

School Wellness Policy

Policy No. 2007-03

Policy Statement

The Archdiocese of Indianapolis shall adopt and promulgate an Archdiocesan Wellness Policy for the Catholic schools that takes into account the recommendations made by the Wellness Policy Task Force, whose members have addressed the areas of health education, nutrition and physical activity, in relation to the current laws and research. The Wellness Policy and accompanying materials will service as a model for local adaptation.

Recommended: May, 2006 by the Archdiocesan Education Commission

Ratified: June 11, 2007 by +Daniel M. Buechlein, Archbishop of Indianapolis

Rule No. 2007-03

Administrative Rules

1. Whenever available, schools will participate in federal school meal and milk programs.
2. Foods and beverages sold or served at school will meet the current nutrition recommendations of the U.S. Dietary Guidelines for Americans.
3. All students in grades K-12 will have opportunities, and encouragement to be physically active on a regular basis.
4. Schools will integrate nutrition education into the curriculum areas of mathematics, science, language arts, religion, as well as health, and physical education.
5. Each of the schools within the Archdiocese of Indianapolis will actively engage their school community in following steps to enable school-wide wellness.
 - Each school administrator, in compliance with the aforementioned federal and state laws, will designate at least one individual on the faculty or staff to spearhead this effort in conjunction with the existing School Commission/Board, to implement, monitor, review, and revise school nutrition and physical activity programs, and prepare an annual report to be submitted to the Archdiocesan Education Commission by April 1, of each year.
 - Each local school commission and principal should adapt the archdiocesan model wellness policy for local adoption and promulgation.
 - The local School Commission/Board may assist in the accomplishment of this goal by appointing a subcommittee for the purpose of reviewing progress of the Wellness Policy, responses, and initiatives at the school and reviewing the annual

School Wellness Policy page 2

report. Such a subcommittee might consist of individuals representing the school and community, parents, students, representatives of the school food authority, teachers, health professionals, and the public.

- The Archdiocesan Education Commission (AEC) is the organization to which each school will direct its annual report, listing its responses to the wellness policy requirements.

Promulgation Date: June 13, 2007 by Annette “Mickey” Lentz, Executive Director, Catholic Education and Faith Formation

Application

Applies to all Catholic Secondary Schools and Elementary Schools.

History/Rationale

From the Archdiocesan Wellness Policy Task Force, April 2006:

We hold a sacred trust to educate and form the whole person—mind, body, and spirit. (NCEA statement on accountability and assessment in Catholic Education.)

The schools represent one of the venues that can provide changes in a child’s environment and knowledge base.

Obesity rates have doubled in preschoolers and adolescents and more than tripled for children 6-11. (Ogden, CL, Flegel, KM *et. al.* “Prevalence and Trends in Overweight Among U.S. Children and Adolescents.” 1999-2000. *JAMA*. 2002;288(14):1728-1732)

The State of Indiana was ranked third in the nation in 2001, in percentage of childhood obesity. (Centers for Disease Control and Prevention.)

The probability of childhood overweight persisting into adulthood increases from approximately 20% at 4 years of age, to between 40% and 80% by adolescence, (Guo S.S., Chumlea, W.C. “Tracking of body mass index in children in relation to overweight in adulthood.” *Am J Clin Nutr*. 1999;70 (suppl.):145S-148S)

“Some observers have noted a worrisome correlation between weight problems and poor academic achievement.” (*Childhood Obesity*. Vol 6, No 1, Spring 2006)

Children need access to healthful foods and opportunities to be physically active in order to grow, and to learn, and to thrive.

Section 204 of Federal Public Law 108-265 of June 30, 2004 requires the creation and implementation of school wellness policies.

School Wellness Policy page 3

Indiana Act, SB 111, enacted by the General Assembly and signed into law, March 15, 2006, requires establishment of a school health advisory council to develop a local wellness policy that complies with certain federal requirements, and requires non-public accredited schools to limit vending machine content and contains a requirement for daily physical activity.

The Archdiocese of Indianapolis is committed to supporting school environments that promote and protect the health, well-being and ability to learn by supporting access to healthy foods, nutrition education, and participation in physical activity.

Based on the foregoing information and requirements of law applying to accredited non-public schools, The Wellness Policy Task Force, recommended adoption of an Archdiocesan Wellness Policy for Catholic Schools in the Archdiocese by the Archdiocesan Education Commission in April 2006.

Guidance

DIGEST OF SB 111 (Updated March 27, 2006)

SB 111: Student Nutrition and Physical Activity

Lowers the percentage in the definition of "qualifying school building" from 25% to 15% beginning July 1, 2007 for purposes of the school breakfast and lunch programs. Requires school boards to establish a coordinated school health advisory council to develop a local wellness policy that complies with certain federal requirements. Requires the department of education to provide information concerning health, nutrition, and physical activity. Establishes requirements applying to food and beverage items that are available for sale to students outside the federal school meal programs, including a requirement that a certain percentage of the food and beverage items qualify as better choices. Provides that the requirements do not apply after school hours or to fundraisers. Requires daily physical activity for elementary school students in public schools, with certain exceptions. Allows a school to continue a vending machine contract in existence before the passage of this bill.
Effective: July 1, 2006.

The interpretation of this law indicates that it applies to accredited non-public schools as well as public schools. The provisions of federal law cited apply to a non-public school that participates in the Federal Lunch Program.

This policy and the accompanying rules will be implemented through development by the Wellness Task Policy Task Force of a model policy and procedures for wellness to be adopted and implemented at the local school level by the board/school commission and administration. It should not be necessary to develop a separate local wellness policy other than the one proposed by the task force.