

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 Office, under the aegis of the Bishop, that the diocesan schools will promote healthy students. Schools will provide and promote 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 incorporating physical activity into classrooms and school activities as part of the total learning environment.

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 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. Each school principal will communicate progress with the schools' wellness policy to its school community (i.e., parents and parish) via the annual report (See Policy 336).

Policy Adopted: May 15, 2006
Policy Revised: May 15, 2017
Policy Revisions Approved by Bishop Pates: July 6, 2017
Policy Revised: July 30, 2021

**Nutrition and Physical Activity Wellness Regulation
Regulation 716.1**

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?

Goals may be recorded in a form such as this:

Nutrition Education and Promotion	PLAN: After reviewing data, what is most in need of improving?	DO: Name the actions that will be taken in our school and classroom to achieve the goal. Who is responsible for these actions		STUDY: What data points or indicators of success will we see? Who will collect this data?		ACT: Did the actions achieve the goal. If yes, what new goals are to be set? If no, what needs to be done?	
GOAL:							

Regulation Adopted: July 30, 2021