

## **MARIAN HIGH SCHOOL 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, Marian 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, Marian High School will form and maintain a corporation level Coordinated School Health Advisory Council that includes at least the following:

- A. Ryan Dainty, Dean of Student Formation
- B. Cami Whitten, Director of Food Services
- C. Deb Cseh, School Nurse
- D. Steve Ravotto, Athletic Director
- E. Parent
- F. Student

**II.**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.

**III.**Marian High School will revise its Wellness Policy based on recommendations made by the Advisory Council.

**IV.**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.