a lifetime.

Physical Activity: The primary goals are to offer opportunities for students to experience a variety of physical activities and to teach the value of a consistent fitness program for better health, academic success and general personal well being. Schools will promote opportunities for physical activity throughout the school day and during existing after-school programs. Physical activity, health and fitness education are incorporated throughout a student's K-12 educational program.

Nutrition Standards: Students' lifelong health and nutritious eating habits are greatly influenced by the types and choices of foods and beverages available to them. School reimbursable meals and snacks meet the federal program requirements and nutrition standards.

Conditions for School Meals: Students will be provided adequate time to eat. In general upon arrival in the cafeteria students will have 20 minutes to eat lunch.

Efforts shall be made to establish acceptable eating conditions. The factors to promote these conditions will be a clean, orderly environment, pleasant adequate seating and enforcement of student conduct rules with staff supervision.

To promote hydration, free, safe drinking water will be available in the cafeteria during lunch. Cups are available in the cafeteria.

1. School meals shall at a minimum meet nutrition requirements established by state and federal law. Emphasis is to be on good menu planning principals that offer healthy food choices including lean meats, a variety of fresh fruits and non-fried vegetables daily, whole grains and low-fat or nonfat milk. These choices shall be located where they are readily accessible to students and staff. Self-serve fruit and vegetable bar is made available to grades Pre K- 12. There is a variety in menu choices daily to allow the student to choose their meal.
2. The cafeteria shall limit portion sizes of desserts and fried foods. Elementary students in grades Pre-K -6th are to be offered balanced meals. Elementary students are not to be sold individual food or beverage selections.
3. Students in grades 7- 12 may be sold foods and milk ala carte as deemed appropriate by the Wellness Team in Cooperation with the Alliance for a Healthier Generation recommendation for Competitive foods.
4. Student's meals from home: Parents will be encouraged via health promotional materials to make healthy choices for student lunches when students bring their meals from home. There shall be no soda or other sugary drinks in sack lunches. No "fast-food" shall be brought in the cafeteria. No candy or desserts shall be brought into the cafeteria.

Other School-Based Activities: Schools are encouraged to promote school environments which provide consistent wellness messages that are conducive to healthy eating and being physically active.