

SACRED HEART SCHOOL WELLNESS PLAN

As required by law, the Diocese of Fort Wayne-South Bend has established guidelines for implementing a Wellness Plan for each Diocesan school. The link between nutrition, physical activity, and learning is well documented. The increase in prevalence of obesity and the associated health risks also has been well documented in recent years. Schools have the responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns.

A well-planned and effective school nutrition and fitness program has shown to enhance Students' overall health, as well as their behavior and academic achievements. Faculty and Staff wellness is also a very integral part of school environment because the Faculty and Staff can be daily role models for healthy behaviors.

GOAL:

All Students at Sacred Heart School shall possess the knowledge and skills needed to make nutritious food choices, as well as enjoyable physical activity choices for a lifetime. All Faculty and Staff are encouraged to model healthful eating and physical activity as a part of daily life.

To meet this goal, the Diocese of Fort Wayne-South Bend adopts the following Wellness Plan with commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. This plan is designed to effectively utilize school and community resources. Differences in needs, interests, and culture will be addressed as needed.

Commitment to Nutrition:

Sacred Heart School will:

- *Offer a school lunch program through Black Tie Catering that meet the nutritional standards established by the U.S. Department of Agriculture and Indiana Code.
- *Provide free and reduced-priced meals to students of families on limited income.
- *Follow OSHA Rules and Regulations in regards to food preparation and distribution.
- *Provide a lunchroom environment conducive to a positive eating experience.
 - *Allow extra time for Students to eat when needed.
- *Provide a food allergy free table for students with peanuts, tree nuts, dairy products, egg, wheat allergies.
- *Establish guidelines for no fast food student lunches to be brought into school.
- *Encourage students to make healthy food choices based on the current Food Pyramid Guidelines.
- *Provide nutritional information and web sites to Parents as a resource.

- *Encourage nutritional food and beverage options to be sold or given out at school events.
- *Encourage all school-based organizations to use non-food items and/or healthy foods for fundraising programs. The sale of candy as a fundraiser is discouraged.
- *Work towards eliminating the use of foods as rewards for Student accomplishment and withholding of food as punishment.

Commitment to Physical Activity:

Sacred Heart School will:

- *Provide physical education for all students according to Indiana Administrative Code.
- *Provide a 15- minute morning recess and a 50- minute lunch and afternoon recess each day.
- *Provide recreational equipment such as balls, jump ropes, and hula-hoops to play at recess time and gym class.
- *Offer the opportunity for students in grades 4, 5, & 6 to participate in school sports, such as volleyball, basketball, soccer, track, and cheerleading each year.
- *Participate in a yearly fitness test for students conducted by the gym teacher.
- *Distribute community sport activity applications to all students when available.
- *Provide the annual Field Day Event for all Students, Teachers, and Parents to participate in physical games.
- *Encourage physical activity opportunities such as walking clubs or fitness challenges for Faculty, Staff and/or Parents.
- *Provide 15 minutes of stretching exercises, followed by 3-20 minute sessions of twirling and tumbling activities. Club will meet for 1 hour and 30 minutes twice a month.
- *Provide 1 hour of exercise each day for the Students who are participating in the Viking Watch after school program.

Commitment to Comprehensive Health Education:

Sacred Heart School will:

- *Provide sequential, comprehensive health education programs as described in the Indiana guidelines. 105 minutes weekly minimum of motor skills development and healthy/safety education for grades 1, 2, & 3.
- 75 minutes weekly minimum of health and safety education for grades 4, 5, & 6.
- 75 minutes weekly minimum of physical education for grades 4, 5, & 6.
- *Provide Growth, Development and Puberty Education completed by McMillen Health Center for students in grades 4, 5, & 6 each year.
- *School Counselor will provide the Fort Wayne-South Bend Diocese Peace Be With You Program in Grade 4 yearly.

- *School Counselor will provide Behavioral and Stranger Safety education to each class as needed.
- *Bully Prevention training for all Staff before the start of the new school year.
- *Establish a Bully Prevention Program for all Students in grades 1-6, that is age appropriate, research based information from the IDOE that will be taught in the classroom by the teacher and/or School Safety Specialist by October 15th each school year.
- *Establish a Bully Prevention training for all School Personnel, Coaches, & Volunteers on the use of effective evidence-based strategies for responding to inappropriate behavior.
- *Report incident to Principal and document a chronological description of the incident on the Bully Report form.
- *Provide **clear expectations** of appropriate and inappropriate behavior at school.
- *Post behavioral expectations in each classroom and for playground Volunteers.
- *Establish **clear guidance** on legal requirements, policy, and practice implications for Students with disabilities needs to be explicitly provided in Staff training.
- *Provide Meningococcal Disease information to all Parents/Guardians of Students enrolled in school as instructed by law each year.
- *Provide Pertussis information to all Parents/Guardian of students enrolled in school as instructed by law each year.
- *Provide Human Papilloma Virus (HPV) information and vaccine information to Parents/Guardians of sixth grade girls enrolled in school as instructed by law each year.
- *Complete vision exam per Titmus 2s Vision Screener by School Nurse for Students in grades 1, 3, & 5 each year.
- *Complete hearing test by Speech Pathologist for students in grades 1 & 4 each year.
- *Provide the opportunity for students in grades 4, 5, & 6 to complete a sport's physical at Sacred Heart School each year.
- *Complete and review C.P.R., A.E.D., and First Aid Training for all Faculty and Staff by a trained C.P.R./A.E.D. Instructor and School Nurse each year.
- *Provide C.P.R./A.E.D. training for grades 4 & 6 yearly.
- *Complete Blood Borne Pathogen Training for all Faculty and Staff by the School Nurse each year.
- *Suicide Prevention Training for all Staff each school year.
- *Complete Playground Safety Training for all Faculty and Staff responsible for playground duty by School Nurse each year.
- *Provide Nutritional information, such as the Food Pyramid for students and healthy food choices to eat to all students, Parents/Guardians, and Staff each year.
- *Provide Hygiene Practice Education for all students and information for Parents/Guardians, and Faculty each year.
- *Provide Dental Care Education for all students and information for Parents/Guardians, and Faculty each year.
- *McMillen Brush Program for PreK 3 & Kprep 4 each school year.

- *Complete and review First Aid, Head Concussion, Anaphylaxis, Diabetic Distress, & Sudden Cardiac Arrest Training to all Faculty, Staff, and Coaches each year.
- *Provide a copy of the Emergency Medical Consent Form to the Staff working the after school program each year.
- *Review and update information and training for the First Responder Team yearly.
- *Review and update any procedures in the Emergency Preparedness Plan yearly.
- *Provide seclusion and restraint training for staff and review procedure yearly. Update training as when needed.

Commitment to Marketing a Healthy School Environment:

Sacred Heart School will:

- *Encourage students, Parents/Guardians, and Faculty to promote healthy lifestyle practices throughout the school each day.
- *Provide the Students food allergy information to the classroom Teachers and Staff at the beginning of the school year.
- *Provide the Students food allergy information to the Viking Watch Staff, Coaches, & School Staff when needed.
- *Promote the Wellness Plan at school events, such as school registration, Parent-Teacher Conferences, Home and School Meetings, Open House, School Staff Meetings, etc.
- *Encourage students to eat smart snacks at school.
- *Offer smart snacks in Viking Watch Program.
- *Post a copy of the Sacred Heart School Wellness Plan on the school's website. Review yearly and update when needed.
- *Encourage students, Parents/Guardians, and Faculty to participate in the annual 5K Run for the Heart, Monsignor Wolf memorial, race each year.

Commitment to Implementation:

Sacred Heart School will:

- *School Wellness Plan will be reviewed and followed by Faculty and Staff yearly.
- *Designate at least one person at school to insure that the School Wellness Plan is implemented as written. -
- *Establish a process to deal with questions/issues concerning the School Wellness Plan as needed.
- *Conduct a yearly review of the progress toward the School Wellness Plan goals and identify areas where improvement is needed by the School Wellness Committee utilizing the Wellness Policy Evaluation Checklist.
- *Prepare and submit a yearly report to the Diocese regarding the progress toward implementation of the School Wellness Plan and recommendations for any revisions to the plan as needed.

Signature: James L. Faroh, Sr. Date: 10/10/16
James L. Faroh, Sr.
Principal

Signature: Reyne L. Miller, R.N., B.S.N. Date: 10-10-16
Reyne L. Miller, R.N., B.S.N.
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