



# Sacred Heart Catholic School

106 N. Saint Joseph St.  
Morrilton, AR 72110  
Phone: 501-354-8113  
Fax: 501-354-2001

## SCHOOL WELLNESS POLICY FOR SACRED HEART CATHOLIC SCHOOL UPDATED WELLNESS TEAM MEMBERS 2023-2024

### SCHOOL WELLNESS TEAM MEMBERS:

1. JENNIFER ROSCOE - PRINCIPAL
2. KYLE DUVALL – CHAIRPERSON
3. BARBI KORDSMEIER – SCHOOL SECRETARY
4. JACKIE BRIGGLER – FOOD SERVICES DIRECTOR
5. PAULA BOSTIAN – ELEMENTARY REPRESENTATIVE
6. ANNISE RYAN – HIGH SCHOOL REPRESENTATIVE
7. SUSAN BUSER – SCHOOL BOARD MEMBER
8. SARAH KOCH– PARENT
9. MONICA KOCH – STUDENT
10. SYDNEY KOONCE - STUDENT

## THE PURPOSE OF THIS POLICY IS:

1. Meet federal mandates beginning June 1, 2006
2. Aid in combating childhood obesity.
3. Provide nutrition education for all students.
4. Provide physical activity during the school day and to stress the importance of healthy and active lifestyles through exercise and physical activity.
5. Establish nutrition standards for all foods available on the school campus.
6. Initiate or participate in other school based activities designed to promote student wellness.
7. Regularly measure and evaluate the wellness program on a continuum.

This policy is to be governed by the school's Wellness Committee that will be comprised of, but not limited to administrators, teaching staff, paraprofessional staff, parents and the food services staff. This team shall have as its function, set wellness goals, ensure that federal guidelines are met, and to lead in the evaluation and measurement of the school's program.

## SETTING NUTRITION GOALS:

1. Students will be exposed to healthy eating information during the school year in grades K-12.  
(Example: Food Pyramid)
2. The school will provide staff with teacher training in the area of nutrition.
3. Classroom based nutrition education that includes requirements that the subject be taught, follow standards, and address specified learning outcomes.
4. The school will ensure that nutrition education, marketing, and promotion of the nutrition education will be linked to the community.

## SETTING PHYSICAL EDUCATION GOALS:

1. Students will be given opportunities for physical activity during the school day through physical education classes, daily recess periods, and the integration of the physical activity into the academic curriculum. The minimum number of minutes for daily recess and physical education is thirty minutes. K-3 = 65 min 4-6 = 65 min
2. The student to teacher ratio is not to exceed the guidelines recommended by and listed in the Diocesan Policy Manual (Policy #4.11)
3. The requirement for professional physical education teachers is that they have certification in the physical education field.
4. The school encourages parents /guardians to support their children's participation in physical activity, to be physical active role models, and to include physical activity in family events.
5. Team sports, individual sports, and physical fitness skills will be taught as lifetime wellness activities.

## ESTABLISHING NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON THE SCHOOL CAMPUS DURING THE SCHOOL DAY:

1. The school does not offer a la carte sales in the food service program.
2. The school sets guidelines for beverages sold in vending machines on campus.
3. The school sets guidelines for food and beverages sold as part of school sponsored fundraising activities.
4. The school makes decisions on these guidelines based on nutritional goals, not on profit making.

## SETTING GOALS FOR OTHER SCHOOL BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS:

### DINING ENVIRONMENT:

1. The school shall provide a clean, safe, enjoyable meal environment for students.
2. The school provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
3. The school makes drinking fountains available and allows personal water bottles in school. The students can get water at meals and throughout the day.
4. The school encourages all students to participate in the school meals program and protects the identity of students who eat free or reduced price meals.

### TIME TO EAT:

1. The school will ensure an adequate allotment of time for students to enjoy eating healthy food with friends.
2. The school will schedule lunch times as near to the middle of the school day as possible.
3. The school will discourage the use of food as a reward or punishment during the school day.

### CONSISTENT SCHOOL ACTIVITIES AND ENVIRONMENT:

1. School fundraisers will support healthy eating habits.
2. School will provide on-going professional training and development activities for foodservice staff and teachers in the areas of nutritional and physical education.
3. We encourage parents, teachers, school administrators, students, foodservice professionals and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
4. We encourage all students to participate in the National School Lunch Program.

SETTING GOALS FOR MEASUREMENT AND EVALUATION:

1. Teachers, parents, and students are asked for feedback on how well they see the school meeting various components of the Wellness Plan.
2. We will ensure that the students participate in the NSLP by serving good tasting, healthy meals.

Principal



School Secretary



School Board President

