Addendum D

Owensboro Catholic Schools

Health and Wellness Policy

The Mission of the Owensboro Catholic Schools Health and Wellness Committee is to enhance learning by having a healthy OCS community (students, parents, faculty, & staff) and to assist in the establishment of lifelong learning practices. Our healthy school environment encompasses physical health, emotional health, spiritual health, and the social climate and culture of the school.

The Owensboro Catholic Schools will maintain a system-wide Health and Wellness Committee. The committee will consist of a group of stakeholders representing the OCS community, and may include parents, students, representatives of the school food service program, members of the OCS Education Council, school administrators, teachers, health professionals, and members of the community. The OCS Health and Wellness Committee will be chaired by the OCS Director of School Health Services, who is the School Nurse and Health Coordinator, and will report to the OCS President. The policy will be assessed at least triennially via the Wellness School Assessment Tool-WellSAT 3.0. The WellSAT 3.0 is a quantitative assessment tool to measure the strength and comprehensiveness of a School Wellness Policy.

Section 1: Federal Requirements

FR 1	Nutrition lessons are integrated into the curriculum and the health education program.
FR2	Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals
FR3	To protect the privacy of students who qualify for free or reduced priced meals, K-12 cafeterias are cashless. All students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the cash register.
FR4	Water will be made available in the cafeteria and supervisory staff will allow students to access water throughout the meal period.
FR5	All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

FR6	The district is in compliance with all federal and state nutrition standards for all foods served in schools.
FR7	The sale of food and beverage is limited to what is sold through the school meal program.
FR8	No competitive foods or beverages may be sold during the school day.
FR9	It is the policy of the Owensboro Catholic Schools that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards.
FR10	There will be no food-related fundraisers held during the school day.
FR11	Due to concerns about food safety and food allergies, elementary children will be recognized on their birthdays by being given special privileges, such as being line leader or teacher's helper for the day. No food will be brought into the classroom.
FR12	Marketing on the school campus will be limited to those products that can be sold according to the district's nutritional standards.
FR13	The OCS Health & Wellness Committee will consist of a group of stakeholders representing the OCS community, and may include parents, students and representatives of the school food service program, members of the OCS Education Council, school administrators, teachers, health professionals, and members of the community.
FR14	OCS Principals will ensure compliance with Health & Wellness Policy in each school and report to the OCS CEO.
FR15	OCS will promote the health & wellness policy to faculty, staff, parents, and students. A copy shall be posted on the OCS website.
FR16	The Health & Wellness Committee shall conduct a quantitative assessment of policy implementation every three years using the most current version of the Wellness School Assessment Tool-Implementation.
FR17	The triennial progress report will be posted on the district website. The report will include an assessment of compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.
FR18	Every three years or sooner if needed, the Health and Wellness Committee will review the latest national recommendations pertaining to school health and wellness and will update the Health & Wellness policy accordingly.

Section 2: Nutrition Environment and Services

NES1	All schools K-12 will offer breakfast daily through the USDA School Breakfast Program.
NES2	Schools must serve students a reimbursable meal, regardless of whether the student has a positive or negative food account balance. If persistent issue, schools will reach out to the family of a child with an unpaid balance to assess the issue and if the child is eligible for free or reduced-price meals.
NES3	Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the Diocese of Owensboro website. https://owensborodiocese.org/parent-cafeteria-information/
NES4	Owensboro Catholic Schools discourages consumption of competitive foods in place of school meals by limiting competitive food choices during mealtimes in the cafeteria.
NES5	Schools shall promote healthy food items including fruits, vegetables, whole grains and low-fat dairy products. Promotions will include posters and signage, highlighting healthy items on the menu during morning announcements, etc.
NES6	After obtaining food, students will have at least 20 minutes to eat lunch.
NES7	School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria.
NES8	The complete Smart Snack standards are included in the policy: https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks
NES9	Infrequent fundraisers are allowed during the school day, but they should meet Smart Snacks nutritional standards.
NES10	Only water, milk, and 100% juice shall be sold to students during the school day.
NES11	Healthy snacks offered to students in after-school care program are chosen and provided by the school administration.
NES12	Snacks sold to children participating in on-site programs after school ends will meet USDA Smart Snack nutrition standards.
NES13	Schools will limit food or beverages as rewards for academic, classroom, or sports performances.
NES14	Drinking water fountains will be made available to students and staff throughout the school building.

Section 3: Nutrition Education

NE1	Nutrition education will provide the knowledge and skills necessary to promote health.
NE2	Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade in the elementary level (K-6).
NE3	Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level in the Middle School (7-8).
NE4	Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade at the High School level (9-12).
NE5	Nutrition education will be integrated into the broader curriculum, where appropriate.
NE6	The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
NE7	K-12 nutrition education will address agriculture and the food system.

Section 4: Physical Education and Physical Activity

PEPA1	The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades K-12. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects.
PEPA2	The physical education curriculum for grades K-12 will be aligned with established state physical education standards.
PEPA3	Schools will provide physical education that fosters lifelong habits of physical activity**.**
PEPA4	All students in grades Kindergarten through Six will participate in physical activity daily.
PEPA5	All Owensboro Catholic Middle School students will have the opportunity to take Health/ PE or take Band to fulfill the physical education instruction requirement.
PEPA6	Owensboro Catholic High School will meet the State standard requirements for the health and physical education instruction for high school students.
PEPA7	Physical activity and education will be taught by a certified teacher.
PEPA8	All staff involved in physical education will be provided with opportunities for professional development.
PEPA9	Unless otherwise exempted, all students will be required to engage in the District's physical education program.
PEPA10	There will be no substitutions allowed for the physical education time requirement unless there are extenuating circumstances and exempted by administration.

PEPA11	Physical activity opportunities may be provided at the school for families and community members.
PEPA12	Physical activity clubs and intramurals may be available before and after-school hours.
PEPA13	Schools shall provide at least 20 minutes of active daily recess to all elementary school students.
PEPA14	Teachers may provide students with physical activity breaks.
PEPA15	All schools may develop joint-use agreements with community partners to provide expanded physical activity opportunities for all students and community members.
PEPA16	Schools may promote walking and biking to school within a reasonable distance.
PEPA17	Food rewards are limited, and teachers are provided with a list of alternative ideas. We strongly recommend staff use physical activity as a reward when feasible.
PEPA18	Teachers are discouraged from assigning physical activity as student punishment.
PEPA19	The administration believes that recess and other opportunities for physical activity are an important part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment.

Section 5: Employee Wellness

EW1	School physical activity equipment and gym space will be available for use by staff before or after school to support employee wellness.
EW2	School staff members shall be encouraged to model healthy eating and physical activity behaviors.

Section 6: Integration and Coordination

IC1	The Health and Wellness Committee shall meet bi-annually to discuss nutrition & physical activity policies, evidence on student health impact, and effective programs and program policies.
IC2	The Health & Wellness Committee may meet twice per school year. Special sessions or sub-committee meetings may be called if needed.

Addendum I: Counseling, Psychological, Spiritual, & Social Services

1. Guidance Counselor Services are available to all students.
2. OCS works in conjunction with OPS and DCPS for testing and assessment services for students.
3. Campus Ministers are available at all OCS Schools.
4. Priests from sponsoring parishes visit classrooms frequently at the OCES K-3 Campus, the OCES 4-6 Campus and OCMS.
5. OCS partnership with Counseling Associates to provide limited free counseling sessions.

Addendum II: School Health Services

1. Through a partnership with Owensboro Health, a School Health Coordinator (a Registered Nurse) coordinates, monitors, and supervises all OCS Health Services.
2. Each school has a Health Tech that is supervised by the School Health Coordinator that provides medication administration, basic first aid, and advanced training for selected emergency situations.
3. Medications are approved by the OCS Volunteer Medical Director and administered under the supervision of the School Health Coordinator if the parent/guardian has given medication consent.
4. At least one Automated External Defibrillator (AED) is at each school site and OCS Central Office. Teams are trained in the use of CPR and the AED.
5. School-Stock Epinephrine by autoinjector may be stocked in all schools as allowed by the Commonwealth of Kentucky. Staff members in each school are trained in the use and administration of this emergency medication.
6. The Owensboro Catholic Schools will promote a healthy faculty and staff through opportunities for health assessments and screenings, health education, and disease prevention. This program will be designed to maintain and improve the health and well-being of all OCS employees, who serve as a role model for students and their families.

Approved by the Episcopal Vicar – 4-10-24
Endorsed by the OCS Education Advisory Council – 1-22-24
Endorsed by the OCS Health and Wellness Committee – 12-6-23
Addendum D