



BERGAN CATHOLIC

WELLNESS POLICY

Bergan Catholic School is committed to the optimal development of every student. Bergan Catholic School believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, specific efforts must be made for the students to be properly supported. These efforts must create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. The Bergan Catholic School Wellness Policy provides a framework for ensuring environments and opportunities for all students to develop and practice healthy eating and physical activity behaviors during the school day. This policy outlines several procedures to ensure:

- Students will have access to healthy foods throughout the school in the accordance with Federal and state nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating habits.
- Students have opportunities to be physically active during the school day.
- The school engages in nutrition and physical activity promotion and other activities to promote student wellness.
- School staff are encouraged to practice and model healthy nutrition and physical activity in and out of school.

NUTRITION GUIDELINES

School Meals

Bergan Catholic School is committed to serving healthy meals to children in order to meet the nutritional needs of school children, within their calorie requirements, while providing adequate time (30 Minutes) for students to eat school meals. Our school participates the National School Lunch Program (NSLP) and we abide by the specific nutrition standard developed by this program. Free water is available at lunch as well as fresh fruit and vegetable options that gives students varied healthy choice options. Food and beverages that are not considered nutritious options will be refrained from use as a reward for student behavior and performance. The lunchroom environment will incorporate the use of nutrition guidelines and healthy choice posters and banners to encourage students to make good choices regarding food consumption.

Professional Standards

All nutrition program directors will meet or exceed annual continuing education/training requirements as required by the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to the USDA professional standards for school nutrition professional's website to search for training that meets their learning needs.

Competitive Food and Beverages

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 or exceed the USDA SMART Snacks Nutrition Standards¹. Fundraising efforts will be in compliance with the SMART Snack Standards for any fundraising events involving foods and/or beverages sold to students within the school building, during the school day.

The school day is defined as the period from the midnight before, to 30 minutes after the end of the official school day. Students are not allowed to bring outside food into the school during the school day. Vending machines will either be turned off during the school day or be stocked with SMART Snack compliant items.

Nutrition Education

Educating students on making nutritious choices is a priority at Bergan Catholic School. Healthy lifestyle choices including education curriculum focused on nutrition are incorporated into the Physical Education courses.

Nutrition Promotion

Bergan Catholic School will promote healthy food and beverage choices for all students across the school campus, as well as encourage participation in the school meal programs. It is the intent of the Bergan Catholic School 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 the current Wellness Policy. Staff will be encouraged to model healthy eating habits in the presence of students.

Physical Education/Activity

All students in grades K-6 will receive 90 minutes of physical education per week. The majority of 7th, 8th & 9th grade students receive 235 minutes of physical education per week. 10th, 11th & 12th grade students that are taking a physical education course receive 235 minutes of physical education per week.

Physical Activity

Elementary school students will have a minimum of 20 minutes a day of supervised recess, preferably outdoors. In the event that the school must conduct indoor recess, teachers and staff will follow guidelines to ensure students remain active. Physical activity should not be used or withheld as punishment. Finally, opportunities for physical activity is recommend throughout all subject areas. Staff will be encouraged to serve as role models by being physically active alongside the students whenever feasible.

Public Involvement

Bergan Catholic School's Positive Environment school improvement team will meet at least four times per year to establish quantifiable goals for and oversee school health, safety policies, and overall school climate for both students and staff. This group is assigned by the school principal and includes school administration, school counselor, classroom teachers and para educators.

Public Notification

Bergan Catholic School's Wellness Policy has been approved by the Bergan Board of Education and can be found on the school's website at www.berganknights.org. The Wellness Policy is included in the Student/Family Handbook. This policy will be included each year in the Family Back to School Packets and electronically communicated to stakeholders on an annual basis. The Monitoring and Evaluation team will continue to review the success of the wellness policy at the conclusion of each school year. The policy will be updated and presented to the Bergan Board of Education for approval every three years.

1. U.S. Department of Agriculture. [Smart Snacks in School a Guide to Help Make the Healthy Choice the Easy Choice for Kids at School](#). May 2022.