

**DIOCESE OF DAVENPORT  
BOARD OF EDUCATION**

**SERIES 600: EDUCATION PROGRAMS**

**PROCEDURE 680.2**

**WELLNESS PROGRAM COMPONENTS**

**Component 1: A Commitment to Nutrition & Physical Activity**

- Nutrition education and physical activity are included in the school's educational program from pre-kindergarten through grade 12.
- Members of the School Improvement Advisory Committee (SIAC) will participate in establishing procedures that affect nutrition and physical activity issues. School staff, students, and parents will be a part of the procedure-making process to support a healthy school nutrition environment. A member of the school food authority will be represented on this committee.
- Administrator(s) support the development of healthy lifestyles for students and establish and enforce policies that improve the school nutrition environment. In collaboration with the SIAC, he/she will address issues such as the kinds of foods available on the school campus; mealtime schedules; dining space and atmosphere; nutrition education; and physical activity.
- School personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

**Component 2: Quality School Meals**

- Students are encouraged to participate in school offered food programs.
- The Child Nutrition Programs are administered by school foodservice staff that is properly qualified according to current professional standards.
- All school foodservice staff have appropriate pre-service training and regularly participate in professional development activities.
- School meals are offered at prices students can afford.
- Menus meet nutrition standards established by the U.S. Department of Agriculture, conform to good menu planning principles, and feature a variety of healthy choices that are tasty, attractive, and of excellent quality, and are served at the proper temperature.
- School foodservice staff use food preparation techniques to provide school meals that are low in saturated fat, sodium, and sugar. They offer healthy food choices that include lean meats, fruits, vegetables, whole grains, and low- fat or non-fat milk.
- School meals are marketed to appeal to all students, who are encouraged to choose and consume the full meal.

**Component 3: Other Healthy Food Options**

- All foods and beverages that are available during the school day contribute to meeting the dietary needs of students; that is, they are from the five major food groups of the Food Guide Pyramid.
- School procedures include guidelines for foods and beverages offered at parties, celebrations, and social events.
- If a la carte foods are available, they include a variety of choices of tasty, nutritious foods and beverages, such as fruits, vegetables, whole grains, and low-fat or non-fat dairy foods.
- There are appropriate restrictions on students' access to vending machines, school stores, snack bars, and other outlets that sell foods and beverages, if these options are available.
- School staff are encouraged to use non-food items as classroom incentives.
- The school encourages parents to provide a variety of nutritious foods, if students bring bag lunches from home.

Policy Adopted: April 26, 2006

Policy Revised: October 15, 2009

Policy Reviewed: May 17, 2010

Policy Revised: August 2016

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Policy Promulgated: October 17, 2019

Procedure Revised: March 20, 2020

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**Component 4: Pleasant Eating Experiences**

- Meal periods are scheduled at appropriate times; schools do not schedule tutoring, pep rallies, club and organization meetings, and other activities during mealtimes.
- Meal periods are long enough for students to eat and socialize.
- Dining areas are attractive and have sufficient space for seating; tables and chairs are the right size for the students.
- Recess for elementary grades is encouraged to be scheduled before lunch, so that children will come to lunch less distracted and ready to eat.
- Schools encourage socializing among students and between students and adults. Adults properly supervise dining rooms and serve as role models to students.
- Creative, innovative methods are used to keep noise levels appropriate.
- Hand washing equipment and supplies are in a convenient place so that students can wash their hands before eating.
- Drinking fountains are available for students to get water at meals and throughout the day.
- Schools use an accounting system that protects the identity of students who eat free and reduced price school meals.

**Component 5: Nutrition Education**

- Students in pre-kindergarten through grade 12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Students receive nutrition messages throughout the school that are consistent and reinforce each other.
- Diocesan health education curriculum standards and guidelines include nutrition education and physical education.
- Nutrition is integrated into cross curricular areas such as math, science, and language arts.

**Component 6: Marketing**

- Positive, motivating messages about healthy lifestyles will be promoted to students, parents, teachers, administrators, and the community.
- Schools will consider input from students in planning for a healthy school nutrition environment.
- Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment.