East and West Catholic School Wellness Policy

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. With childhood obesity increasing across the nation, the role that schools play in promoting sound nutrition and physical exercise is more important than ever.

To ensure that East & West Catholic students have the opportunity to eat well, be active, and learn about healthy choices, the school has adopted a comprehensive wellness policy.

1. Purpose and Goals

East & West Catholic desires to promote healthy students and healthy living by supporting good nutrition, nutrition education, social and emotional well-being, and regular physical activity. The school strives to promote student health and reduce childhood obesity. The school will achieve the goals of this policy by:

1. Involving parents, students, board members, administrators, teachers, health professionals, lunch personnel, and other interested members of the community in the development, implementation, monitoring, and review of this policy.
2. Developing goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.
3. Using nutritious guidelines for all foods available during the school day.
4. Interpreting it in a way that favors student health when conflicting issues arise.
5. Nutritious Education Goals
6. All classroom teachers will discuss nutrition through their curriculum throughout the school year by meeting the school curriculum standards and guidelines for nutrition and health education.
7. Use motivational speakers (nutrition / wellness) when available through the Dairy Council, Soybean Council, Pork Producers, Beef Producers, Extension Office, etc. should be encouraged to speak in classrooms.
8. Provide easy access to nutrition / wellness materials and websites.
9. Attempt to facilitate health / exercise and nutrition field trips and family events when possible.
10. School staff are encouraged to model healthy eating behaviors.
11. The school’s food service program should be coordinated with the nutrition instruction if practical. The school cafeteria provides an opportunity for students to apply the skills that they have learned in the classroom, so there should be coordinated efforts between the cafeteria staff and teachers.
12. Physical Activity Goals
13. Physical education classes and physical activity opportunities will be available for all students daily throughout the school year and will be based on the state standards for physical education. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity. The physical activity, health, and education programs should expose students to a wide variety of physical activities, teach physical skills to maintain health and fitness, and individualize the intensity of activities as needed.
14. All elementary school students will have daily supervised recess, preferably outdoors, during which moderate to vigorous physical activity will be verbally encouraged and adequate space and equipment will be provided.
15. Parents and guardians will be encouraged to support their child’s participation in physical activity, to be physically active role models, and to include physical activity in family events.
16. Other School-based Activities Designed to Promote Student Wellness
17. Social-emotional / Mental Health
18. The school will use Boys Town Social Skills, growth-mindset, brain-breaks, circles, and Restorative Practices to help students interact and communicate effectively.
19. Dining Environment
20. The school will provide a clean, safe, and enjoyable meal environment for students.
21. The school will provide enough space and serving areas to ensure all students have access to school means with minimum wait time.
22. The school system will have drinking fountains or other accommodations available so that students can get water at meals and throughout the day.
23. The school will strive to have 100% student participation in the school meal program.
24. Mealtimes
25. The school system will continue to ensure an adequate time for students to eat meals and socialize with friends.
26. Lunch will be scheduled as near to the middle of the school day as possible.
27. Nutrition Guidelines for Food on School Campus
28. The goal of the school is to provide students with foods that promote student health and reduce childhood obesity. In order to best accomplish this goal, the school shall offer food programs that, at a minimum, satisfy the nutritional requirements established by local, state, and federal statutes and regulations, such as the USDA’s National School Lunch Program and the Dietary Guidelines for Americans.
29. The school food program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and all applicable laws and regulations of the State of Nebraska.
30. The school encourages the consumption of nutrient dense foods such as whole grains, fresh fruits, vegetables, and low-fat dairy products. Food and drink visuals in the lunchroom and school will reflect healthy food choices.
31. Foods of “minimal nutritional value” should not be served in the East & West Catholic cafeteria, where reimbursable meals are served, sold, or eaten. These foods include carbonated beverages, water ices, chewing gum, hard candies, fondant, or candy items.
32. No foods or beverages are sold in the lunchroom or on the school campus except reimbursable school meals.
33. School parties
34. Recommend parents to consider bringing snacks that contain less sugar, less salt, less fat.
35. Suggest fruit, vegetables, & cheese.
36. Popcorn
37. School menus should be prepared with input from students, parents, and school system personnel.
38. School personnel shall periodically review menus to ensure that they meet USDA guidelines.
39. The school will share information about the nutritional content of meals with parents and students upon request.
40. Monitoring and Policy Review

The principal shall be responsible for ensuring compliance with this policy.

School food service staff will ensure compliance with nutrition policies within the school food service areas and will report upon this matter to the principal.

The local school wellness policy team meets twice per year.

The school wellness policy are made available to the public, including parents, students, and community.

The wellness policy and progress towards meeting the goals are presented to the local school board, lunch personnel, and school staff.

Updated and adopted May 8, 2023