St. Vincent de Paul School Wellness Policy

St Vincent de Paul School's Local Wellness Policy (LWP) and The Local Wellness Committee (LWC) will meet at least one time per year to establish goals and to oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy (LWP). The designated official for oversight and to ensure compliance is Janet Bohaty, school principal.

Committee Members

Name	Role/Relationship to School	Email address	Responsibilities
Janet Bohaty	Principal	Janet-bohaty@cdolinc.net	School Local Wellness Policy Coordinator
Janet Kuehl	School Secretary	Janet-kuehl@cdolinc.net	Assists in the evaluation and implementation of the LWP
Hilary Holliday	Physical Ed. Teacher	Hilary-holliday@cdolinc.net	Evaluation and Implementation of Physical Ed. And Health Education
Bonnie Meintz	Kitchen Manager	Bonnie-meinta@cdolinc.net	Implementation and Education of Nutrition Program.
Meggan Schlabach	School Parent	jsouciekitt@southeast.edu	Assists in the evaluation and implementation of the LWP

Implementation, Assessment and Update: The School will actively inform families each year of basic information about this policy, including its content, any updates to the policy and implementation status. The School will make this information available through school communications and on the website www.mystvincentschool.com. Annually, the School will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how they can get involved with the local wellness committee.

At least once every three years, the committee will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school is in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the wellness policy.

The LWC will monitor school's compliance with this wellness policy and will notify families of the availability of the triennial progress report. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Updated November 2026

References/Governance

Healthy, Hunger Free Kids Act of 2010

USDA Local Process 2014-How to Develop, Implement, & Evaluate a Wellness Policy

USDA National School Lunch and Breakfast Program

Fitnessgram

Nebraska Department of Education Policy

Nebraska Department of Health and Human Services-Health Screening Policy

Diocese of Lincoln Catholic Schools' Healthy Schools Local Wellness Policy Requirements

St Vincent de Paul Wellness Committee recommendations-with experts and parent/student participants

Record Keeping

St. Vincent de Paul School will retain records to document compliance with the requirement of the Wellness Policy. Documentation will include but is not limited to:

• The written Wellness Policy.

• Documentation demonstrating that the policy has been made available in the student/parent handbook.

• Minutes of meetings to update the policy.

• Documentation of any data driven records that students return to the school.

• The most recent assessment on the implementation of the wellness policy.

• Goals that are a part of the Wellness Policy and the updating of said goals.

General Statement

St Vincent de Paul Catholic School is committed to providing a school environment that will promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Our school will provide nutritional and physical educational programs to foster habits that promote lifelong health.

Policy Focus/Public Involvement

St Vincent de Paul Catholic School will invite parents, teachers, food/health professionals, school family leadership, school administrators, other interested community members and the public in developing, implementing, monitoring and reviewing nutrition and physical activity policies. The public can obtain this local wellness policy on the school website www.mystvincentschool.com.

Nutrition

School Meals - Our school is committed to serving healthy meals to children. The school meal program aims to improve the diet and health of school children. School Meals are prepared by our local LEA and served in accordance with state guidelines and the federal USDA National School Lunch Program to meet or exceed current nutrition requirements.

Our school meals:

• are accessible to all students;

• are appealing and attractive to children;

• are served in a clean and pleasant surrounding;

• meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.

Families deposit money into their child's lunch, either through sending a check to the office, or by creating an account with www.myschoolbucks.com and putting money into that account. Email notifications are sent when account balance is low. When student accounts are negative, the lunch program director will notify parents. Information notifying all families of terms of eligibility for free or reduced lunch costs are available to families at the beginning of the year and on the school website. Any information provided by families is strictly confidential.

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Parents or guardians are encouraged to join students for meals and become involved in the school nutrition program. Parents and guardians are encouraged to pack nutritional food and drinks in sack lunches, to include: lean protein, fresh fruits/vegetables, whole grains, and milk/dairy products.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. Drinking water will be available in proximity to where school meals are served during mealtimes. Although we do not sell food on site, according to the state requirements, all foods and beverages sold at school during the school day would meet nutrition standards. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Healthy party ideas are available from the Alliance for a Healthier Generation and the USDA. For all parties that are held throughout the year (e.g., All Saints Day, Advent, Easter, St. Vincent de Paul feast day) parents from the School Family Association will provide the snack for those parties. No extra

food will be allowed to come into the school for those parties. There are no requirements for food/beverages sold during non-school hours for example weekends and evenings.

See websites https://www.fns.usda.gov/sites/default/files/allfoodsfundraisers.pdf & https://www.education.ne.gov/NS/forms/nslpforms/CompetitiveFoods.html for additional information.

Food rewards should be avoided and if given, should be healthy and nut safe. A list of nut safe snacks is available to teachers as a hard copy at the beginning of the year, and on the shared folder. Teachers are encouraged not to use food as teaching tools when non-edible items will work just as well. Birthdays are recognized using non-edible gifts such as pencils, erasers, stickers, or other tangibles. Families can provide a birthday treat for the classroom. Those treats are to be store purchased, individually wrapped, and nut safe.

Nutrition Education and Promotion positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs.

Physical Activity –

Children and adolescents should participate in physical activity every day. Physical activity during the school day should not be withheld as punishment. If a child is consistently missing recess, a plan should be developed in conjunction with parents to address the child's needs. To the extent practicable, the school will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The school safety committee will conduct necessary inspections and repairs.

Physical Education –

The school will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes. All elementary students will receive physical education throughout the school year taught by a licensed teacher. Physical tests are conducted once a quarter.

Essential Physical Activity Topics in Health Education – Health education is incorporated into daily Physical Education classes.

Health education is taught in all grades. The school will include in the health education curriculum some of the following topics appropriate to the school:

- The benefits of physical activity
- How physical activity can contribute to the academic learning process
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Phases of an exercise session, that is, warm up, workout and cool down
- Decreasing sedentary activities, such as TV watching and screen time
- Opportunities for physical activity in the community

- Preventing injury during physical activity
- Monitoring progress toward reaching goals

Recess

The school offers at least 15 minutes of recess in the morning, and 15 minutes in the afternoon on all days during the school year for grades K-6. When recess time is before lunch, we will have appropriate handwashing facilities to address cleanliness for reentering the building to eat. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Classroom Physical Activity Breaks

The school recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Resources and ideas are available through USDA and the Alliance for a Healthier Generation. Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The school will support students walking or biking to and from school.

Staff Wellness and Health Promotion

Our school will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. The school will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health.