

# Quincy Notre Dame High School Wellness Policies on Physical Activity and Nutrition

## Preamble

Whereas, adolescents need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% (ages 2 to 19 years) eat a healthy diet consistent with the recommendations as defined by the USDA;

Whereas, community participation is recommended to assist in the development and implementation of a successful school wellness policy;

Thus, Quincy Notre Dame High School is committed to providing a school environment that promotes and protects the health and well-being of our students, faculty and staff, to support healthy eating and physical activity to promote learning. Therefore, it is the policy of Quincy Notre Dame High School that:

- The school will engage students, parents, teachers, staff, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing nutrition and physical activity policies.
- All students in grades 9-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, Quincy Notre Dame High School will participate in available federal school meal programs.
- Quincy Notre Dame High School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and the school meal programs, and with related community services.

## To Achieve These Policy Goals:

### I. School Wellness Advisors

Quincy Notre Dame High School will follow all state, national, government and diocesan guidelines to create, strengthen, or work within existing school health advisors to develop, implement, monitor,

review, and, as necessary, revise school nutrition and physical activity policies. The advisors also will serve as resources to school sites for implementing those policies.

## **II. Nutrition Quality of Foods and Beverages Sold and Served on Campus**

### **School Meals**

Meals served at Quincy Notre Dame High School will:

- Be appealing and attractive to students;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.

### **Free and Reduced-priced Meals.**

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, Quincy Notre Dame High School utilizes electronic identification and payment systems; and promote the availability of school meals to all students.

### **Meal Times and Scheduling.**

Quincy Notre Dame High School will:

- Provide at least 20 minutes for lunch;
- Schedule lunch periods at appropriate times;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Accommodate tooth-brushing regimens of students with special oral health needs.

### **Qualifications of School Food Service Staff.**

Qualified nutrition professionals will administer the school meal programs. As part of the school's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals according to their levels of responsibility.

### **Foods and Beverages Sold Individually.**

All foods and beverages sold individually outside the reimbursable school meal program, including those sold through a la carte lines, vending machines or the 'Cage', will meet the following nutrition and portion size standards:

#### **Beverages:**

- **Allowed:** water or seltzer water without added caloric sweeteners; fruit and vegetable juices; approved sports drinks and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages;
- **Not Allowed:** soft drinks containing caloric sweeteners; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk.

**Foods:**

A food item sold individually:

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters ) and 10% of its calories from saturated and trans fats combined;
- Will have no more that 35% of its weight from added sugars;
- Will contain no more than 230mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600mg of sodium for pizza, sandwiches, and main dishes.

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to: fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits; and cooked, dried or canned vegetables.

**Portion Sizes:**

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, sees, dried fruit or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other baked items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrées and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of the school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

#### **Nutrition Education and Promotion**

Quincy Notre Dame High School aims to teach, encourage, and support healthy eating by students. We aim to provide nutrition education and engage in nutrition promotion that:

- Is offered as part of the standards-based curriculum program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, participatory activities such as contests (Olympic Day) and leisure activities (student 'lounge' games);
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

#### **Integrating Physical Activity into the Classroom Setting.**

For students to receive the nationally-recommended amount of daily physical activity (at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

### **Staff Wellness.**

Quincy Notre Dame High School highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. School staff members are encouraged to contribute ideas and suggestions for promoting the health and wellness of the adult school community, which promote healthy eating, physical activity and other elements of a healthy lifestyle among school staff.

## **IV. Physical Activity Opportunities and Physical Education**

### **Physical Education (P.E.) Classes.**

All students in grades 9-12 will receive physical education courses according to requirement mandates set by the Illinois State Board of Education. All physical education courses will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement. Quincy Notre Dame High School's physical education program is designed to build the skills, knowledge and attitudes needed to encourage students to participate in an active healthy lifestyle.

All Quincy Notre Dame High School students are required to take Physical Education and Health Class. Health class is one semester, usually during their Sophomore year. Physical Education classes are one semester Freshmen year, one semester Sophomore year, and one semester either their Junior or Senior year.

### **Physical Activity Opportunities Before and After School**

Quincy Notre Dame High School offers extracurricular physical activity programs, such as clubs and sports programs. Quincy Notre Dame High School will offer a range of activities that meet the needs, interests and abilities of the students, including both boys and girls.

### **Use of School Facilities Outside of School Hours**

School spaces and facilities may be made available to students, staff, and community members before, during and after the school day, on weekends, and during school vacations. These spaces and facilities may also be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## **V. Monitoring and Policy Review**

### **Monitoring**

The administration of Quincy Notre Dame High School will ensure compliance with established nutrition and physical activity wellness policies. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the administration.

### **Policy Review**

Administration, state, diocesan and AdvancED assessments and evaluations will review pertinent aspects of the wellness policies and the compliance of said policies and will determine areas in need of

improvement. Quincy Notre Dame High School will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

### **Units of Instruction/Courses Students Must Take (other than courses required for graduation):**

**Consumer Education:** (Section 27-12.1). All students must study certain topics that comprise consumer education. State Board of Education rules at 23 Ill. Adm. Code 1.440(b)(3) require that the course be equivalent to nine weeks, 50 minutes a day, of instruction.

**Health Education:** (105 ILCS 110 and Section 27-5). All students must take the health education curriculum required under the Critical Health Problems and Comprehensive Health Education Act (105 ILCS 110), as further defined under 23 Ill. Adm. Code 1.420(n). Section 27-5 of the School Code allows that curriculum to be offered as part of physical education in grades 5 through 10. Agency rules at 23 Ill. Adm. Code 1.440(b)(1) require that students take the equivalent of one semester of health education (18 weeks) during high school.

**Physical Education:** (Section 27-6). All students must participate in physical education courses on a daily basis; certain exemptions are provided in the law. Agency rules at 23 Ill. Adm. Code 1.420(p)(1) require that the time allotted to physical education “compare favorably with other courses in the curriculum.”

“Daily physical education, while not a state graduation requirement, is a required course for all students in each of four years of high school (see 105 ILCS 5/27-6). The law and agency rules also require that students during high school take a minimum of 18 weeks (one semester) of health education (see 105 ILCS 110, 105 ILCS 5/27-5 and 23 Ill. Adm. Code 1.440(a)(9)) and one quarter (nine weeks) of consumer education (see 105 ILCS 5/27-12.1 and 23 Ill. Adm. Code 1.440(a)(11)), bringing the total number of state-required courses to 16.75 units. (See Appendix C for current regulatory requirements.)”

**Source:** Illinois State Board of Education: STATE GRADUATION REQUIREMENTS (105 ILCS 5/27-22, 27-22.05, 27-22.10), February 2015, Guidance Document 002