

## **NEWPORT CENTRAL CATHOLIC HIGH SCHOOL WELLNESS POLICY**

The Federal Child Nutrition and WIC Reauthorization Act of 2004 required that all schools participating in the National School Lunch Program implement a Wellness Policy beginning with the 2006-2007 school year. The Newport Central Catholic High School (NCC) Wellness Policy includes:

1. Goals for nutrition education, physical activity, and other school-based activities;
2. Nutrition Guidelines for all foods served or consumed at school;
3. A plan for measuring the implementation of the Wellness Policy;
4. Designation of a person responsible for ensuring the Wellness Policy Guidelines are met;
5. Involvement of the school cafeteria manager and staff, the School administrators and faculty in the implementation of the policy.

NCC is committed to providing nutritious meals in our school. Healthy, well-nourished students learn better, are more attentive, and cause fewer discipline problems. School cannot be expected to shoulder the burden for reversing the trend in childhood obesity on its own; however, we must do our part to provide a policy and environmental changes to support healthier choices for both students and staff. Schools are, after all, the place where youth spend a substantial amount of their time. Given the opportunity, school staff can model healthier lifestyle choices for the students.

Because children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive, and because good health fosters student attendance, NCC is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by encouraging healthy eating and physical activity. In support of this commitment, NCC has developed the following wellness goals.

### **GOAL 1 – Nutrition Education, Physical Activity and School Based Activities**

NCC will include nutrition education in science, health and physical education classes. Students will be strongly encouraged to eat a healthy breakfast before school.

Physical activity will occur on a regular basis, not just during the regularly scheduled physical education classes. In order for students to fully embrace regular physical activity as a personal behavior, they will be encouraged to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.

School-based activities, such as fundraisers, rewards and celebrations will strive to use food and beverages that meet the acceptable nutrition guidelines.

## **GOAL 2 – Nutrition Guidelines for Foods at School**

Menu planning at NCC should be in accordance with the National School Lunch and Breakfast Program Guidelines. Menus over the course of a week should meet the nutrition standards recommended in the Child Nutrition Program.

Students should be encouraged to start each day with a healthy breakfast, since children who come to school hungry may find it difficult to stay alert and learn.

We will focus on offering healthy food choices, not only in the meals but also ala cart items. Foods and beverages sold separately should be limited to low-fat and non-fat milk, fruits, and vegetables. Whole grain bread will be offered as often as possible. Every effort will be made to include fresh fruits and vegetables in the school lunch menus. To encourage students to try eating healthier foods that may not be familiar to them, taste tests may be done when a new product is offered.

All packed lunches brought from home should be consistent with the nutritional guidelines set forth therein. Foods of minimal nutritional value will be strongly discouraged.

Recommended: water (without added caloric sweeteners), fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners, and unflavored or flavored low-fat or fat-free fluid milk. Some suggestions for nutritious snacks to bring from home include the following: granola bars, breakfast bars, cereal bars, fruit, whole wheat crackers, cheese, dried fruit, apple or banana chips, carrot and celery sticks.

Non-Recommended: soft drinks containing caloric sweeteners, sports drinks, iced teas, fruit based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners, beverages that contain caffeine (excluding low-fat or fat-free chocolate milk which contains trivial amounts of caffeine), potato chips, corn chips, cheese puffs, snack cakes, candy (including low fat candy).

## **Goal 3 – A Plan for Implementation of the Local Wellness Policy**

In order to ensure compliance with the Wellness Policy, the NCC Administration and Cafeteria staff will provide menus and nutritional information to all interested parties. The menus and Wellness Policy goals will be published on the school web site.