

Beckman Catholic High School Wellness Policy

Beckman Catholic High School supports a healthy environment in which students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health, academic achievement and quality of life of the students.

Nutrition Education and Promotion

Beckman Catholic High School will provide nutrition education and engage in nutrition promotion.

Physical Activity

Beckman Catholic will develop a wellness approach to physical activities that meet applicable federal and state guidelines.

Other School Based Activities that Promote Wellness

Beckman Catholic promotes activities and policies that support staff members' efforts to maintain a healthy lifestyle. BCHS supports parents' efforts to provide a healthy diet and daily physical activity for their children.

Nutritional Standards for all Foods Available on Campus

Beckman Catholic will base menus on Dietary Guidelines for Americans, National School Lunch meal pattern requirements, and the Recommended Dietary Allowances.

Beckman Catholic will have food and beverages offered on campus and for school activities that meet applicable federal and state guidelines.

Plan for Wellness Policy Implementation and Effectiveness

The "Wellness Policy Committee" will:

1. Plan for, monitor, and evaluate the implementation of wellness initiatives as guided by the Board Policy and Procedures.
2. Inform and update the public about the content and implementation of the policy.

Legal Reference:

Section 204 Public Law 108-265-June 30, 2004 (Child Nutrition and WIC Reauthorization Act)

Section 204 of the Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296, Section 9A (34)

Approved and Reviewed by SIAC – March 10, 2021

Beckman Catholic High School Wellness Regulation

Goal 1: Engage in nutrition promotion: provide nutrition education and a healthy eating environment.

A. Provide a healthy eating environment that:

- allows students to have at least 20 minutes after sitting down for lunch (25-minute lunch periods)
- encourages not scheduling tutoring, club or organizational meetings or activities during mealtimes unless students may eat during such activities
- provides students access to handwashing or hand sanitizing before they eat meals or snacks
- recommends that children not be forced to eat or drink against their wishes

Goal 2: Provide physical activity that promotes wellness.

A. Provide physical education that:

- is designed for all students in grades 7-8, and 9-12 for the entire school year
- is consistent with National Physical Education Standards
- taught by a certified physical education teacher
- include students with disabilities, special health-care needs
- focuses on health-related fitness
- provide opportunities for physical activity to be incorporated into other subject lessons

B. Discourage use of physical activity as punishment/reward

Physical activity is valued for its benefits to health and academic achievement. Employees will not use physical activity as a punishment (e.g., running laps, pushups) or repeatedly withhold opportunities for physical activity as a punishment.

Goal 3: Promote wellness through other school based activities.

A. Food Marketing in Schools

- Limit food and beverage marketing to the promotion of foods and beverages that meet the School's Recommended Nutritional Guidelines (smart snack approved)
- Promote healthy foods including fruits, vegetables, whole-grains, and low-fat dairy products promoting predominantly low-nutrition foods and beverages

Implement Beckman Catholic Nutritional Standards

Nutrition integrity is defined as a level of performance that assures foods available through the school meal programs for children are consistent with recommended dietary allowances, National School Lunch meal pattern requirements, and dietary guidelines and, when consumed, contribute to the development of lifelong, healthy eating habits. Student preferences will be considered in menu planning in order to encourage students to consume a variety of foods for maximum nutritional benefits. Meals will contain adequate calories and variety of foods to support growth, development and healthy weight. Portion sizes shall be based on age and USDA meal pattern requirements.

Meals served through the National School Lunch Programs will:

- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk
- Ensure that half of the served grains are whole grain

Food Safety

All foods made available on campus adhere to food safety and security guidelines.

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.