Diocese of Harrisburg: School Wellness Policy
Department of Catholic Schools
Adopted: June 28, 2017
Revised: October 15, 2019
Revised: August 17, 2022
Revised: June 1, 2025

1. Purpose	The vision for Catholic education in the Diocese of Harrisburg is one where the environment of every school physically, mentally, morally, spiritually, and socially nurtures children to feel and be secure and loved, to love and respect themselves as children of God, to love and care for one another, and to love coming to school and learning, doing, and succeeding. The schools in the Diocese of Harrisburg recognize that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Diocese of Harrisburg Office of Education is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.
2. Authority SC 1422.1 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31	The Diocesan School Board adopts this policy based on the recommendations of the Diocesan Wellness Committee and in accordance with federal and state laws and regulations. To ensure the health and well-being of all students, the Board establishes that the Diocese shall provide to students: • A comprehensive nutrition program consistent with federal and state requirements. • Access at reasonable cost to foods and beverages that meet established nutrition guidelines. • Physical education courses and opportunities for developmentally appropriate physical activity during the school day. • Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with Pennsylvania curriculum regulations and academic standards.

3. Delegation of Responsibility 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31 7 CFR Sec. 210.31	The Superintendent or designee shall be responsible for the implementation and oversight of this policy to ensure each of the Diocesan schools, programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations. Each building principal or designee shall annually report to the Superintendent or designee regarding compliance in his/her school. The Superintendent or designee shall annually report to the Board on the Diocese's compliance with law and policies related to school wellness. The report may include: • Assessment of school environment regarding school wellness issues. • Recommendations for policy and/or program revisions. • Suggestions for improvement in specific areas. • Feedback received from Diocesan staff, students, parents/guardians, community members and the Wellness Committee.

	The Superintendent or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include: • The extent to which each Diocesan school is in compliance with law and policies related to school wellness. • The extent to which this policy compares to model wellness policies. • A description of the progress made by the Diocese in attaining the goals of this policy. At least once every three (3) years, the Diocese shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as Diocesan and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued. The schools in the Diocese of Harrisburg shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the diocesan website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This notification shall include information on how to access the Diocesan Wellness Policy, information about the most recent triennial assessment and a means of contacting Wellness Committee leadership. <u>Recordkeeping</u> The Diocese shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include: 1. The written Diocesan Wellness policy. 2. Documentation demonstrating that schools have informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy. 3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the Diocese to inform the public of their ability to participate in the review. 4. Documentation demonstrating the most recent assessment on the implementation of the Diocesan Wellness policy and notification of the assessment results to the public.

SC 1513 Pol. 102, 105	<u>Wellness Committee</u> The Diocese shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, Diocesan administrator, a food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from each deanery within the diocese and reflect the diversity of the community. The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a Diocesan Wellness policy that complies with law to recommend to the Board for adoption. The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process. <u>Nutrition Education</u> Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Healthy, Safety and Physical Education, and Family and Consumer Sciences. • Nutrition education in the Diocese shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement. • Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives. • Nutrition education lessons and activities shall be age-appropriate. • Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness. • Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

	Nutrition Promotion Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. • Schools shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs. • School staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition. • School food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste. • Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students. • Schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children. Physical Activity • Schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. • Schools shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc. • Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits. • Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, clubs, intramurals and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

	• A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained. • Extended periods of student inactivity, two (2) hours or more, shall be discouraged. • Physical activity breaks shall be provided for students during classroom hours. • Before and/or after-school programs shall provide developmentally appropriate physical activity for participating children. • Diocesan schools shall partner with parents/guardians and community members and organizations, such as YMCAs, Boys & Girls Clubs, local and state parks, hospitals, etc., to institute programs that support lifelong physical activity. • Physical activity shall not be used or withheld as a form of punishment. • Where applicable schools shall promote physical activity through encouragement of walking and biking as a means of transportation to and from school. • Students and their families shall be encouraged to utilize Diocese-owned physical activity facilities, such as playgrounds and fields, outside school hours in accordance with established Diocesan rules. <u>Physical Education</u>
SC 1512.1 Pol. 102, 105	A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All Diocesan students must participate in physical education. • Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided. • Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity. • A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented. • A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program. • Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health,

	Safety and Physical Education academic standards. • A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards. • Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class. • Safe and adequate equipment, facilities and resources shall be provided for physical education courses. • Physical education should be taught by certified health and physical education teachers. • Appropriate professional development shall be provided for physical education staff. • Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction. • Physical activity shall not be used or withheld solely as a form of punishment.
7 CFR Sec. 210.10, 220.8 42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec 210.30 Pol. 808	<u>Other School Based Activities</u> Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day. Nutrition professionals should administer the school meals program and professional development should be provided, as required by federal regulations.
7 CFR Sec. 210.10	• Schools shall provide adequate space, as defined by the Diocese, for eating and serving school meals. • Students shall be provided a clean and safe meal environment. • Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch. • Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the Diocese. • Students shall have access to hand washing or sanitizing before meals and snacks. • Access to the food service operation shall be limited to authorized staff. • To the extent possible, the schools shall utilize available funding and outside programs to enhance student wellness. • Goals of the School Wellness policy shall be considered in planning all school based activities.

	• Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through school programs, communications and outreach efforts. • Schools shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the Diocesan healthy learning environment program and applicable laws and regulations. <u>Nutrition Guidelines for All Foods/Beverages at School</u> All foods and beverages available in the schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity.
42 U.S.C. Sec. 1751 et seq, 1773	Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.
7 CFR Sec. 210.10, 220.8	Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare. *Competitive Foods* –
7 CFR Sec. 210.11, 220.12a, 210.31	Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.
7 CFR Sec. 210.11, 210.31	Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.
7 CFR Sec. 210.11, 210.31	For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.
Pol. 229	For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

7 CFR Sec. 210.11	*Fundraiser Exemptions* – Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations. The school may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards. The school shall establish administrative regulations to implement fundraising activities in Diocesan schools, including procedures for requesting a fundraiser exemption. *Non-Sold Competitive Foods* – Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the school. If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.). • Classroom parties and celebrations shall offer a minimal amount of food containing added sugar as the primary ingredient. • Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom. • Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties. • Fresh fruits/vegetables, water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk shall be offered.
7 CFR Sec. 210.11, 210.31	Schools shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff.

Pol. 209.1	*Marketing/Contracting* – Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards. <u>Management of Food Allergies in Diocesan Schools</u> The school shall establish regulations to address food allergy management in order to: • Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions. • Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction. • Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities. <u>Safe Routes to School</u> Schools shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.