

SACRED HEART SCHOOL WELLNESS PLAN

As required by law, the Diocese of Fort Wayne-South Bend has established guidelines for implementing a Wellness Plan for each Diocesan school. The link between nutrition, physical activity, and learning is well documented. The increase in prevalence of obesity and the associated health risks also has been well documented in recent years. Schools have the responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns.

A well-planned and effective school nutrition and fitness program has shown to enhance Students' overall health, as well as their behavior and academic achievements. Faculty and Staff wellness is also a very integral part of school environment because the Faculty and Staff can be daily role models for healthy behaviors.

Parents, students, staff, school board members & the public are invited to participate in the development, implement & review, and update of this plan.

This plan is posted on the school website along with assessments & updates to the policy.

The assessment is given at least once every 3 years and will be posted on the school website.

OVERALL GOAL:

All Students at Sacred Heart School shall possess the knowledge and skills needed to make nutritious food choices, as well as enjoyable physical activity choices for a lifetime. All Faculty and Staff are encouraged to model healthful eating and physical activity as a part of daily life.

To meet this goal, the Diocese of Fort Wayne-South Bend adopts the following Wellness Plan with commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. This plan is designed to effectively utilize school and community resources. Differences in needs, interests, and culture will be addressed as needed.

Commitment to Nutrition:

Sacred Heart School will:

- *Offer a school lunch program through Classic Cafe that meet the nutritional standards established by the U.S. Department of Agriculture and Indiana Code. Offering a nutritional lunch available is a goal of Sacred Heart to promote healthy eating.
- *The school lunches or milks are the only food and beverages that are sold on site during the school day.
- *Provide free and reduced-priced meals to students of families on limited income.
- *Follow OSHA Rules and Regulations in regards to food preparation and distribution.
- *Provide a lunchroom environment conducive to a positive eating experience.
- *Allow extra time for Students to eat when needed.

- *Provide a food allergy free table for students with peanuts, tree nuts, dairy products, egg, wheat allergies.
- *Encourage students to make healthy food choices based on the current My Plate School Lunch Guidelines.
- *Provide nutritional information and web sites to Parents as a resource.
- *Encourage nutritional food and beverage options given out at school events & after school events, for example at class parties, celebrations, & donated classroom snacks.
- *Encourage all school-based organizations to use non-food items and/or healthy foods for fundraising programs. The sale of candy as a fundraiser is discouraged.
- *Work towards eliminating the use of foods as rewards for Student accomplishment and withholding of food as punishment.
- *Only displays and marketing of foods & beverages that meet the Smart Snack Requirements are allowed during the school day (if any should arise). (Company Logo's are allowed, for example, Pepsi, Nabisco, etc. as a company may have healthy alternatives.)
- *According to the National School Lunch Program, the school is allowed two sales within one school year during the school day as fundraisers, for example, cupcake sale or ice cream sale.

Commitment to Physical Activity:

Sacred Heart School will:

- *Provide physical education for all students according to Indiana Administrative Code with a goal of promoting movement and exercise for a healthier body.
- *Provide a 30 minute recess each day, with optional recess time with teacher.
- *Provide recreational equipment such as balls, jump ropes, and hula-hoops to play at recess time and gym class.
- *Sacred Heart School has a hopeful goal of every student in grades 4, 5, & 6 to participate in school sports, such as volleyball, basketball, soccer, track, cross-country and cheerleading each year. Gr. 3 has the option for cross-country as well.
- *Participate in a yearly fitness test for students conducted by the gym teacher.
- *Distribute community sport activity applications to all students when available.
- *Provide the annual Field Day Event for all Students, Teachers, and Parents to participate in physical games.
- *Encourage physical activity opportunities such as fitness challenges for Faculty, Staff and/or Parents.
- *Provide 15 minutes of stretching exercises, followed by 3-20 minute sessions of twirling and tumbling activities. Club will meet for 1 hour and 15 minutes once a month.
- *Provide 1 hour of exercise each day for the Students who are participating in the Viking Watch after school program.
- *School will participate in a Walk-A-Thon yearly for grade PreK 3 through Grade 6.

Commitment to Comprehensive Health Education:

Sacred Heart School will:

- *has a goal to provide sequential, comprehensive health education programs as described in the Indiana guidelines.
- *McMillen Health provides health and nutrition classes for Kindergarten through Grade 6 with a goal of learning grade level nutrition facts. This is done with grants from Kosciusko County Health First Indiana and Schools Grant.
- *Grade 3 will participate in a bicycle safety rodeo at Sacred Heart School.
- *School Counselor will provide the Fort Wayne-South Bend Diocese Peace Be With You Program in Grade 4 yearly.
- *School Counselor will provide Diocesan Safe Environment training which includes Behavioral and Stranger Safety education to each class as needed.
- *Bully Prevention training for all Staff before the start of the new school year.
- *Report incident to Principal and document a chronological description of the incident on the Bully Report form.
- *Provide **clear expectations** of appropriate and inappropriate behavior at school.
- *Post behavioral expectations in each classroom and for playground Volunteers.
- *Establish **clear guidance** on legal requirements, policy, and practice implications for students with disabilities needs to be explicitly provided in staff training.
- *Complete Far & Near Acuity vision exam by School Nurse for students in grades 1, 3, & 5 each year.
- *Modified Clinical Technique (MCT) vision exam performed by a licensed eye professional required by Indiana Code for students in Kindergarten or first grade.
- *Complete hearing test by Speech Pathologist for students in grades 1 & 4 each year.
- *Complete and review C.P.R., A.E.D., and First Aid Training for all Faculty and Staff by a trained C.P.R./A.E.D. Instructor and School Nurse each year.
- *Complete Blood Borne Pathogen Training for all Faculty and Staff by the School Nurse each year.
- *Suicide Prevention Training for all Staff each school year.
- *Anaphylaxis & Epi pen Training for all Staff each school year.
- *Diabetic Distress Training for all Staff each school year.
- *Acute Seizure Therapy Training for all staff each school year.
- *Complete Playground Safety Training for all Faculty and Staff responsible for playground duty by School Nurse each year.
- *Provide Nutritional information, such as the My Plate School Lunch graphic for students and healthy food choices to eat to all students, Parents/Guardians, and Staff each year.
- *Provide Hygiene Practice Education for all students and information for Parents/Guardians, and Faculty each year.
- *Provide Dental Care Education for all students and information for Parents/Guardians, and Faculty each year.
- *McMillen Brush Program for PreK 3 & K-prep 4 each school year.
- *Coaches receive training to recognize and respond to Concussions and Sudden Cardiac Arrest.
- *Provide a copy of the Emergency Medical Consent Form to the Staff working the after school program each year.
- *Review and update information and training for the First Responder Team yearly.

- *Review and update any procedures in the Emergency Preparedness Plan yearly.
- *Provide seclusion and restraint training for staff and review procedure year. Update training as when needed.

Commitment to Marketing a Healthy School Environment:


Sacred Heart School will:

- *Encourage students, Parents/Guardians, and Faculty to promote healthy lifestyle practices throughout the school each day.
- *Provide the Students food allergy information to the classroom Teachers and Staff at the beginning of the school year.
- *Provide the Students food allergy information to the Viking Watch Staff, Coaches, & School Staff when needed.
- *Promote the Wellness Plan at school events, such as school registration, Parent-Teacher Conferences, Home and School Meetings, Open House, School Staff Meetings, etc.
- *Encourage students to eat smart snacks at school.
- *Offer smart snack options in Viking Watch Program.
- *Post a copy of the Sacred Heart School Wellness Plan on the school's website. Review yearly and update when needed.

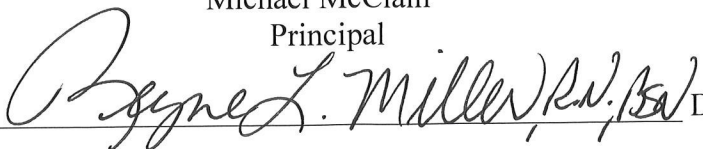
Commitment to Implementation:

Sacred Heart School will:

- *School Wellness Plan will be followed by Faculty and Staff.
- *Designate at least one person at school to insure that the School Wellness Plan is implemented as written.
- *The wellness committee will discuss questions/issues and update as needed concerning the School Wellness Plan.
- *Conduct a Triennial Assessment of the progress toward the School Wellness Plan goals and identify areas where improvement is needed by the School Wellness Committee and any other person/staff member who would like to be involved.

Signature:  Date: 12/20/24

Michael McClain
Principal

Signature:  Date: 12-20-24

Reyne L. Miller, R.N., B.S.N.
School Nurse & School Safety Specialist

Sacred Heart School Wellness Committee
2024-2025 School Year

Mike McClain
Reyne Miller
Shaza Katrib
Michelle Sutton
Colin Clemens
Student Council

*School Wellness Policy is available on the school website to anyone who wants to view, provide suggestions, and/or comments.



United States Department of Agriculture

MYPLATE GUIDE TO SCHOOL LUNCH

for Families



GRAINS

Whole grains give kids B vitamins, minerals, and fiber to help them feel fuller longer so they stay alert to concentrate at school.



PROTEIN FOODS

Meat, poultry, fish, dry beans, peas, eggs, nuts, and seeds provide many nutrients including protein and iron. Portion sizes are based upon the nutrition needs of children in various grade groups. School meals also allow cheese, tofu, and yogurt to count as the meat/meat alternate in the school lunch.

VEGETABLES

A variety of vegetables helps kids get the nutrients and fiber they need for good health.



MILK

Low-fat (1%) or Fat-free milk. Children and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth and muscles.



FRUITS

Every school lunch includes fruits as well as vegetables. Only 1/2 of the fruits offered may be 100% juice, since whole and cut-up fruits have more fiber.



Visit teamnutrition.usda.gov for additional tips and activities.

