CARDINAL O'HARA High School

Cardinal O'Hara High School Wellness Policy

Cardinal O'Hara High School is committed to providing a school environment that promotes children's health, well-being, and the ability to learn by fostering healthy eating and physical activity. The School has established a wellness committee to develop the local wellness policy, making such policy recommendations for review and adoption by the Board of Trustees. The School's Wellness Committee includes, but is not limited to, representatives from each of the following groups:

a. The School's Food Service Program
b. The Board of Trustees
c. School administrators and administrative assistant
d. Physical/Health Education teacher
e. School Nurse

Goals to Promote Student Wellness

Taking into account the parameters of the School (academic programs, annual budget, staffing issues and available facilities) as well as the community in which the School is located, the Wellness Committee recommends the following School goals related to

a. Nutrition
b. Nutrition standards
c. Physical activity
d. Other school-based activities
e. Monitoring and evaluation

Section 1: Nutrition Education and Wellness Promotion

The School will provide nutrition education and promote wellness to facilitate healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing the following standards for:

a. Nutrition Curriculum – a nutrition curriculum enables students to gain the knowledge and skills necessary to make healthy food choices for a lifetime. This is accomplished through a comprehensive nutrition education in Health and Physical Education classes.
b. Linked with the School environment – The entire school environment, not just the classroom, shall be aligned with healthy school goals. This will positively influence students' understanding, beliefs and habits as they relate to good nutrition and regular physical activity.
c. Skill Based – Nutrition education teaches specific skills and activities that are behavior focused which include media awareness, menu planning, critical thinking skills and reading Nutrition Facts food labels.
d. Encourage Staff to be Role Models for Healthy Behavior – Staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life.

e. Families Information Sharing and Input – Nutrition information will be provided to parents and community in the form of:
    a. Handouts
    b. School website
    c. Newsletter articles and information
f. Advisory Committees to Address Health and Wellness Beyond Policy – the School will create, strengthen, or work within existing district-wide and building wellness team to develop, monitor, review and revise nutrition and physical activity policies. The teams will serve as resources to the School for implementing these policies.

Section 2: Standards for USDA Child Nutrition Programs and School Meals
The Food Service breakfast and lunch program is regulated by the national government, whereby the USDA sets the standards. All a la carte items sold through the school's Food Services Department follow national standards for school meals.
Nutritional Value of School meals – All School meals meet the USDA minimum standards:
a. 4 fruits and non-fried vegetables per day
b. Only 1% and fat free milk served
c. At least half of the grains are whole grain
d. Eliminates trans fats, using low fat versions of foods or low fat cooking methods.

Strategies to Increase Participation in School Meal Programs – School meals shall be made attractive to students by appealing to their taste preferences and promoted via our school lunch menu, available on our school website.
Adequate Time to Eat – All school lunches require meal periods to include at least 20 minutes for lunch and at least 10 minutes for breakfast.
Nutrition Training for Cafeteria Manager – School shall insure that professional development in the area of food and nutrition is provided for our school lunch manager.
School Meal Environment – Appropriate supervision by cafeteria monitors shall be provided in the cafeteria and rules for safe behavior **shall be consistently enforced. Students shall be provided a pleasant environment with adequate space/seating to eat their school meal.**
Availability of Nutrition Information of School Meals – The School will share and publicize information about the nutritional content with students and parents via student serving lines, monthly menu and school website.
Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
The School and Wellness Committee supports nutrition standards of all foods sold or provided on school campus outside of the USDA school meals during the school day. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, now in fat and added sugars and of moderate portions.
Nutrition Guidelines –
a. Nutrition Standards – Food of minimal nutritional value on the school campus will be replaced with more nutritional options by adhering to the following standards for nutritional value of foods and beverages as stated in the Choose Sensibly Guidelines:

Choose Sensibly Guidelines:
Amounts listed below are per portion size, not to exceed 1 serving.

a. Total fat -*7grams or less
b. Saturated Fat - *2grams or less
c. Trans Fat – zero
d. Total sugar - *15 grams or less
e. Sodium – 200mg or less
f. Calories – not to exceed 200 calories
g. Whole grain – 51% or more
h. Beverages * All Milk must be low fat/fat free
i. Juice Drinks must be 100% real juice
j. *Water – no added sugar or artificial sweeteners

b. Vending Machines/School Store/Food Service A La Carte – All items sold through vending machines, school store and Food Service A La Carte shall contain no more than 35% of total calories from fat and sugar.
c. Access to free Drinking Water – Free water is always available. Students and staff have access to free, safe and fresh drinking water throughout the day.

Section 4: Physical Education and Physical Activity
Physical activity
The School will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle. The Wellness Committee has determined that the following standards are necessary to achieve this goal:

a. Required written physical education curriculum for each grade level
b. Required times per week of Physical education for high school students
c. Physical education instructors – taught by a certified instructor who follows NYS Standards for Physical Education.
d. Section 5: Policy Evaluation – Evaluation and feedback from interested parties is always welcome and encouraged. The Advisory Council shall meet at least annually to review nutrition and physical activity policies and program elements and to discuss any revisions to the policy.