



Owensboro Catholic Schools

Health and Wellness Policy

The Mission of the Owensboro Catholic Schools Health and Wellness Committee is to enhance learning by having a healthy OCS community (students, parents, faculty, & staff) and to assist in the establishment of lifelong learning practices. Our healthy school environment encompasses physical health, emotional health, and the social climate and culture of the school.

The Owensboro Catholic Schools will maintain a system-wide Health and Wellness Committee. The committee will consist of a group of stakeholders representing the OCS community, and may include parents, students and representatives of the school food service program, members of the OCS Education Council, school administrators, teachers, health professionals, and members of the community. The OCS Health and Wellness Committee will be chaired by the OCS School Health Coordinator and will report to the OCS Director. The policy will be assessed via the Wellness School Assessment Tool – WellSAT. Education and public health professionals find the WellSAT an effective tool for evaluating the quality of existing wellness policies.

Section 1: Nutrition Education and Wellness Promotion

1. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12).
2. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
3. Students will receive nutrition and health education that fosters the adoption and maintenance of wellness and healthy eating habits.
4. Staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life.
5. OCS will link wellness promotion and nutrition education activities with the coordinated school health program.
6. Nutrition education will be provided to parents in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach OCS families and the community.
7. The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices.
8. Education materials shall be free of brands and illustrations of unhealthful foods.
9. The OCS Health and Wellness Committee shall include stakeholders and shall meet a minimum of two times annually to monitor and evaluate the implementation of the policy.

Approved by the Episcopal Vicar – 10.26.2015

Endorsed by the OCS Education Council – 10.26.2015

Endorsed by the Bylaws & Policies Committee – 3.24.2015

Endorsed by the OCS Health and Wellness Committee – 2.24.2015

Addendum D

Section 2: Standards for School Breakfasts and Lunches

1. All schools will provide breakfast and lunch meals to students utilizing all USDA Final Rule Nutrition Standards in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).
2. Promote the consumption of fruits and vegetables by offering extra servings at no additional cost.
3. Students will be prohibited from leaving school for lunch unless approved by the principal or an individual authorized by the principal.
4. Students will be provided adequate time to eat lunch.
5. Shall ensure that professional development in the area of food and nutrition is provided for food service managers and staff.
6. Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
7. Will provide upon request information about the nutritional content of meals with students and parents.

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

1. From midnight the night before a scheduled school day until 30 minutes after the official school day, no sale of food or beverage may take place except as part of the NSLP and the SBP. Vending machines shall be inoperable during this time period and cannot be activated until 30 minutes after the official school day until midnight prior to the next scheduled school day.
2. All food and beverages sold will strive to support OCS's healthy eating guidelines.
3. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by OCS and its food service partner, the Diocese of Owensboro.
4. A. Food items brought into school must be in individual packages.
B. No edible treats shall be brought in for birthdays and other holiday celebrations without the permission of the principal or an individual authorized by the principal.
5. Dry snacks sold at OCS, during the school day, shall follow NSLP guidelines minimizing the content of sugar during the school day.
6. Competitive foods and beverages may not be sold on OCS school campuses.
7. OCS will encourage students to make nutritious food choices and will ensure that the sale or serving of foods high in fat, sodium and sugars is regulated during the school day.
8. Individually sold snack items shall not exceed the NSLP guidelines during the school day.
9. Grains served will meet the NSLP guidelines during the school day.
10. Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.
11. Beverages with added sugars are not allowed during the school day
12. Only milk, water, and 100% juice will be available during the school day.
13. Milk sold by OCS will only be low-fat and skim milk.
14. OCS will follow the NSLP guidelines concerning beverage serving sizes.
15. Students will be provided access to drinking water throughout the day.
16. Require administrative approval for all fundraisers.

Section 4: Physical Education and Physical Activity

1. All students in grades K-6 will be scheduled for physical activity in accordance with state law. All students in grades 7-9 may participate in physical education. Physical education in grades 10-12 is an elective.
2. Provide time for physical activity each day for students.
3. Provide the opportunity for PE instruction in the OCMS curriculum.
4. Provide the opportunity for PE instruction in the OCHS curriculum.
5. Physical education classes will have the same student/teacher ratios used in other classes.
6. Provide adequate and equipment for PE instruction that conforms to all necessary and applicable safety standards.
7. Physical education will be taught by appropriate staff.
8. Provide professional development opportunities to PE instructors.
9. A. Schools shall not give physical education credit to student involved in sports.
B. Sports and academic activities may not take the place of physical education.
10. Physical activity opportunities shall be offered daily during the school day.
11. Participation in intramural sports shall be an option for all students.
12. When available, the use of school facilities is allowed outside of school hours for physical activity programs offered by community based organizations.
13. A. Staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment.
B. Staff members shall not deny participation in recess or other physical activity for any student unless the safety of student(s) is in question.
14. All elementary school students shall have daily recess.

Section 5: Counseling, Psychological & Social Services

1. Guidance Counselor Services are available to all students.
2. OCS works in conjunction with OPS and DCPS for testing and assessment services for students.
3. Campus Ministers are available at OCMS & OCHS.
4. Priests from sponsoring parishes visit classrooms weekly at the OCES K-3 Campus, the OCES 4-6 Campus and OCMS.

Section 6: School Health Services

1. Through a partnership with Owensboro Health, a School Health Coordinator (a Registered Nurse) coordinates all OCS Health Services.
2. Each school has a Health Tech that provides basic first aid.
3. Medications are administered under the supervision of the School Health Coordinator.
4. AEDs are in each school. Teams are trained in the use of the AEDs.
5. EPI pins are stocked in all schools as allowed by the Commonwealth of Kentucky. Staff members in each school are trained in the use of the EPI pins.
6. The Owensboro Catholic Schools will promote a healthy staff through assessment, education, prevention, and screenings. This program will be designed to maintain and improve the health and well-being of the OCS staff, who serve as role models for students and their families.

Section 7: Evaluation

1. Establishes a plan for policy implementation.

2. The Health and Wellness Committee shall meet bi-annually to discuss nutrition & physical activity policies, evidence on student health impact, and effective programs and program policies.
3. Minutes of the Health and Wellness Committee shall be made available upon request.
4. The Health and Wellness Policy shall be reviewed and revised periodically by the OCS Health and Wellness Committee.



Evaluation of Health and Wellness Policy

The Mission of the Owensboro Catholic Schools Health and Wellness Committee is to enhance learning by having a healthy OCS community (students, parents, faculty, & staff) and to assist in the establishment of lifelong learning practices. Our healthy school environment encompasses physical health, emotional health, and the social climate of the school.

The Owensboro Catholic Schools will maintain a system-wide Health and Wellness Committee. The committee will consist of a group of stakeholders representing the OCS community, and may include parents, students, representatives of the school food service program, members of the OCS Education Council, school administrators, teachers, health professionals, and members of the community. The OCS Health and Wellness Committee will be chaired by the OCS School Health Coordinator and will report to the OCS Director. The policy will be assessed via the Wellness School Assessment Tool-WellSAT. Education and health professionals find the WellSAT an effective tool for evaluating the quality of existing wellness policies.

WellSAT Scoring: School wellness policies are evaluated based on the degree to which they address policy items, which are categorized into sections: Nutrition Education and Wellness Promotion, Standards for USDA Child Nutrition Programs and School Meals, Nutrition Standards for Competitive and Other Foods and Beverages, Physical Education and Physical Activity, and Implementation, Evaluation and Communication.

This assessment tool lists each policy item followed by a rating scale:

- "0" = Not Mentioned
- "1" = Weak Statement
- "2" = Meets or Exceeds Expectations"

The OCS Health and Wellness Policy was evaluated on 2-21-17 via WellSAT Evaluation Tool. Scoring per section is listed below:

- Section #1: "Nutrition Education & Wellness Promotion" Score = **18 /18**
- Section #2: "Standards for USDA School Meals" Score = **14 /14**
- Section #3: "Nutrition Standards for Competitive & Other Foods & Beverages" Score = **32/32**
- Section #4: "Physical Education & Physical Activity" Score = **28 /28**
- Section #5: "Implementation, Evaluation and Communication" Score = **8/8**

Total Score of OCS Health & Wellness Policy via WellSAT Evaluation Tool: 100/100