

Bishop Dwenger High School recognizes that good nutrition and regular physical activity affect the health and academic well-being of our students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. It is part of our school's mission to encourage and educate students on the benefits of an active lifestyle. However, the school alone, cannot develop students' healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

To promote student wellness, Bishop Dwenger High School supports goals in the following four areas:

Nutrition Education: *Influence students' eating behaviors*

1. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
2. Nutrition information will be offered in lunchrooms as well as in classrooms through coordination between the foodservice and instructional staff
3. Nutrition education for students will be a major discipline taught to all sophomores in their required Health course. [*Indiana Academic Standards for Health Education*]
4. Nutrition information will be presented and promoted (i.e.: Smart Snacks) to our school community by posting the official *Wellness Plan* and linking educational websites to our Internet home page (bishopdwenger.com)
5. A healthy lifestyle is promoted in the school's Code of Conduct.
6. Posters on Smart Snacks

Physical Activity: *Provide regular, consistent, and fair opportunities for every student to develop the knowledge and skills for physical activity, maintain fitness, and experience the benefits of a physical and healthy lifestyle.*

1. Students will be given opportunities for physical activity during the day through physical education classes (grades 9-12)
2. Students will be given opportunities for physical activity through a range of before-school and after-school programs including, but not limited to, interscholastic athletics, and activity clubs.
3. Parents and guardians are encouraged through our school's Code of Conduct to support their children's participation in physical activity, and live a healthy lifestyle.
4. An active lifestyle for each student is promoted annually, each time a student performs their required 20 hours of service to the community.
5. Access to the school's Cardio Room and Weight Room after school is advertised and promoted through teams, clubs, Canvas and student emails.

Bishop Dwenger High School Wellness Plan 2017-2020

Foods and Beverages on School Campuses: *Eating habits are greatly influenced by the types of foods and beverages available to them.*

1. Has assured school meals meet USDA requirements.
2. All food available for sale to students including vending machines, concessions, and fund raisers should offer food choices that provide the opportunity for students to select products that reflect healthy and nutritional principles.
3. All food sales must comply with state and federal child nutrition program regulations. One hundred percent (100%) of the food and beverages offered in each vending area shall be comprised of healthy foods and beverages as defined below – meet Smart Snack criteria:
 - Healthy beverages: water, milk, fruit drinks with at least 50% fruit juice and no additional caloric sweetener, vegetable drinks, isotonic beverages, and 100% fruit juices.
 - Healthy foods: any food item that does not have more than 30% total calories from fat and contains more than 10% of the recommended daily value for one of the following nutrients: vitamin A, vitamin C, calcium, iron, protein, or fiber.
4. Faculty regulates the usage of sweet treats that students want to bring into the classroom
5. Serve Smart Snacks for breakfast

Other School-Based Activities Designed to Promote Student Wellness:

1. Bishop Dwenger will provide a clean, safe, enjoyable meal environment for students.
2. Bishop Dwenger will utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
3. Bishop Dwenger will schedule lunch time as near the middle of the day as possible.
4. Bishop Dwenger will keep all fundraising groups accountable that sell food outside of the instructional day; ensuring all fundraising efforts are supportive of healthy eating by including 50% healthy foods as described above.
5. Bishop Dwenger's Wellness Plan will be available to all staff, school board, and school families through our school website.
6. A *Tournament Day* is scheduled each year during homecoming week. The entire student body has opportunities to sign up for various athletic competitions that promote school spirit, physical activity, and teamwork.
7. Two-story building, with a five minute passing, requires students to walk more vigorously (2 -3 miles walked on a regular day).
8. Wellness Plan criteria presented at faculty's Back-to-School In-service and to parents at Back-to-School Night

Goals for Measurement and Evaluation:

1. Bishop Dwenger will use the Indiana Dept. of Education *Wellness Policy Evaluation Tool* annually.
2. Bishop Dwenger will implement all recommendations made by the *Field Specialist*, from the Indiana Dept. of Education (Office of School and Community Nutrition).
3. Bishop Dwenger's School Wellness Committee will use the *Individual School Wellness Plan Checklist* (annually) to review and revise the Wellness Plan
4. Bishop Dwenger's School Wellness Committee will meet twice per year
5. Surveys will be given to faculty, students, and parents on the School Board to determine areas for growth.