

Catholic Academy of West Buffalo

Wellness Policy on Physical Activity and Nutrition

Catholic academy of West Buffalo Strives Towards Lifelong Physical Activity and Nutrition Wellness success. The students, families, faculty, staff and community are involved in achieving health and wellness goals. Catholic Academy is committed in providing an environment of continued wellness education through Physical Education, Health Education and opportunities within the community towards lifelong health.

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a health diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, schools stores, and snack bars include low nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, community participation is essential to development and implementation of successful school wellness policies;

Therefore, Catholic Academy of West Buffalo commits to providing a school environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity. Thus, Policy goals of Catholic Academy of West buffalo are as stated.

i. Nutritional quality of Food and Beverage served at Catholic Academy of West Buffalo

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;

- Offer a variety of Fruits and Vegetables;
- Serve only low-fat 1% and fat-free milk and nutritionally-equivalent non-dairy alternatives Such as apple, grape, and orange juices;
- Ensure that half of the served grains are whole grain.

Schools should engage students and parents, through taste-test of new entrees and surveys, in selecting foods sold through the school meal programs to identify new, healthful, and appealing food choices, in addition, schools should share information about the nutritional content of meals with parents and students. Suh information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-purchase materials.

Breakfast. To ensure that all children have breakfast, either at home or at school, to meet their nutritional needs and enhance their ability to learn:

- Schools will, To the extent possible, operate the school breakfast program
- Schools will, To the extent possible, arrange bus schedules and utilize methods to serve school breakfast that encourage participation, including serving breakfast in the classroom, “grab and go_ breakfast, or breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the school breakfast program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take home materials, menu’s and or other means.

Free and Reduced-priced meals. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced school meals. Towards this end, schools may utilize electronic identification.

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 am and 1 pm
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Will schedule lunch periods to follow recess periods (in elementary schools);
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and should take reasonable steps accommodate the toothbrushing regiments of students with special oral health needs (e.g., orthodontia or high tooth decay risk.)

ii. **Nutrition and Physical activity promotion and Food marketing**

- A. Establishing the opportunity towards communicating nutritional and physical educational resources to students, families, faculty and staff.
 - a. Monthly through Fitness for kid’s program based upon healthy goals for the month. In which provides a recipe and healthy tips on nutrition and physical activity.

- b. Monthly Bulletin board providing educational resource for health development.

Fitness for Kids: The fitness for kids challenge, an independent health foundation program, is a community-wide initiative in Western New York to combat rising rates of obesity in our children. This program challenges every elementary school child to increase their physical activity and make good nutrition choices.

- B. Establishing the opportunities to acknowledge the importance of healthy life long habits through school wide events.
 - a. Field Day
 - b. Catholic Schools Week
 - c. Presenter or// and Community speaker to discuss healthy behaviors and habits.
- C. Establishing Nutrition and physical education for staff.
 - a. Staff provided healthy magazines or
 - b. items in break room
- D. Establishing the importance of involving students in the school community for awareness and health benefits.
 - a. Health volunteer community events where students volunteer
 - b. Community Runs; Kids run and Girls on The Run

iii. **Physical Activity Opportunities and Physical Education**

- a. Establishing the opportunity to provide a quality Physical Education to all students
- b. Establishing additional physical activity outside of Physical education
 - a. Weekly/Monthly Through such actions: Mighty Milers, Active brain breaks, Recess and Athletics (Jump rope for heart) monthly

Physical Education: Students (pre-K- 6th grade) at Catholic Academy of West Buffalo Provided 90 minutes of physical education weekly for the entire school year. Students (7th-8th Grades) at Catholic Academy of West Buffalo provided 50 Minutes of Physical Education weekly for the entire school year. All Physical Education Classes will be taught by a certified professional Physical education instructor. All activities outside Physical education such as interscholastic sports will not be substituted as participation in physical education class. Students participating in activity throughout class should receive approx. 50% moderate to vigor's physically educated movement. As well for Catholic academy to provide all necessary age appropriate equipment for success for all students.

Mighty Milers: A running program for kids of all fitness levels from pre-kindergarten through eighth grades, its designed to get kids moving and prevent obesity and illness. Participation in mighty milers helps kids build their self-esteem, and learn to make an d reach personal goals.

Recess: Opportunity for students to be physically active weekly while supervised. Students able to use age appropriate equipment to perform moderate to vigorous activity.

Active Brain brakes: Brain breaks can be used, before, during, or after a lesson, a brain break is to wake up your students to keep them focused. Depending on your classroom space, your breaks can be small motor-type exercise with simple hand movements or large motor exercises that involve loss of moving.

Jump Rope for Heart: A joined effort with the American heart association to link with school in an effort for the students to raise money on their own. Jumping rope for Heart is a way for kids to learn easy healthy ways to keep their heart healthy. They also must go out and get donations the incentive is when they raise the money they can win prizes.

iv. **Monitoring and Policy Review**

- a. References
- b. <http://www.schoolwellnesspolicies.org.wellnesspolicies.html>
- c. <http://www.fitnessforkidschallenge.com/about>
- d. [http://www.nyrr.org/youth-and-schools/ Mighty-milers](http://www.nyrr.org/youth-and-schools/Mighty-milers)
- e. <http://www.scholastic.com/teachers/top-teaching/201/04/brain-breaks-engerizing-time-out>
- f. <http://american.heart.org/jump-hoops/>