

Notre Dame Academy

Wellness Policy

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Louisville, KY 40216

Revised September 2023

Notre Dame Academy Wellness Policy

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Notre Dame Academy Wellness Policy

Preamble

Notre Dame Academy (herein referred to as NDA) is committed to the optimal development of every student. NDA believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines NDA's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at NDA have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of NDA in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- NDA establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff in NDA. Specific measurable goals and outcomes are identified within each section below.

School Wellness Committee

Committee Role and Membership

NDA will convene a wellness committee (herein referred to as the WC) that meets at least twice per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy.

The NDA membership will represent all school levels (elementary and Middle school) and include

(to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; mental health and social services staff [e.g., school counselor]; and school administrators (e.g., principal, vice principal).

Leadership

The Principal or designee(s) will convene the WC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The designated official for oversight is (Ashley Titus, Principal)

The names, titles,, and contact information of these individuals(are):

Name	Title / Relationship to the School or District	Email address	Role on Committee
Olivia Schum	Physical Education teacher	o.schum@ndasaints.org	committee chair
Jennifer Fentress	Teacher	j.fentress@ndasaints.org	member
Cammie Burba	Teacher	c.burba@ndasaints.org	member
Mary Recktenwald	Cafeteria manager	m.recktenwald@ndasaints.org	member
Sarah Clark	Counselor	s.clark@ndasaints.org	member
Samantha Bosse	Parent/Nurse	samagk@aol.com	member

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

NDA will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: ndasaints.org

Recordkeeping

NDA will retain records to document compliance with the requirements of the wellness policy at the school office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy.
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy.

Annual Notification of Policy

NDA will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. NDA will make this information available via the school's website and/or school's email communications. NDA will provide as much information as possible about the school nutrition environment. This will include a summary of NDA's events or activities related to wellness policy implementation.

Triennial Progress Assessments

At least once every three years, NDA will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school is in compliance
- The extent to which the school wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the school's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Ashley Titus (principal - a.titus@ndasaints.org).

NDA will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

NDA will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as NDA's priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

NDA will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. NDA will use electronic mechanisms, such as email or displaying notices on NDA's website to ensure that families have access to implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

Nutrition

School Meals

NDA is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

NDA participates in USDA National School Lunch Program (NSLP). NDA is committed to offering school meals through the NSLP, that:

- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (NDA offers reimbursable school meals that meet [USDA nutrition standards](#).)
- *Menus will be posted on the school's website*
- *School meals are administered by a team of child nutrition professionals.*
- *NDA child nutrition program will accommodate students with special dietary needs.*
- *Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).*

- *Students are served lunch at a reasonable and appropriate time of day.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, water fountains are available in all buildings including the cafeteria.

- *Drinking fountains are located in the cafeteria and in the hallway. The water fountains will be cleaned and sanitized daily.*

Competitive Foods and Beverages

NDA is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, school stores and snack or food carts.

Celebrations and Rewards

Any treats given to students for celebrations or rewards should be given after 1:00 PM or as determined by the committee. All teachers and staff should promote healthy snacks.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout the school, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

NDA will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>. Special treats may be given after 1:00PM.

Nutrition Education

NDA will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products.
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, other school foods and nutrition-related community services.

Essential Healthy Eating Topics in Health Education

NDA will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels

- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Accepting body size differences
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior
- Food Safety

Food and Beverage Marketing in Schools

NDA is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. NDA strives to teach students how to make informed choices about nutrition, health and physical activity. It is the intent of NDA to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with NDA wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet the USDA Smart Snacks in School nutrition standards.

Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. This includes quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and NDA is committed to providing these opportunities. NDA will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). NDA will set a goal of looking into *Let's Move! Active Schools* (www.letsmoveschools.org).

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. This does not include participation on sports teams that have specific academic requirements. NDA will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline

students.

To the extent practicable, NDA will ensure that its grounds and facilities are safe and that equipment is available to students to be active. NDA will conduct necessary inspections and repairs.

Physical Education

NDA will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. NDA will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

NDA **elementary and middle school students** in each grade will receive physical education for at least 40 minutes per week throughout the school year.

NDA's physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

- *Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.*
- *All physical education classes at NDA are taught by licensed teachers who are certified or endorsed to teach physical education.*

Essential Physical Activity Topics in Health Education

Health education will be offered in all grades. The District will include in the health education curriculum a minimum of 8 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type

of physical activity

- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess (Elementary)

NDA will offer at least **20 minutes of recess** on all days during the school year for elementary students. This policy may be waived on early dismissal or late arrival days.

Outdoor recess will be offered when weather is feasible for outdoor play. *Students will be allowed outside for recess except for inclement weather conditions.*

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. **Recess monitors or teachers will encourage students to be active.**

Classroom Physical Activity Breaks (Elementary and Secondary)

NDA recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. NDA recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

NDA will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

After School Activities

NDA offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. NDA will encourage students to be physically active after school by: having various sports teams sponsored by the Notre Dame Sports Club.

Community Health Promotion and Family Engagement

NDA will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the District will use electronic mechanisms (e.g., email or displaying notices on the district’s website), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The WC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader’s name is Olivia Schum.

The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

When feasible, NDA will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help the NDA staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.