



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 and 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 School Nurse/Health Coordinator and will report to the OCS Chief Education Officer. The policy will be assessed via WellSat 3.0, the most current version of the Wellness School Assessment Tool – Implementation (WellSAT-I). Education and public health professionals find the WellSAT an effective tool for evaluating the quality of existing wellness policies to support best practices.

Section 1: Nutrition Education

1. Nutrition lessons are integrated into the curriculum and the health education program.
2. Nutrition education will provide the knowledge and skills necessary to promote health.
3. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade in the elementary level (K-6).
4. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level in the Middle School (7-8).
5. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade at the High School level (9-12).
6. Nutrition education will be integrated into the broader curriculum, where appropriate.
7. 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.
8. K-12 nutrition education will address agriculture and the food system.

Section 2: Standards for USDA School Meals

Note: This section relates to food served as part of federal school meal programs (e.g. National School Lunch and School Breakfast Programs).

1. 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>
2. All schools K-12 will offer breakfast daily through the USDA School Breakfast Program.
3. 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.
4. 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.
5. 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/>
6. Owensboro Catholic Schools discourages consumption of competitive foods in place of school meals by limiting competitive food choices during mealtimes in the cafeteria.
7. After obtaining food, students will have at least 20 minutes to eat lunch.
8. Water will be made available in the cafeteria and supervisory staff will allow students to access water throughout the meal period.
9. 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.
10. 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.

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

Note: This section relates to food and beverages sold outside of the USDA school meal programs, which are called competitive foods. Competitive foods are also often referred to as "Smart Snacks in Schools."

1. The district is in compliance with all federal and state nutrition standards for all foods served in schools.
2. The complete Smart Snack standards are included in the policy: <https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>
3. The sale of food and beverage is limited to what is sold through the school meal program.
4. No competitive foods or beverages may be sold during the school day.

5. 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.
6. There will be no food-related fundraisers held during the school day.
7. Infrequent fundraisers are allowed during the school day but should meet Smart Snacks nutrition standards.
8. Only water, milk, and 100% juice shall be sold to students during the school day.
9. 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.
10. Healthy snacks offered to students in after-school care program are chosen and provided by the school administration.
11. Snacks sold to children participating in on-site programs after school ends will meet USDA Smart Snack nutrition standards.
12. Schools will limit food or beverages as rewards for academic, classroom, or sports performances
13. Drinking water fountains will be made available to students and staff throughout the school building.

Section 4: Physical Education and Physical Activity

1. 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.
2. The physical education curriculum for grades K-12 will be aligned with established state physical education standards.
3. Schools will provide physical education that fosters lifelong habits of physical activity.
4. All students in grades Kindergarten through Six will participate in physical activity daily.
5. All Owensboro Catholic Middle School students will have the opportunity to take Health/ PE or take Band to fulfill the physical education instruction requirement.
6. Owensboro Catholic High School will meet the State standard requirements for the health and physical education instruction for high school students.
7. Physical activity and education will be taught by a certified teacher.
8. All staff involved in physical education will be provided with opportunities for professional development.
9. Unless otherwise exempted, all students will be required to engage in the District's physical education program.
10. There will be no substitutions allowed for the physical education time requirement unless there are extenuating circumstances and exempted by administration.
11. Physical activity opportunities may be provided at the school for families and community members.
12. Physical activity clubs and intramurals may be available before and after-school hours.
13. Schools shall provide at least 20 minutes of active daily recess to all elementary school students.
14. Teachers may provide students with physical activity breaks.

15. All schools may develop joint-use agreements with community partners to provide expanded physical activity opportunities for all students and community members.
16. Schools may promote walking and biking to school within a reasonable distance.

Section 5: Wellness Promotion & Marketing

1. School staff members shall be encouraged to model healthy eating and physical activity behaviors.
2. School physical activity equipment and gym space will be available for use by staff before or after school to support employee wellness.
3. 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.
4. Teachers are discouraged from assigning physical activity as student punishment.
5. 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.
6. 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.
7. Marketing on the school campus will be limited to those products that can be sold according to the district's nutrition standards.
8. Only foods and beverages that are available for sale in district schools will be advertised on school property.
9. Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.
10. Advertising of any food or beverage that may not be sold on campus during the school day is prohibited. Advertising of any brand on containers used to serve food or in areas where food is purchased is prohibited.
11. The district will not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by the site principal &/or OCS CEO.
12. It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

Section 6: Implementation, Evaluation and Communication

1. The Health and Wellness Committee shall to meet bi-annually to discuss nutrition & physical activity policies, evidence on student health impact, and effective programs and program policies.
2. 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.
3. OCS Principals will ensure compliance with Health & Wellness Policy in each school and report to the OCS CEO

4. OCS will promote the health & wellness policy to faculty, staff, parents, and students. A copy shall be posted on the OCS website.
5. 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 (WellSAT-I).
6. The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.
7. 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.
8. The Health & Wellness Committee may meet twice per school year. Special session 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 – 1-22-24
 Endorsed by the OCS Education Advisory Council – 1-22-24
 Endorsed by the OCS Health and Wellness Committee – 12-6-23
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