



Wellness Policy on Physical Activity and Nutrition 2024-2027

In accordance with federal law, it is the policy of Bishop Dwenger High School to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

Bishop Dwenger High School recognizes that good nutrition and regular physical activity affect the health and academic well-being of our students. 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 Bishop Dwenger's mission to encourage and educate students on the benefits of an active lifestyle. Our families, faculty, students, and visiting community are reminded to live an active life through our *Mission Statement* (which is read to all students and families each year and posted on our website). There is a round, structural column that reads *ACTIVE LIFE* that greets all who enter our school and serves as a reminder to everyone that walks past.

It is necessary for the staff, students, school board, and parents to work together to promote, support, and model healthy behaviors and habits.

Bishop Dwenger's Wellness Policy is made available to students and families by means of the school website.

A "wellness" committee has been created to oversee the policy is implemented, supported, promoted, and updated.

- The committee shall meet annually to review nutrition and physical activity policies and to develop an action plan
- The committee shall meet as needed during the school year to discuss implementation activities and address improvements.
- Updated action plan and/or ideas are presented to the Administration Team and School Board for approval before implementation.

These committee members are made up from the following:

- Parents/Guardians
- Food Service Director
- Kitchen Staff (lead baker/lead cook)
- Teachers of Health Education & Physical Education
- Student Council
- Dietitians
- School Nurse
- School Board members
- Administration

The following goals have been chosen to be our focus over the next three years:

I. Nutrition Education & Promotion

A. Influence Students' Eating Behaviors

1. Nutrition education will be a major discipline taught in all health classes
2. Indiana Academic Standards for Health Education
3. All students are exposed to nutrition information throughout the day via posters in hallways, restrooms, and the cafeteria.
4. Nutrition information will be presented and promoted to our school community by posting the official *Wellness Plan* and linking educational websites to our In-ternet home page (bishopdwenger.com)
5. Links to healthy websites posted on school website.
6. Athletic programs promote healthy lifestyle and eating habits
 - a. Football program received a grant to give 1% milk to their athletes after workouts and practices in 2023.
7. OPS (Optimum Performance Sports) trainers provide and promote healthy choices

II. Standards for USDA Child Nutrition Programs and School Meals

- A. Adequate time (25-30 minutes) will be provided to students to eat lunch
- B. School meals will be served in clean and pleasant settings.
- C. Students will have convenient access to handwashing and sanitizing stations.
- D. Potable (drinking) water must be readily available at all mealtimes.
- E. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
- F. School Meal Content:
 1. Be appealing and appetizing to children
 2. Meals comply with the minimum nutrition requirements established by the USDA for federally funded programs
 3. Contain 0% trans fats
 4. Offer a variety of fruits and vegetables

5. 80% of the grains offered are whole grain rich.
6. All cooked foods will be baked or steamed.
7. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie, and sodium levels in food.
8. The food services department shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.
9. Special dietary needs of students are considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.

III. Physical Activity

- A. All 9th grade students must complete a full year of Physical Education
 1. Waivers will not apply towards the physical education courses required for a diploma.
- B. Provide regular, consistent, and fair opportunities for everyone to develop the knowledge and skills for physical activity and exercise.
- C. Almost 60% of the student body is involved in extra-curriculars that require physical activity
 1. Students will be given opportunities for physical activity through physical education classes offered throughout the day for grades 9-12.
 2. Students and faculty are given the opportunity to be involved in physical activities before or after school:
 - a. Non-IHSAA sanctioned athletic club teams:
 - Boys Rugby
 - Bowling
 - Air Rifle
 - Boys Lacrosse
 - Students have opportunities to join other club sports offered at other schools:
 - Hockey
 - Girls Rugby
 - b. Access to gym, multi-purpose room, weight room, & cardio room
 - c. Recycling Club transports all recyclables from classrooms to outside bin weekly
 3. School provides an open-track opportunity for physical activity
 4. Service hours (20 hrs.) are required for all students to perform within a school year.
 5. Tournament Day:
 - a. Homecoming involves almost 70% of the student body in some kind of competition that promotes school spirit, physical activity, and teamwork
 6. Students walk an average of 8,000 steps each day (at least 2 miles per day)
 - a. Based on data given by Student Council in 2017.
 - b. Our two-level school building enables students to experience daily exercise when walking between classes.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

- A. Bishop Dwenger provides and allows food and beverages during and after school hours that support proper nutrition, promote healthy choices, and comply with federal nutrition standards in vending machines and school lunches.
 - 1. Less than 10 percent of total calories from saturated fats
 - 2. 0% trans fats
 - 3. No more than 35% of calories from total sugars
 - 4. No more than 200 milligrams of sodium per portion as packaged
 - 5. No more than 200% per package
 - 6. 80% of the grains offered are whole grain-rich
 - 7. *Smart Snacks* are served for breakfast items
- B. A la carte, school vending machines and other beverages outside of school meals will provide:
 - 1. Low calorie drinks
 - 2. Low-fat and nonfat milk in 8 oz.-12 oz.
 - 3. 100% fruit juice in 8-10 oz
 - 4. All beverages other than water, white milk or juice shall be no larger than 12 oz.
- C. Vending machines:
 - 1. Are NOT accessible to students during the school hours.
- D. Concessions:
 - 1. Will include at least 50% healthy beverages and foods, according to the approved nutrition standards.
- E. Fundraisers selling food items that do not meet the federal nutrition standards:
 - 1. FBLA Krispy Kreme donut (1 week per year)
 - 2. SADD ice cream sundae (1 day per year)

V. Other Activities that Promote Student Wellness

- A. School provides a clean, safe, and enjoyable environment for meals
- B. School utilize electronic identification and payment systems that enable F/R students to remain equal and unknown to their peers while in the lunch line.
- C. Lunches are scheduled as close to the mid-day as possible
- D. Cooking Club and Baking Club were created in 2023.
 - 1. General education students team up with our mild and moderate students from the Mother Teresa Program after school to learn about cooking and baking.
 - a. Faculty and cafeteria workers serve as supervisors and instructors
- E. Refillable water stations are available to students during lunches and throughout the day
- F. Special honors and accolades for athletics and club activities on the announcements
- G. Installation of a bike rack in 2022 for faculty and students that ride bicycles to school

VI. Staff Wellness

- A. The school corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.
 - 1. Activities available before and after school:
 - a. Spin classes in cardio room for staff and students
 - b. Staff has access to cardio room and weight room before, during, and after school.
- B. The Diocese of Fort Wayne-South Bend offers reduced membership fees to the local YMCA.
- C. The school makes reasonable efforts to provide a private location for female employees to pump for breast milk in accordance with IC 22-2-14-2.
- D. The School Nurse and Mental Health Counselor are available for staff to use

VII. Goals for Measurement & Evaluation

- A. Bishop Dwenger HS will create an environment that supports opportunities for physical activity and healthy eating behaviors.
- B. Bishop Dwenger's School Wellness Committee will meet once per year:
 - 1. The *Indiana Dept. of Education Wellness Policy Evaluation Tool* will be used annually.
 - 2. The *Individual School Wellness Plan Checklist* will be reviewed to revise the Wellness Plan
 - 3. The Principal is responsible at keeping the minutes and notes from committee meetings
- C. To ensure continuing progress:
 - 1. The School Wellness Committee will send a report to the School Board in May
 - a. School Board will be involved with the vetting and approving major action plans recommended by the School Wellness Committee.