



Health and Wellness Policy

The Owensboro Catholic Schools are committed to providing a school environment that enhances learning and development of lifelong wellness practices.

1. **Wellness Committee (School Health Committee)** – The Owensboro Catholic Schools will develop a system-wide wellness committee. A school health committee will consist of a group of individuals representing the school and community, and may include parents, students and representatives of the school food service program, members of the OCS Education Council, school administrators, teachers, health professionals, and members of the community. The School Health Committee will report to the Director and will be chaired by the School Health Coordinator.
2. **Child Nutrition Programs** will comply with federal, state and diocesan requirements. Child Nutrition Programs are accessible to all children. Meals served through the National School Lunch and Breakfast program will:
 - Be appealing and attractive to children;
 - Be served in a clean, pleasant setting;
 - Meet the nutrition requirements established by state and federal statutes and regulations;
 - Offer a variety of fruits and vegetables;
 - Promote the consumption of fruits and vegetables by offering at no additional cost extra servings;
 - Serve reduced fat milk in a variety of flavors;
 - Offer a variety of whole grain foods.
3. **School Healthy Food Environment**-- All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.
 - To support children’s health and nutrition efforts, school fundraising activities will include, but not be limited to, items that will encourage healthy eating and physical activity;
 - Snacks may be served 30 minutes after the last lunch period but meet the Guidelines for Competitive Food and Beverage Sales;
 - Schools should limit celebrations that involve food during the school

day. Each party should be held 30 minutes after the last lunch period.

- Our schools may choose to offer a Power Break in the morning to include a complex carbohydrate and/or protein.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Schools will make efforts to use non-food items as rewards for academic performance or good behavior. The district will provide a list of suggestions.

4. **Nutrition Education** will be integrated into the curriculum.

- Each school is encouraged to provide nutrition education;
- Nutrition Education is offered 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;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities;
- Promotes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

5. **Physical Activity**-- Patterns of meaningful physical activity that connect to students' lives outside of physical education will be encouraged.

- Physical education will be an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge;
- Physical activity facilities on school grounds meet safety requirements;
- The district will encourage teachers to incorporate physical activity as possible into subject areas;
- Schools will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted;
- The district supports Elementary, Middle, and High School physical activity opportunities.
- All school-based activities are consistent with diocesan wellness policy goals.

6. **Promotion of Healthy Staff**

The Owensboro Catholic Schools will promote a healthy school staff through assessment, education, prevention, and screenings. This program will be designed to maintain and improve the health and well being of the OCS school staff, who serve as role models for our students.