

IMMACULATE CONCEPTION HIGH SCHOOL

Policy Guide

Wellness Policy/Nutrient Standards for Meals and Other Foods (M)

WELLNESS POLICY/NUTRIENT STANDARDS FOR MEALS AND OTHER FOODS (M)

The Immaculate conception High School recognizes child and adolescent obesity has become a major health concern in the United States. The Healthy, Hunger Free Kids Act of 2010 (HHFKA), funds child nutrition programs and establishes required nutrition standards for school lunch and breakfast programs. In accordance with the requirements of the HHFKA, the school shall implement this Wellness Policy that includes goals for nutrition promotion, nutrition education, physical activity, and other school-based activities that promote student wellness.

A. Wellness Policy goals

1. Goals for Nutrition Promotion

- a. Posters will be posted on the walls where food and beverages are served to students highlighting and encouraging the value of good nutrition.
- b. Food service staff, in consultation with the Wellness Committee, will coordinate student input on menu planning with the goal of seeking popular and healthy dining choices.
- c. Food service staff will, whenever possible, place healthier food items in the service line where students are more likely to choose them.
- d. Parents will be provided the nutritional standards for the HHFKA.

2. Goals for Nutrition Education

- a. Principal will ensure each student receives at least one presentation per school year that promotes good nutrition and nutrition education. These presentations may be provided more through classroom visits from school staff members trained in nutrition, school-wide or group assembly programs, during health/physical education classes during the school year, or any other presentation manner this requirement may be provided as part of nutrition education provided to students as part of the district's curriculum.
- b. The Principal or designee will post the nutritional guidelines of the HHFKA in the area of the school building where food and beverages are served.
- c. Nutritional information, recipes, ingredient labels and information that encourages the selection of healthy food items will be available.

3. Goals for Physical Activity

- a. All students shall receive health/physical education under the supervision of a staff member.
- b. Immaculate Conception High School will offer high school students opportunities to participate in after-school intramural and/or interscholastic team activities coordinated and under the supervision of school staff members.
- c. The Immaculate Conception High School will support after-school activities and clubs where physical activity for students is included as a key component.

4. Goals for Other School-Based Activities – The following activities will be coordinated by Immaculate Conception High School:

- a. The school district will establish a Wellness Committee comprised of the Assistant Principal, a health/physical education teacher, a school nurse, parents, students and a food service staff member.

- b. The goals for nutrition promotion, nutrition education, physical activity and other school-based activities that promote student wellness shall be evaluated annually by the district's Wellness Committee.
5. Nutrition Guidelines for All Foods and Beverages
- a. Immaculate Conception High School will comply with the Federal school meal nutrition standards and the smart snacks in accordance with the requirements of HHFKA. The nutritional standards shall apply to all foods and beverages sold or given away as a free promotion in each school in the district during the school day as a part of the menu pattern meal, a la carte, in school stores, snack bars, or vending machines. The food requirements for any food sold in schools must meet a range of calorie and nutrient requirements as outlined in the HHFKA.
 - b. The school will comply with the HHFKA beverage requirements and beverage portion requirements for the high school. Immaculate Conception will make potable water available to children at no charge in the place where breakfast and lunch are served.
 - c. On-campus fundraisers sold during the school day involving food or beverage items must meet the Smart Snack standards of the HHFKA. The nutrition standards of the HHFKA do not apply to non-school hours, weekends, and off-campus fundraising events. The United States Department of Agriculture defines school day as starting from midnight to thirty minutes after the end of the school day. Fundraisers involving the sale of food or beverages must be submitted to the Principal or designee for approval.
 - d. Snack foods or beverages brought to school by students or parents and consumed by students during the school day do not need to meet the Smart Snack standards of the HHFKA.
 - e. The Principal shall be responsible to ensure each school in the district complies with the requirements as outlined in this Policy.
 - f. This Policy will be made available to staff members, students, and parents by being posted on the school website.