

All Saints School Wellness Policy

2026

The Archdiocese of Omaha recognizes that schools play a critical role in creating a healthy environment for the prevention of childhood obesity and combating problems associated with poor nutrition and lack of physical activity. This policy requires that all members of the school and community maintain an environment that enhances maximum student potential.

Wellness Committee

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Wellness Policy

In order to comply with the Child Nutrition and WIC Reauthorization Act of 2004, All Saints Catholic School has devised a Wellness Policy to address the areas of Nutrition, Physical Activity and Health. This policy was enacted with the foundational belief that guidelines for good nutrition, physical activities/education, and health/nutrition education are essential for our students and staff. Research shows that children who begin each day as healthy individuals, are better learners. This policy is assessed every three years by a representative from the State of Nebraska Education Department. All Saints will comply with recommendations made at the time of each review.

Physical Education (P.E.)

All students in grades K-8 will receive physical education class for a minimum of 90 minutes per week for the entire school year. All physical education will be taught by a physical education teacher. All students in k-8 will also have 30 minutes of Health Class taught by a certified teacher to learn about healthy habits. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

In addition:

- Evening Extended Care uses the social hall and/or outside play areas on campus.
- The students are also able to participate in parish sponsored sports teams.
- School Field Day happens annually.

Daily Recess

Students in grades PK-8 will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Teachers attempt to take their students outside daily. The times they would opt to stay indoors would be on inclement weather days. On those days' indoor activity is encouraged:

- Go Noodle Activities
- Activity time for indoor recess

Nutritional Goal

At All Saints Catholic School all food and beverages served in the lunch line will comply with the state standards for nutrition in schools.

- All Saints Catholic School participates in the free and reduced lunch program
- Through participation in the program, the school follows the USDA nutrition guidelines outlined by this program for lunch and after school snacks.
- Follows the offer vs. serve guidelines
- Water at no cost is available at lunch. Students are encouraged to hydrate throughout the day by allowing students to have a water bottle in the classroom.
- Fruit and vegetables are provided in the lunch line
- Menu choices are available for the main course including Yogurt and cheese stick
- Students are allowed to choose their main course at the beginning of the day when they identify the lunch count in the classroom.
- There are no other times that food is sold during the school day.
- There are no vending machines for student use.

Meals Served

Meals served at All Saints Catholic School will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutritional requirements established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve only low-fat 1% and fat free milk
- Ensure that half of the served grains are whole grain

Meal Times and Scheduling

All Saints Catholic School will:

- Provide students with at least 20 minutes for lunch
- Schedule meal periods at appropriate times, between 11:00 am and 1:00 pm
- Will not schedule tutoring, club, or organizational meetings or activities during meal times unless students may eat during such activities
- Provide students access to hand washing or hand sanitizing before they eat a meal or snacks

Sharing of Food and Beverages

All Saints Catholic School discourages students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets. To minimize the spread of germs and illness, children are told not to share food that has been partially eaten.

Nutrition Education

The primary goal of nutrition education is to influence students' eating behaviors. Schools will promote nutrition education throughout students' PK-8 educational program. Nutrition education is incorporated into a variety of curriculum areas. These curriculum experiences provide the knowledge and skills necessary to make healthy food choices for a lifetime. All Saints Catholic School aims to teach, encourage, and support healthy eating by students by providing nutrition education that:

- Is offered at each grade level designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of not only PE/Health education classes, but also classroom instruction in subjects such as math, science, language arts, and social studies
- Promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- The cafeteria has posters that teach about the food groups.
- Staff has a set of guidelines and rules for the students to follow in the lunchroom to ensure an enjoyable environment for lunch.
- The menu is posted weekly through the take home Thursday for all parents to access from home.
- The menu is posted on Sycamore through the parent portal for parents to access at home.
- Links with school meal programs, other school foods, and nutrition-related community services

Nutrition Promotion

- Food and beverages are not used as rewards for student performance or behavior
- The staff members on duty monitor the lunchroom environment and report any issues to the school principal for further assistance when needed.
- Healthy Classroom Celebrations
 - Students are allowed to bring in prepackaged healthy items to share for birthday treats. Some examples include: Crackers, fruit roll ups, fruit snacks, fresh fruit, fruit cups, jello cups, pudding cups. Non-food items such as pencils, stickers, erasers, pencil sharpeners, crayon boxes, etc are also acceptable.
 - All students are required to bring nut free snacks to ensure the safety of all students in the building.
 - SMART snacks are encouraged

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 min per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Goals:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities such as watching television
- Opportunities for physical activity will be incorporated into other subject lessons
- Encourage SMART Snacks for classroom celebrations.
- Increase frequency and quantity of tests for the Fitness Tests
- Teach Table Etiquette and manners to ensure an happy and healthy environment for lunch

Public Notification

- Families are provided this policy in the family handbook and have access to it electronically throughout the school year
- Modifications of the policy are communicated to the parents at the time the changes are made. The office will send out electronic emails to communicate modifications.

Monitoring and Evaluation

- Angela Whitfield, principal, will ensure compliance with the nutrition and physical activity policies of All Saints Catholic School
 - awhitfield@allsaintscs.org
 - (402) 346-5757
- This policy will be reviewed annually and updated in the Family Handbook.
- The CUES Board will receive an annual summary report. The CUES board will be provided a copy of this policy for review. Upon request any additional information will be provided.

Goals to be discussed at future meetings:

- How do we increase healthy eating habits during the school day?
- How can Home and School promote healthy eating habits during school celebrations?
- How can we emphasize the importance of physical activity as opposed to sedentary activities revolving around screen time for students outside of school?
- How can we encourage students to eat the vegetables at lunch?
- How can we encourage students to waste less food at lunch?
- How can we further encourage students' understanding of nutrition in the classroom during other academic classes such as science?
- Expand parent and student participation on the wellness committee.

