Ursuline High School
WELLNESS POLICY

As required by law, Ursuline High School hereby establishes the following Wellness Policy as a part of a comprehensive wellness initiative.

Ursuline High School recognizes that good nutrition and regular physical activity affect the health and well-being of its students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in 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.

Ursuline High School sets the following goals in an effort to enable students to establish good health and nutrition habits:

1. Regarding nutrition education:
   1.1. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the standards and benchmarks established by the State.
   1.2. Wellness objectives relating to diet, nutrition, and exercise will be implemented as stated in the Youngstown Diocesan Graded Course of Study for Science and Health.
   1.3. Nutrition education, including guidance of the National School Lunch and School Breakfast Programs, will be communicated through displays in the cafeteria.
2. Regarding physical education and activity:
   2.1. Physical education shall be included in the sequential, comprehensive physical education curriculum in accordance with the physical education academic content standards and benchmarks established by the State.
   2.2. Wellness objectives relating to physical activity will be implemented as stated in the Youngstown Diocesan Graded Course of Study for Physical Education.
   2.3. Participation in physical activity outside the regular school day will be promoted to further physical education and activity outside the classroom.
3. Regarding other school-based activities:
   3.1. Faculty, staff, and other organizations will be encouraged to promote healthy food involved with rewards and fundraising activities, or to utilize non-food alternatives.
   3.2. The school may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
4. Furthermore, with the objectives of enhancing student health and wellbeing, and reducing childhood obesity, the nutrition program will provide all students affordable access to the varied and nutritious foods they need to be healthy and learn well. In support thereof, the following guidelines are established:
   4.1. All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the

school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrées in the dining area (except entrée items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu), as well as food items and beverages from vending machines, from school stores, or as fundraisers (including those operated by student clubs and organizations, parent groups, or boosters clubs), classroom snacks, classroom parties, or at holiday celebrations.

4.2. The nutrition program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.

4.3. Cafeteria operations shall be managed by a qualified professional (Cafeteria Manager).

4.4. The nutrition program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, per current professional standards (Registered Dietitian Nutritionist).

4.5. All food service personnel shall receive at least the minimum training and continuing professional development in nutrition program operations as mandated by federal and state regulations.

4.6. The environment for the consumption of meals will be clean and attractive.

4.7. A potable water source will be available to all students during mealtimes free of charge.

4.8. Per the Unpaid Meal Charge Policy, no student will be refused nutritional sustenance that meets the nutritional guidelines of the National School Lunch and School Breakfast Program, regardless of the student's ability to pay.

4.9. Nutritional information (Calories, grams carbohydrate, grams protein, grams fat) and allergen information of nutrition program offerings will be publicly posted.

5. Regarding monitoring and evaluation of the policy, and interested parties:

5.1. The principal and the child nutrition program director are designated as the individuals charged with operational responsibility for measuring and evaluating the implementation and progress under this policy. The designated parties will:

5.1.1. Meet at minimum annually to informally review the implementation of policy and progress towards established goals.

5.1.2. Formally assess the policy at least every three years in accordance with the triennial assessment.

5.1.3. Revise the policy as needed.

5.2. The child nutrition program director will meet with the student government at minimum twice per year. The student government will act as the representative voice of the student body for input into the nutrition program.

5.3. A faculty member will be present during each meeting between the child nutrition program director and the student government. Said faculty member will act as the representative voice of the faculty for input into the nutrition program.

5.4. Parent/guardian questions, feedback, and input into the nutrition program are welcome through electronically submitted forms available on the school website.

5.5. The principal, with the available support of the child nutrition program director, shall report on the school's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so.

Effective Date: 02/2017

Reviewed/Revised Dates: 02/2020, 10/2023, 06/2024, 06/2025