

DIOCESE OF FORT WAYNE – SOUTH BEND

P1420B

*Individual School Wellness Plan Checklist*

NAME OF SCHOOL Marian High School

CITY OF SCHOOL Mishawaka, IN

**The school offers a free / reduced breakfast / lunch and / or milk program funded by the federal government?**

X Yes  
No

*Note: If yes, an Individual School Wellness Plan is required by federal law.*

**The school food service staff members are:**

X School/parish employees.  
Employees of a third party food service vendor.

*Note: If a third party vendor is used, provide the name of the firm:*

\_\_\_\_\_.

**Directions for Completing the Individual Wellness Plan Checklist**

Review each step of the Individual School Wellness Plan Checklist and check ( ) the appropriate indicator of the school's response to the steps for the current school year. Below is a description of each indicator:

- |    |                                   |  |
|----|-----------------------------------|--|
| A. | Already implemented:              | The school had this step in place prior to the current school year.  |
| B. | New implementation:               | The school will implement this step for the first time during the current school year.   |
| C. | Unable to implement at this time: | The school is unable to implement this step during the current school year. The school should provide an explanation on page 4 regarding why this step cannot be implemented during the present school year and give some indication of when it will be implemented in the future. |
| D. | Unable to implement ever:         | The school will never be able to respond to this step. The school must provide an explanation on page 4 regarding why this step can never be implemented.  |

## Meeting Nutrition Guidelines & Ensuring Healthy Eating Goals

Please check ( ) the appropriate indicator for each item.

***Students will be provided access to a variety of age-appropriate, appealing food and beverage choices that are consistent with the current Dietary Guidelines for Americans.***

### 1. In the school cafeteria, the school will:

- |     | A                                   | B                        | C                        | D                        |   |
|-----|-------------------------------------|--------------------------|--------------------------|--------------------------|---|
| 1.1 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Offer a variety of fruits and vegetables.   |
| 1.2 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Serve low-fat (1%) and fat free milk.   |
| 1.3 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensure whole grain products are served.   |
| 1.4 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensure meals, at a minimum, meet the nutrition requirements and regulations of the National School Lunch Program and/or School Breakfast Program. |

### 2. For food and beverages sold or provided individually (vending machines, snack bars, school stores and school-sponsored fundraisers, etc.), the school will:

- |     | A                                   | B                        | C                        | D                        |  |
|-----|-------------------------------------|--------------------------|--------------------------|--------------------------|--|
| 2.1 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Closely monitor and regulate the items sold, ensuring they are consistent with the nutritional goals of the wellness plan.   |
| 2.2 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Closely monitor and regulate the frequency and nature of school sponsored fundraisers.   |
| 2.3 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Make every effort to provide nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products whenever and wherever food is sold or otherwise offered at school. |

***Students will be served in a clean, safe, and pleasant environment and will be provided with an adequate amount of time to eat.***

### 3. The school will:

- |     | A                                   | B                        | C                        | D                        |   |
|-----|-------------------------------------|--------------------------|--------------------------|--------------------------|---|
| 3.1 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Schedule meal periods as close to the middle of the school day as possible. It is recommended to provide at least 20 minutes for students to eat their meals.     |
| 3.2 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensure all food and beverages provided by the school comply with federal, state, and local food safety and sanitation regulations.                                |
| 3.3 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Encourage food providers to share information about the nutritional content of school meals and/or individually sold food with students, family and school staff. |
| 3.4 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensure food service personnel have adequate pre-service training.   |
| 3.5 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Not withhold food or beverages as a punishment.   |
| 3.6 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Restrict access to food preparation and service areas to authorized personnel.  |

## Meeting Physical Activity Goals

Please check ( ) the appropriate indicator for each item.

***Students in grades Kindergarten through 12 will have opportunities, support, and encouragement to be physically active on a regular basis while in the school setting.***

**4. The school will:**

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	
4.1	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Make sure that each student participates in regularly scheduled formal and informal physical activity programs.
4.2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Provide all elementary students with daily, supervised recess periods.
4.3	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Offer some extracurricular activity programs (intramural sports, interscholastic sports, physical activity clubs or other like activities).
4.4	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Not withhold participation in recess or physical education class as punishment.
4.5	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Provide reasonable accommodations for students with disabilities and/or other limitations.
4.6	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ensure all school physical activity facilities and equipment are safe.
4.7	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work with the community to create a safe and supportive environment for students walking or biking to school.

**Meeting Nutrition Education Goals**

***Students will be provided with nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. Schools will also establish linkages between health education and school meal programs, and with related community services.***

**5. The school will:**

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	
5.1	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Offer students sequential and interdisciplinary nutrition education.
5.2	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Include interactive activities such as contests, promotions, taste testing, field trips, school gardens, or other like activities in nutrition education programs.
5.3	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work with parents to assist in providing a healthy diet and daily physical activity for their children, which may include information to help families incorporate healthy eating and physical activity and disseminating a list of healthy party food ideas to parents and teachers.

**Provide an explanation for each step above checked with a "C" or "D." When "C" was the indicator checked, also provide an indication of when this step will be implemented.**

STEP #	EXPLANATION	TIMELINE
4.2	N/A for High School	—

**Describe any other additional efforts being undertaken for the current school year as part of the school's wellness program:**

- continued renovation of serving area
- capital improvements to space include screen/projector + new sound system, which will allow for lunch announcements + programming promoting wellness
- See attached wellness policy

**Please ensure a team including parents, students, representatives of the school food authority, the education commission (if applicable), school administrators and the public implement and continue development of the wellness plan by reviewing this checklist and offering comment. List the team members below.**

**Team Members:**

Ryan Dainty	Steve Ravotto
Cami Whitten	Katie Dyer
Deb Cseh	Anne Mironski
Dr. John Rice	Student Council

**A copy of the Individual School Wellness Plan should be signed by the principal and sent to the Catholic Schools Office.**

**Signature of Principal**

**Date**

## **Marian HIGH SCHOOL'S WELLNESS POLICY**

Marian High School recognizes that good nutrition and regular physical activity affect the health and well-being of its students. Research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn and as a result, Saint Joseph High School, in accordance with federal law, will provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.

**I. Stakeholder Participation:** In accordance with Indiana Code 20-26-9-18, Saint Joseph High School will form and maintain a corporation level Coordinated School Health Advisory Council that includes at least the following:

- A. Ryan Dainty, Assistant Principal of Student Affairs
  - B. Cami Whitten, Director of Food Services
  - C. Deb Csehi, School Nurse
  - D. Steve Ravotto, Director of Athletics
  - E. Parent
  - F. Student
- 
- The Wellness Committee will meet annually during the school year. The members of the Wellness Committee will complete the Wellness Policy Evaluation Checklist and review any updates to nutrition standards, in order to determine which revisions or updates should be made to the school's current Wellness Policy.
  - Marian High School will revise its Wellness Policy based on recommendations made by the Advisory Council.
  - The Wellness Policy will be shared with the Marian School Board. The Principal will ensure compliance with Nutrition and Wellness Policies. The Principal will report compliance to the Superintendent, when required.

## **II. USDA Requirements for School Meals:**

### **1. School Meal Participation**

- A) Nutrition education standards and benchmarks promote the benefits of a balanced diet according to the Dietary Guidelines for Americans.
- B) Marian High School has a closed campus policy. School staff may not provide permission for students to leave campus for the purpose of obtaining lunch.
- C) Applications for free/reduced price meals are available to families at registration, via Marian High School website, and in the Business Office. Once

the application is processed, a letter of notification will be sent to the address provided.

D) Marian High School uses an electronic identification system therefore, eliminating any stigma or identification of students eligible to receive free/reduced priced meals.

E) As set forth in Policy 8531, entitled Free and Reduced-Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S.Department of Agriculture (USDA).

## 2. Mealtime and Scheduling

A) Adequate time will be provided to students to eat lunch (at least 20 minutes) and breakfast (at least 10 minutes).

B) School meals will be served in a clean and pleasant environment.

C) Marian High School will schedule mealtimes so there is minimum disruption from other programs and events.

D) Students will have convenient access to sanitizing stations.

E) Potable (drinking) water will be readily available at all mealtimes.

F) Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

G) Students are discouraged from sharing their foods and beverages with one another during mealtimes, given concerns about allergies and certain student diet restrictions.

H) All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to students a la carte or from vending machines.

## 3. Food Service Program/Professional Development

A) In accordance with Policy 8500, entitled Food Service, Marian High School food service program shall comply with Federal and State regulations pertaining to selection, preparation, consumption, and disposal of food and beverages, as well as to the fiscal management of the program.

B) Marian High School Food service program shall comply with Federal and State regulation pertaining to the selection, preparation, consumption, and disposal of food and beverages that ultimately promote student well-being.

C) Marian High School will provide students affordable access to varied and nutritious foods they need to be healthy and learn effectively.

D) Marian High School shall follow all State guidelines on portion limits. I.C. 20-26-9-2.

E) Food service director, managers, and staff will have adequate training on proper food handling techniques, healthy cooking practices, and operations. It is the Food Service Directors responsibility to ensure that the staff gets the appropriate amount of professional standards annually.

### **III.Nutritional Guidelines for All Foods and Beverages Sold:**

A) Marian High School will provide and promote the National School Lunch Program to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

B) Marian High School will provide and promote the USDA School Breakfast program.

C) Approved Nutrition Standards based on the nutrition standards of the Institute of Medicine (2007).

D) K-12 a la carte and other foods outside of school meals shall be limited to:

- No more than 30 percent of total calories from fat,
- Less than 10 percent of total calories from saturated fats,
- 0 percent trans fats, No more than 35 percent of calories from total sugars
- No more than 200 mg of sodium per portion as packaged
- No more than 200 calories per package
- 100 percent of the grains offered are whole grain-rich

E) K-12 a la carte and other beverages outside of school meals shall be limited to:

- Water without flavoring, additives, or carbonation
- Low-fat and nonfat milk (in 8 to 12-ounce portions)
- 100% fruit juice in 4-ounce portions as packaged for high school

#### **IV. Nutritional Guidelines for Non-Sold Foods and Beverages:**

A) Marian High School prohibits classroom celebrations unless tied into the curriculum. Marian recognizes student birthdays by way of daily school announcements.

B) Students may bring food into the classrooms for classroom celebrations (tied to curriculum) if the food is not being sold. Food found in lockers or in classrooms will be confiscated and discarded.

C) No outside food shall be sold by students on Marian's property.

D) Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers.

E) Students and staff will have free, potable (drinking) water for consumption available in water fountains and bottle filler throughout the school building.

#### **V. Food and Beverage Marketing:**

A) Marian High School follows the guidelines established by SmartSnacks:<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

- Vending machines will not be available during mealtimes and will contain items (food and beverage) that meet the approved Smart Snack standards.
- Marian will only allow marketing that promotes student health and is in accordance with Smart Snacks standards.
- Food found in lockers or in classrooms will be confiscated and discarded.
- Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers.
- Students and staff will have free, potable (drinking) water for consumption available at the water fountain and bottle fillers throughout the school building.

B) Advertising and marketing of both sold and non-sold food and beverages in school shall be in alignment with Smart Snacks standards.

#### **VI. Nutrition Education Goals:**

A) Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

B) Nutrition education standards and benchmarks shall be age appropriate and culturally relevant.

#### **VII. Nutrition Promotion Goals:**

A) Marian High School will provide and promote the National School Lunch Program to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

B) Marian High School will provide and promote the USDA School Breakfast program.

#### **VIII. Physical Activity Goals:**

A) At Marian High School, all students are required to fulfill Physical Education requirements during freshmen and sophomore school year with an option during the summer before their freshman or sophomore year.

B) Marian High School will promote physical activity (joining extra-curricular clubs, sports, physical education class, and/or strength training) with the objective of improving students' health.

#### **IX. Other Activities Goals:**

A) Marian High School will provide professional development opportunities for our food service staff in accordance with State requirements if needed.

B) Marian High School will encourage teachers to use physical movement in the classroom setting.

#### **X. Evaluation:**

A) Every year, Marian High School, will evaluate the local wellness policy with an Evaluation Tool and will notify the public of the results.

1. Using the School Wellness Policy Checklist found on the IDOE website

**XI. Person Responsible:**

A) Marian High School has identified at least one person responsible for monitoring the local wellness policy.

1. Cami Whitten, Director of Food Services

**XII. Communication:**

A) Marian High School Wellness Policy shall be made available to students and families by means of the school's website under the cafe news tab.