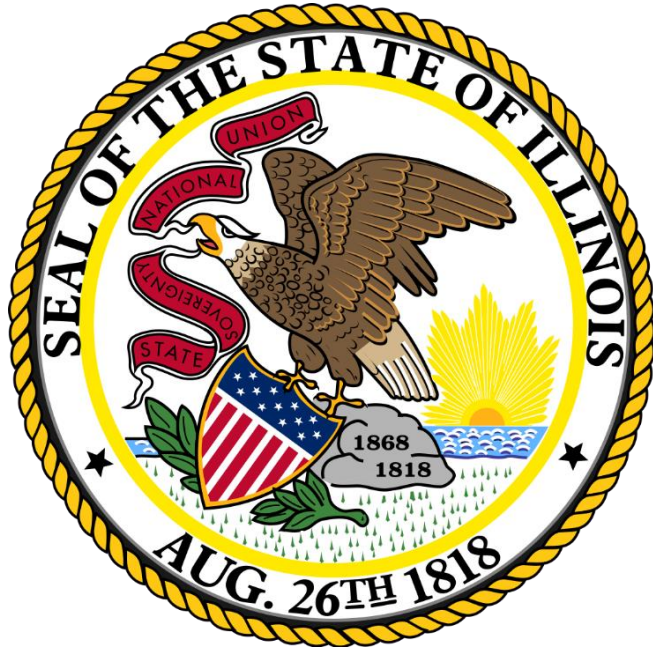


# Costa Catholic Academy



## Local Wellness Policy 2023-2024

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## Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

# Wellness Policy Committee

## **Wellness Policy Leadership**

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# Wellness Policy Committee Responsibilities

## **Public Involvement**

Costa Catholic Academy permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, Costa shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. Scheduled meetings will be posted on our website or Costa's weekly parent newsletter.

## **Assessments**

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Costa Catholic Academy shall conduct assessments of the Local Wellness Policy every three years beginning in 2024 and occurring every 3 years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare Costa Catholic Academy's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in Costa Catholic Academy's wellness policy

## **Updates**

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the school. Costa Catholic Academy shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy
- Costa Catholic Academy will actively notify the public about the content of or any updates to the wellness policy annually, through either email, school newsletter, or on Costa's website.

2023-2024 Goals:

Goal 1: Implement Food Sharing Plan

Goal 2: A unique fruit/vegetable tasting test is offered at least once a year.

Goal 3: A new entree taste test is offered at least once a year

# Records

Costa Catholic Academy shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

## Nutrition

Costa Catholic Academy recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, Costa Catholic Academy commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

## Nutrition Standards

### Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

### Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus during the school day. This includes, but is not limited to, vending machine and à la carte items.

The federally reimbursable school meal program is the main source of nutrition at Costa Catholic Academy.

All snacks served to students are on the approved Smart Snacks list.

### Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. Costa Catholic Academy will limit the use of food as a reward or part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed. This helps students develop improved food preferences and hunger cues to carry them throughout life.

### Fundraisers

All fundraisers promoting food and/or beverage items that are held on the Costa Catholic Academy campus during the school day must meet Smart Snacks nutrition standards.

## **Nutrition Education**

In accordance with the Illinois Learning Standards, Costa Catholic Academy shall meet all Illinois requirements and standards for Health Education. Costa shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- Costa Catholic Academy will utilize the resources of Knox County Farm Bureau Ag in the Classroom education.
- Costa Fourth Grade students will participate in Ag Day field trip during the spring semester.

Costa Catholic Academy shall incorporate nutrition education posters and other resources throughout the cafeteria from the following resources:

- USDA
- Dairy Council

Costa shall incorporate nutrition education into the following curriculums for grades Preschool- 8th grade.

## **Nutrition Promotion**

Costa shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

Costa Catholic Academy shall make cafeteria menus available through the following platforms:

- On the Costa website
- During morning announcements
- Via parent email
- On menu board located outside cafeteria

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. Costa shall participate in the following Farm to School activities:

- Apple orchard field trip
- Planting a school vegetable garden
- Apple Crunch Day
- Ag in the Classroom
- Knox County Ag Day for 4th grade students

Food loss and waste continue to be an issue facing the nation's food supply. In order to prevent food waste, Costa Catholic Academy will make every effort to produce the precise number of meals needed on any given day by using production records and resources such as the USDA's Food Buying Guide. However, in the event excess food remains, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, Costa shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes.

## **Marketing**

Costa Catholic Academy will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus during the school day. The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, Costa shall implement these standards as equipment needs replaced in the future.



# Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. Costa Catholic Academy recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

## **Physical Education**

In accordance with the Illinois Learning Standards, Costa shall meet all Illinois requirements and standards for Physical Education. Costa Catholic Academy shall offer Physical Education class as follows: PS/PK and Kindergarten-3 days per week; 1st grade-5th grade-4 days per week; 6th-8th grade-5 days per week. Recess is part of student's daily routine. Teachers offer brain breaks in the form of outdoor physical activity.

Costa Catholic Academy includes the following opportunities each day:

- Improve self-esteem, self-confidence and interpersonal skills
- Improve and develop social skills, communication, and advocating for themselves
- Have the confidence and ability to establish and reach fitness goals
- Sportsmanship
- Be confident, comfortable, and have the ability to independently set and retain a healthy exercise/healthy fitness plan
- Gain a sense of belonging through teamwork
- Develop self-confidence to become independent, understanding the benefits of and living a healthy lifestyle program
- Handle adversity through winning and losing
- Learn self-discipline and accountability
- Develop an understanding of the role of physical activity in promoting health
- Understanding the value of good nutrition and exercise
- Enhance social and cognitive development and academic achievement

## **Other Opportunities for Physical Activity**

Costa Catholic Academy shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Recess
- Outdoor education

- Brain breaks in the form of outdoor physical activity

The following opportunities for participation in school-based sports shall be offered to students each year:

- Soccer YMCA Coed Grades Preschool-Pre Kindergarten
- Soccer YMCA Coed Grades K-1
- Soccer YMCA Coed Grades 2-3
- Basketball YMCA Coed Grades 2-3
- IESA Baseball Grades Coed 5-8
- IESA Girls Volleyball Grades 5-8
- IESA Boys and Girls Basketball Grades 5-8
- IESA Boys and Girls Track and Field Grades 5-8
- IESA Girls Cheerleading Grades 6-8
- IESA Cross Country Grades 6-8
- IESA Golf Grades 6-8

## **Physical Activity Promotion**

Costa Catholic Academy shall promote physical activity through the participation in the following initiative(s):

Fitnessgram Testing Grades 4-8

Staff members shall promote and encourage students to participate in physical activity opportunities and Costa Catholic Academy shall provide safe facilities and equipment to support physical activity efforts. In addition to providing various opportunities for physical activity on both a daily and annual basis, Costa will not withhold participation in physical activity opportunities as punishment.

# Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Costa Catholic Academy's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, Costa commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

Costa Catholic Academy shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- Screen Free Week
- Family Reading and Game Night
- Maintain School Garden
- Working in School Greenhouse
- Participation in Costa 5K Walk/Run
- Involvement in school programs and extra-curricular activities such as Chess Club, Ballet, Strings, Band, Choir, Art Club, Concerts, Music and Talent Shows
- Athletics
- Students keep track of how many water bottles have been saved per the new water fountains by increasing water intake
- Cooking class with Mrs. Kennedy
- Reading Buddies
- Walking Field trips