

DIOCESE OF DES MOINES
Catholic Schools Policies/Regulations

AUXILIARTY SERVICES

Nutrition and Physical Activity Wellness

It shall be the policy of the Des Moines Diocesan Catholic Schools Board that the diocesan schools board promotes healthy students by providing and promoting good nutrition through the implementation of the diocesan health education and physical education standards, use of federal nutrition standards and Smart Snacks in School Nutrition Standards, and through incorporating physical activity into classrooms and school activities as part of the total learning environment.

The Des Moines Diocesan Schools Board supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The Catholic schools in the Des Moines Diocese provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

The Catholic schools in the Des Moines Diocese support and promote proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school sponsored activities during the instructional day shall meet or exceed federal nutrition standards and Smart Snacks in School Nutrition Standards.

Food should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

Each Catholic school in the Des Moines Diocese will establish a local wellness committee. The committee membership process shall include inviting the participation of school administrators, students, parents, school board member, health and/or physical education teachers, food service director, school nurse when possible, and health and/or wellness professionals from within the schools' community. The local wellness committee will develop a plan to implement and measure the Diocesan Schools Board wellness policy and monitor the effectiveness of the policy at the local level. The purpose of each school's wellness committee is to participate in the development, implementation, and periodic review of the school's Wellness Plan goals and activities.

Each School Wellness Committee will periodically review progress on the school's wellness goals using established data indicators throughout the school year (formatively) in consultation with the principal. Annually, each School Wellness Committee will report its findings to the school principal, who in turn will forward the report to the local school board, as well as to the diocesan school superintendent. Every three years (summatively) the superintendent will present a compilation of wellness goal data to the Des Moines Diocesan School Board. Findings will be used by the diocesan school board to assess the extent to which the schools are in compliance with the wellness policy and how it compares to model wellness policies. The diocesan school board will make this assessment available to its public. Each school principal will communicate progress with the schools' wellness policy to its school community (i.e., parents and parish).

Each school's Wellness Committee will have one goal in each of the following goal areas and identify data-based indicators of progress for each goal:

Nutrition Education and Promotion

Physical Activity

Other School-Based Activities That Promote Student Wellness

Through this process, each Catholic school wellness committee in the diocese will ask: With our goals in mind, how will the goals be measured? What data will be collected and compared year-to-year overtime to determine progress?

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