

*Individual School Wellness Plan Checklist*

NAME OF SCHOOL      Bishop Dwenger High School

CITY OF SCHOOL      Fort Wayne

**The school offers a free / reduced breakfast / lunch and / or milk program funded by the federal government?**

Yes

No

*Note: If yes, an Individual School Wellness Plan is required by federal law.*

**The school food service staff members are:**

School/parish employees.

Employees of a third party food service vendor.

*Note: If a third party vendor is used, provide the name of the firm: \_\_\_\_\_.*

**Directions for Completing the Individual Wellness Plan Checklist**

Review each step of the Individual School Wellness Plan Checklist and check () the appropriate indicator of the school's response to the steps for the current school year. Below is a description of each indicator:

- |                                      |  |
|--------------------------------------|--|
| A. Already implemented:              | The school had this step in place prior to the current school year.  |
| B. New implementation:               | The school will implement this step for the first time during the current school year.   |
| C. Unable to implement at this time: | The school is unable to implement this step during the current school year. The school should provide an explanation on page 4 regarding why this step cannot be implemented during the present school year and give some indication of when it will be implemented in the future. |
| D. Unable to implement ever:         | The school will never be able to respond to this step. The school must provide an explanation on page 4 regarding why this step can never be implemented.  |

## Meeting Nutrition Guidelines & Ensuring Healthy Eating Goals

Please check (☑) the appropriate indicator for each item.

*Students will be provided access to a variety of age-appropriate, appealing food and beverage choices that are consistent with the current Dietary Guidelines for Americans.*

### 1. In the school cafeteria, the school will:

- |     | A                                   | B                        | C                        | D                        |   |
|-----|-------------------------------------|--------------------------|--------------------------|--------------------------|---|
| 1.1 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Offer a variety of fruits and vegetables.   |
| 1.2 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Serve low-fat (1%) and fat free milk.   |
| 1.3 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensure whole grain products are served.   |
| 1.4 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensure meals, at a minimum, meet the nutrition requirements and regulations of the National School Lunch Program and/or School Breakfast Program. |

### 2. For food and beverages sold or provided individually (vending machines, snack bars, school stores and school-sponsored fundraisers, etc.), the school will:

- |     | A                        | B                                   | C                        | D                        |  |
|-----|--------------------------|-------------------------------------|--------------------------|--------------------------|--|
| 2.1 | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Closely monitor and regulate the items sold, ensuring they are consistent with the nutritional goals of the wellness plan.   |
| 2.2 | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Closely monitor and regulate the frequency and nature of school sponsored fundraisers.   |
| 2.3 | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Make every effort to provide nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products whenever and wherever food is sold or otherwise offered at school. |

*Students will be served in a clean, safe, and pleasant environment and will be provided with an adequate amount of time to eat.*

### 3. The school will:

- |     | A                                   | B                                   | C                        | D                        |  |
|-----|-------------------------------------|-------------------------------------|--------------------------|--------------------------|--|
| 3.1 | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | Schedule meal periods as close to the middle of the school day as possible. It is recommended to provide at least 20 minutes for students to eat their meals.      |
| 3.2 | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | Ensure all food and beverages provided by the school comply with federal, state, and local food safety and sanitation regulations.                                 |
| 3.3 | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Encourage food providers to share information about the nutritional content of school meals and/or individually sold food with students, family, and school staff. |
| 3.4 | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | Ensure food service personnel have adequate pre-   |

- service training.
- 3.5  \_\_\_ \_\_\_ \_\_\_ Not withhold food or beverages as a punishment.
- 3.6  \_\_\_ \_\_\_ \_\_\_ Restrict access to food preparation and service areas to authorized personnel.

### Meeting Physical Activity Goals

Please check (☑) the appropriate indicator for each item.

*Students in grades Kindergarten through 12 will have opportunities, support, and encouragement to be physically active on a regular basis while in the school setting.*

#### 4. The school will:

- |     | A                                   | B   | C   | D                                   |   |
|-----|-------------------------------------|-----|-----|-------------------------------------|---|
| 4.1 | ___                                 | ___ | ___ | <input checked="" type="checkbox"/> | Make sure that each student participates in regularly scheduled formal and informal physical activity programs.                             |
| 4.2 | NA                                  | ___ | ___ | ___                                 | Provide all elementary students with daily, supervised recess periods.  |
| 4.3 | <input checked="" type="checkbox"/> | ___ | ___ | ___                                 | Offer some extracurricular activity programs (intramural sports, interscholastic sports, physical activity clubs or other like activities). |
| 4.4 | <input checked="" type="checkbox"/> | ___ | ___ | ___                                 | Not withhold participation in recess or physical education class as punishment.   |
| 4.5 | <input checked="" type="checkbox"/> | ___ | ___ | ___                                 | Provide reasonable accommodations for students with disabilities and/or other limitations.  |
| 4.6 | <input checked="" type="checkbox"/> | ___ | ___ | ___                                 | Ensure all school physical activity facilities and equipment are safe.  |
| 4.7 | NA                                  | ___ | ___ | ___                                 | Work with the community to create a safe and supportive environment for students walking or biking to school.                               |

### Meeting Nutrition Education Goals

*Students will be provided with nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. Schools will also establish linkages between health education and school meal programs, and with related community services.*

#### 5. The school will:

- |     | A                                   | B   | C                                   | D   |  |
|-----|-------------------------------------|-----|-------------------------------------|-----|--|
| 5.1 | <input checked="" type="checkbox"/> | ___ | ___                                 | ___ | Offer students sequential and interdisciplinary nutrition education.   |
| 5.2 | ___                                 | ___ | <input checked="" type="checkbox"/> | ___ | Include interactive activities such as contests, promotions, taste testing, field trips, school gardens, or other like activities in nutrition education programs. |

5.3                    X            Work with parents to assist in providing a healthy diet and daily physical activity for their children, which may include information to help families incorporate healthy eating and physical activity and disseminating a list of healthy party food ideas to parents and teachers.

**Provide an explanation for each step above checked with a "C" or "D." When "C" was the indicator checked, also provide an indication of when this step will be implemented.**

STEP #	EXPLANATION	TIMELINE
4.1	All students walk to their classes around the building at about 1 mile per day. All students are required to take 2 semesters of PE. This is the extent to which this standard can be implemented at the high school level within the context of the schedule.	NA
5.2	We would like to conduct more taste tests (1 per quarter) of food items and conduct promotions/contests as opportunities present themselves for the students.	2022-23 School Year
5.3	School administration and cafeteria manager will enhance and add to the school website's cafeteria portion to include more information/links on healthy eating, physical activity, and healthy party foods.	Summer 2022

**Describe any other additional efforts being undertaken for the current school year as part of the school's wellness program:**

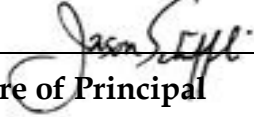
The School Student Assistance Program helps to promote a healthy lifestyle by helping students through various substance abuse issues through education and counseling support. New vending machines were installed that follow the healthy food guidelines. Cafeteria manager will work with the Health instructor to enrich lessons dealing with nutrition. The cafeteria portion of the website will house more information related to nutrition and healthy lifestyles for parents and students to reference.

**Please ensure a team including parents, students, representatives of the school food authority, the education commission (if applicable), school administrators and the public implement and continue development of the wellness plan by reviewing this checklist and offering comment. List the team members below.**

**Team Members:**

Jason Schiffl	Sarah Westhoff
John Tone	Tiffany Albertson
Theresa Roberts	Amy Johns
Amanda Felkner	

**A copy of the Individual School Wellness Plan should be signed by the principal and sent to the Catholic Schools Office.**



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**Signature of Principal**

June 1, 2022

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**Date**

P1420B - Individual School Wellness Policy 08/22/2019