

BURLINGTON CATHOLIC SCHOOL LUNCH PROGRAM

St Mary and St Charles Campuses and Catholic Central High School

SCHOOL WELLNESS POLICY

This campus-wide wellness policy encourages all members of the school community to create an environment that supports lifelong healthy habits, nutrition, physical activity, and wellness. Nutrition influences a child's development, health, well-being and potential learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment.

The goals of the policy of the Burlington Catholic School Lunch Program are:

- 1. Continue to implement the National School Lunch Program (NSLP) standards set forth by the Healthy, Hunger-Free Kids Act of 2010 and the recommendations from the United States Department of Agriculture (USDA) and Wisconsin Department of Instruction (DPI).**
- 2. Provide a positive environment and appropriate knowledge regarding food and activity.**
 - Ensure that all students have access to healthy food choices during school and at school functions.
 - Provide a pleasant eating environment for students and staff.
 - Allow a minimum of 20 minutes for students to eat breakfast and/or lunch and socialize in the designated cafeteria area.
 - Enable all students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food and exercise choices for a lifetime.
- 3. Ensure the school communities make every effort to comply with the School Wellness Policy, including the Smart Snacks in Schools Standards, when using food as part of a lesson, snack, or incentive.**
- 4. Provide students access to nutrient dense foods and encourage the practice of good nutrition by reducing the sale or distribution of foods of minimal nutritional value.**
- 5. Restrict marketing to only food and beverages that meet nutrition standards set forth by the USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule from midnight until 30 minutes after the close of the school day.**

- 6. Integrate and promote a curriculum that teaches and exposes students to the following:**
 - a. The importance of physical exercise, which includes a wide range of physical activities, in order to develop the knowledge and skills that promote lifelong physical activity and fitness.**
 - b. The importance of nutrition education and healthy eating in order to provide tools that promote lifelong healthy eating choices.**

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ADMINISTRATIVE PROCEDURE FOR WELLNESS POLICY

School Nutrition Guidelines

We strongly encourage the sales or distribution of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. We adhere to the following USDA Nutrition Standards governing the sale and distribution of food and beverage on school grounds from midnight until 30 minutes after the close of the school day, and discourage any marketing for foods and beverages outside the parameters of the NSLP.

Food:

- Any given food item for sale or distribution has no more than 30% fat per serving.
- Any given food item for sale or distribution has no more than 10% of its total calories derived from saturated fat.
- Any given food item does not contain hydrogenated oil and/or trans fats.
- Any given food item that consists of whole grains is at least 50% whole grain by weight or listed as the first ingredient.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower LDL cholesterol and maintain HDL cholesterol.
- Fresh and dried fruits and vegetables make exceptional choices as nutrient-dense foods. Dried fruits and vegetables are exempt from the standards for sugar
- Sale of high-sugar food items is discouraged. (High-sugar foods are defined as foods with more than 35% of weight from total sugar as served or foods that list sugar as the first or second ingredient).
- Rare special occasions may occur when the school principals may allow a school group to deviate from these guidelines.

Beverage:

- Vending sales or consumption of soda is not permitted from midnight until 30 minutes after the close of the school day.
- Non-fat or low-fat milk, plain water (with or without carbonation), 100% fruit/vegetable juices may be sold or consumed on school grounds and are encouraged for snacks and/or lunches brought to school.
- All drinks must be caffeine-free for elementary school consumption.

- Increased water consumption is encouraged throughout the instructional day. Students may carry water bottles during the day with teachers having discretion in determining classroom use.
- Water is available during lunch periods in close proximity to the cafeteria.

Classroom Recommendations for Snacks and Lunches (brought from home):

- Staff is strongly encouraged to use non-food items or physical activities as classroom rewards in lieu of food items. Physical activity should not be withheld as punishment.
- Snacks are encouraged after lunch period has been completed.
- Parents are strongly encouraged to provide students with nutritionally dense snacks for in-school snack and nutritionally dense items for bag lunches brought from home. The following are suggestions of healthy items:
 - Non/low-fat milk, 100% fruit/vegetable juice
 - Low-fat yogurt, string cheese, cheese slices
 - Fruit, dried fruit (raisins, cranberries, banana chips, etc)
 - Vegetables, dried vegetables
 - Low-fat granola bars, low-fat breakfast bars, unsweetened/low sugar cereal
 - Popcorn, goldfish crackers, graham crackers, pretzels, low-fat trail mix

National School Lunch Program (NSLP) Operations:

- The on-site Food Service Program Directors are **ServSafe Certified** with the State of Wisconsin Department of Agriculture, Trade, and Consumer Protection.
- The child nutrition program ensures that all students have access to the varied and nutritious foods needed to stay healthy and learn well. Our campuses require that food distributed through our breakfast and lunch programs be of high quality.
- As a participant in the DoD Fresh Fruit and Vegetable Program, the lunch program offers the following to provide nutritious and fresh choices to the students:
 - A large garden salad is offered daily with a meat/meat alternate and a whole grain in lieu of the main entrée.
 - At least two vegetables and two fruits are offered daily.
 - A fresh vegetable and/or a fresh fruit is offered daily.
 - Locally-grown produce is used as available.
- The schools strive to increase participation in the available federal Child Nutrition school lunch and breakfast program.
- In-service training is offered to all food service personnel on a continuous basis, and the USDA requirements for annual continued education are met as follows:
 - Food service directors – 12 hours
 - Manager – 10 hours
 - New and current staff, avg > 20hrs/week – 6 hours
 - New and current staff, avg < 20hrs/week – 4 hours

- Food safety and security is high-level priority, which is achieved by:
 - Any food prepared by food services will follow state food safety and sanitation guidelines (including hand-washing and use of single-serve gloves, hair restraints, food preparation requirements, food-holding temperatures, and serving requirements, etc).
 - A hand-washing station is available in the kitchen and utilized by staff and volunteers before preparing and serving food at school.
- The food service program has the following in effect:
 - An Unpaid Meal Charge Policy, in which every effort is made not to shame any student, yet offer a nutritious alternate main entrée with all available sides
 - A cash-less scanning system for lunch, ensuring student privacy in conjunction with our Non-Disclosure Agreement
 - A Free and Reduced Application sent home to all families prior to the start of the school year and provided on the school websites as well

Fitness, Nutrition Education, and Promotion Guidelines

Physical Activity:

- Time allotted for physical activity aligns with the Milwaukee Archdiocese standards and is consistent with research, national, and state standards.
- The Physical Education curriculum – taught by a licensed/certified teacher – is aligned with Archdiocesan, state and national standards to promote a lifelong physically active lifestyle.
 - Students are required to participate (with limited exemption other than physical disability, religious or medical reasons) in physical education classes. The recommended time is 150 minutes/week for PK – 5, and 225 minutes/week for 6 – 12. The actual required time, as per the Archdiocese, for students is as follows:
 - Catholic Central HS: PE Foundations and Health are required, with four PE electives offered annually
 - 4th-8th grades: 90 minutes/week
 - 1st-3rd grades: 75 minutes/week
 - K: 10% of student’s day at school
 - Additional physical activity opportunities are available for all students in Pre-K – 12th grade during the school days, including recess of at least 20 minutes daily for PK – 8. Staff is strongly discouraged to withhold physical activity or recess as punishment.
 - Extracurricular physical activity opportunities are available for students in 5th – 12th grades.
 - Health curriculum at all levels (PK – 12) provides opportunities to be educated in nutrition, using MyPlate, reading food labels, and tracking daily food consumption.
 - The physical education teacher has opportunities available for professional development.
 - Biking and walking to and from school are encouraged to promote physical activity.

Education and Promotion:

- Teachers incorporate a curriculum that includes nutrition education in any relevant subject and in a variety of methods, such as measuring in math, label reading, gardening, MyPlate, etc.

- Food Service Directors and staff will promote nutrition, activity, and lunch participation in the NSLP through many techniques, which include but are not restricted to:
 - Hosting a “Food Service” table at the schools’ open houses
 - Taste testing and menu offerings feedback from students
 - Using smarter lunchroom tactics, which will include re-naming entrees
 - Displaying USDA team nutrition posters
 - Designing and incorporating a social media campaign
 - Supporting health promotion by having family-focused events, which could include employee wellness strategies, family fun night, and/or blood drives
- School staff members are encouraged to model healthy eating and physical activity behaviors, including participating in employee wellness activities.
- Schools are encouraged to avoid participation in fund raising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.
- For additional details regarding the NSLP, the USDA provides information at this link: www.fns.usda.gov.

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LEADERSHIP PROCEDURE

IMPLEMENTATION AND EVALUATION GUIDELINES

This process is overseen by the Internal Wellness Committee (IWC), comprised of lunch staff, administration, teacher representatives, and community members. Membership is open to anyone. The food service directors lead this effort, but the school principals are responsible for overseeing the implementation of the Wellness Policy.

- Consider wellness policy goals in planning all school-based activities (such as school events, field trips, dances, and assemblies) to promote a healthy lifestyle.
- Support the health of all students.
- Continue to plan, implement, and maintain or improve nutrition and physical activity in the school environment.
- Continue to encourage elementary school and high school students to participate in before-and after-school physical activity programs.
- Promote the wellness policy guidelines throughout the campus.
- Post the policy on the elementary and high school websites and encourage and promote input from outside sources. Actively inform families and the public of compliance and updates to our campus wellness policy, and post results on school websites.
- Review policy guidelines annually or as needed throughout the school year and evaluate compliance with the policy no less than every three years by using the WellSAT.
- Update the policy according to the results of the assessment and by using the latest national recommendations regarding school health.

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LEADERSHIP SIGNATURES

Name: _____ Signature: _____

Title: _____ Date: _____

Phone: _____

Name: _____ Signature: _____

Title: _____ Date: _____

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Your District's Scorecard

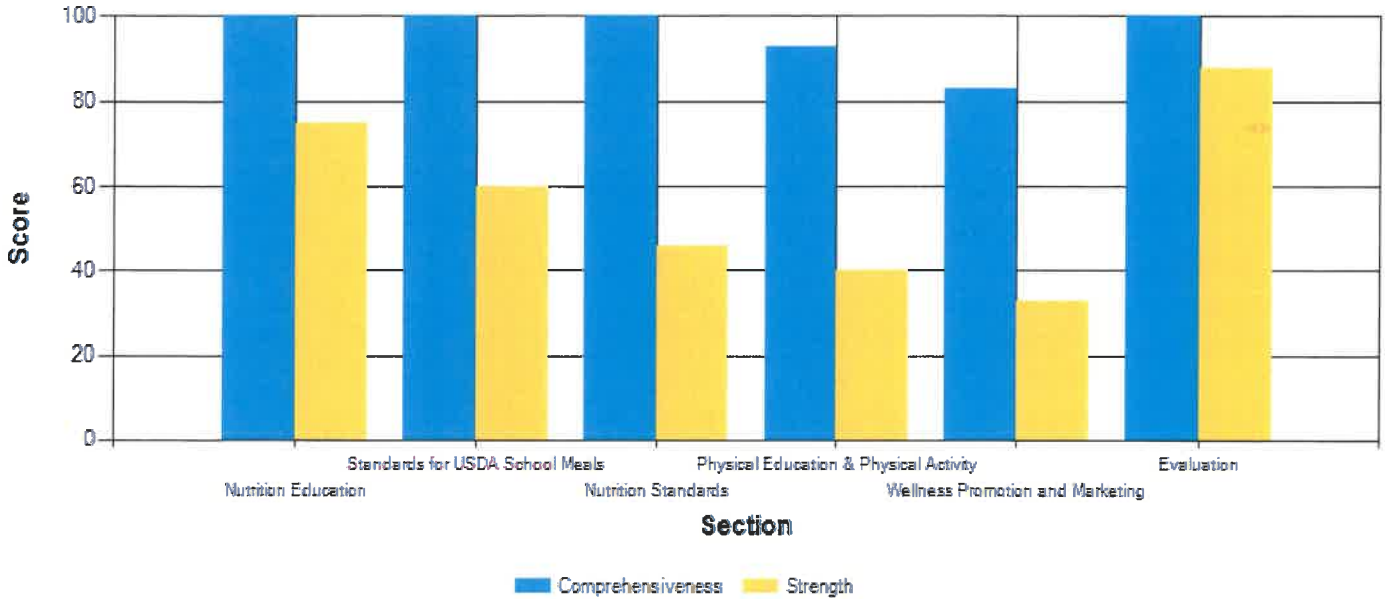
[Close window](#)

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

Version: 3.0

Policy Name: Burlington Catholic School 2024 Wellness Policy



Section 1. Nutrition Education

Rating






NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE3	All elementary school students receive sequential and comprehensive nutrition education.	2
NE4	All middle school students receive sequential and comprehensive nutrition education.	2
NE5	All high school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	1
NE8	Nutrition education addresses agriculture and the food system.	1
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100

	<p>Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.</p>	75
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[Click here for Nutrition Education Resources](#)

Section 2. Standards for USDA Child Nutrition Programs and School Meals


Rating






SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	1
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM6	Specifies strategies to increase participation in school meal programs.	1
SM7	Addresses the amount of "seat time" students have to eat school meals.	2
SM8	 Free drinking water is available during meals.	2
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	1
SM10	 Addresses purchasing local foods for the school meals program.	1
Subtotal for Section 2	<p>Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."</p>	100
	<p>Strength Score: Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.</p>	60

[Click here for School Food Resources](#)

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

Rating


NS1	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	1
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NS2	USDA Smart Snack standards are easily accessed in the policy.	1
NS3	 Regulates food and beverages sold in a la carte.	2
NS4	 Regulates food and beverages sold in vending machines.	2
NS5	 Regulates food and beverages sold in school stores.	2
NS6	 Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.	1
NS8	Addresses foods and beverages containing caffeine at the high school level.	2
NS9	 Regulates food and beverages served at class parties and other school celebrations in elementary schools.	1
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	1
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	1
NS12	Addresses food not being used as a reward.	1
NS13	Addresses availability of free drinking water throughout the school day.	2
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 13 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 13 (the number of items in this section). Multiply by 100.	46

[Click here for Nutrition Standards Resources](#)

Section 4. Physical Education and Physical Activity

Rating



PEPA1	 There is a written physical education curriculum for grades K-12.	1
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	1
PEPA5	Addresses time per week of physical education instruction for all middle school students.	1

PEPA6	Addresses time per week of physical education instruction for all high school students.	1
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	1
PEPA9	Addresses physical education exemption requirements for all students.	1
PEPA10	Addresses physical education substitution for all students.	1
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	2
PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2
PEPA13	Addresses recess for all elementary school students.	2
PEPA14	 Addresses physical activity breaks during school.	0
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 15 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	93
	Strength Score: Count the number of items rated as "2" and divide this number by 15 (the number of items in this section). Multiply by 100.	40

[Click here for Resources on Physical Activity in Schools](#)

Section 5. Wellness Promotion and Marketing

Rating







WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2
WPM2	 Addresses strategies to support employee wellness.	1
WPM3	Addresses using physical activity as a reward.	2
WPM4	Addresses physical activity not being used as a punishment.	1
WPM5	Addresses physical activity not being withheld as a punishment.	1
WPM6	Specifies marketing to promote healthy food and beverage choices.	2
WPM7	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2

WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	1
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	0
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	1
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	0
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	1
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	83
	Strength Score: Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	33

[Click here for Wellness Promotion and Marketing Resources](#)

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	1
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
IEC4	 Addresses making the wellness policy available to the public.	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	 Triennial assessment results will be made available to the public and will include:	2
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	2
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	88

section). Multiply by 100.

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 96
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 57

 **Federal Requirement**  **Farm to School**  **CSPAP**