



## **Wellness Policy**

Bergan Catholic School is committed to the optimal development of every student. Bergan Catholic School believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, specific efforts must be made for the students to be properly supported. These efforts must create positive, safe and health-promoting learning environments at every level, in every setting, and throughout the school year. The Bergan Catholic School Wellness Policy provides a framework for ensuring environments and opportunities for all students to develop and practice healthy eating and physical activity behaviors during the school day. This policy outlines several procedures to ensure:

- Students will have access to healthy foods throughout the school in accordance with Federal and state nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating habits.
- Students have opportunities to be physically active during the school day.
- The school engages in nutrition and physical activity promotion and other activities to promote student wellness.
- School staff are encouraged to practice and model healthy nutrition and physical activity in and out of school.

### **Bergan Catholic Wellness Policy Goals 2026-2029**

- Continue to enhance offerings at both buildings lunch including new fruit and vegetables as well as new main course menu offerings.
- Increase the amount of Farm to School food served on the menu.
- Expand the Farm to School resources to be able to sustain long term growth and continued success of the program.
- Offer more fresh fruit and vegetable choices especially in the fall and spring.
- Continue to increase physical activity during the school day at both buildings.
- Increase opportunities for students to be physically active after school for all students including those who might not be involved in athletics.
- Create digital messaging on the importance of nutrition, physical activity, sleep and other topics related to student wellness to be displayed for students.

## **Nutrition Guidelines**

### **School Meals**

Bergan Catholic School is committed to serving healthy meals to children in order to meet the nutritional needs of school children, within their calorie requirements, while providing adequate time (30 minutes) for students to eat school meals. School meals strive to be attractive to students by appealing to their taste and preferences. Our school participates in the National School Lunch Program (NSLP) and we abide by the specific nutrition standard developed by this program. Free water is available at lunch as well as fresh fruit and vegetable options that gives students varied healthy choice options. Food and beverages that are



not considered nutritious options will be refrained from use as a reward for student behavior and performance. The lunchroom environment will incorporate the use of nutrition guidelines and healthy choice posters and banners to encourage students to make good choices regarding food consumption.

### **Professional Standards**

All nutrition program directors will meet or exceed annual continuing education/training requirements as required by the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to the USDA professional standards for school nutrition professional's website to search for training that meets their learning needs.

### **Student Privacy**

Lunchroom supervisors will ensure all students' financial information is kept private at all times. This includes students who may qualify for free/reduced meals as well as students who may have a negative lunch balance. Bergan Catholic will provide emails to families in need of lunch money at various points throughout the year. All staff members who work in the lunch room is required to complete a civil rights training course each year.

### **Competitive Food and Beverages**

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA SMART Snacks Nutrition Standards. Fundraising efforts will be in compliance with the SMART Snack Standards for any fundraising events involving foods and/or beverages sold to students within the school building, during the school day.

The school day is defined as the period from the midnight before, to 30 minutes after the end of the official school day. Students are not allowed to bring outside food into the school during the school day. Vending machines will either be turned off during the school day or be stocked with SMART Snack compliant items. Beverages containing caffeine will not be sold during the school day.

### **Nutrition Education**

Educating students on making nutritious choices is a priority at Bergan Catholic School. Healthy lifestyle choices including education curriculum. Nutrition topics shall be integrated within multiple subject areas including but not limited to Physical Education, Science and Social Studies for grades kindergarten thru 12<sup>th</sup> grade.

### **Nutrition Promotion**

Bergan Catholic School will promote healthy food and beverage choices for all students across the school campus and encourage participation in the school meal programs. It is the intent of the Bergan Catholic School to protect and promote student's health by permitting advertising and marketing for



only those foods and beverages that are permitted to be sold on the school campus, consistent with the current Wellness Policy. Staff will be encouraged to model healthy eating habits in the presence of students.

### **Celebrations and Rewards**

Bergan Catholic encourages all snacks brought by students and or families for classroom parties or celebrations to meet the USDA Smart Snack in School Nutrition Standards. All snacks/food brought in must have an ingredient label on it or on file with the school office. Parents should check with the classroom teacher or the school office to ensure the classroom does not have any students who have food allergies. The use of food for rewards or celebrations should be limited.

## **Physical Activity/Physical Education Guidelines**

### **Physical Education/Activity**

All students in grades K-6 will receive 90 minutes of physical education per week. The majority of 7th, 8th & 9th grade students receive 235 minutes of physical education per week. 10th, 11th & 12th grade students who are taking a physical education course receive 235 minutes of physical education per week. Physical education for grades K-12 is taught by a certified/licensed teacher who is endorsed to teach physical education.

### **Physical Activity**

Elementary school students will have a minimum of 20 minutes a day of supervised recess, preferably outdoors. In the event that the school must conduct indoor recess, teachers and staff will follow guidelines to ensure students remain active. Students shall not be required to engage in physical activity as a punishment. For example, students should not be singled out to run extra laps, or perform other physical activities that the entire class is not engaged in, as a behavioral consequence. Recess, PE or other physical activities are an essential part of the school day. Staff are encouraged to find alternatives to withholding recess or using physical activities as a punishment.

## **Employee Wellness**

Bergan Catholic desires to provide a comprehensive program to promote staff well-being. Staff members have access to the school's physical activity equipment and space. Staff will be encouraged to serve as role models by being physically active alongside the students whenever feasible.



## **Community Involvement**

### **Community Engagement in Physical Activity**

Bergan Catholic works to provide physical activity opportunities for families and community members during the school year. Bergan Catholic School's facilities are available for community members to use. Any community member wishing to use the facility for physical activity opportunities must agree to the joint-use agreement provided by the school's Activities Director.

### **Public Involvement**

Bergan Catholic School's Positive Environment school improvement team will meet at least four times per year to establish quantifiable goals for and oversee school health, safety policies, and overall school climate for both students and staff. This group is assigned by the school principal and includes school administration, school counselor, classroom teachers and para educators.

### **Public Notification**

Bergan Catholic School's Wellness Policy has been approved by the Bergan Board of Education and can be found on the school's website at [www.berganknights.org](http://www.berganknights.org). The Monitoring and Evaluation team will continue to review the success of the wellness policy at the conclusion of each school year. The policy will be updated and presented to the Bergan Board of Education for approval every three years.