

Columbus Catholic Schools Local Wellness Policy

I. Preamble

Columbus Catholic Schools are committed to providing a learning environment that supports the physical, mental, and social well-being of all students. Grounded in our mission to foster faith, knowledge, and a desire to serve others, we recognize that healthy students are better learners. This Local Wellness Policy (LWP) is established to promote student wellness by addressing nutrition, physical activity, and other aspects of a healthy school environment, in accordance with federal regulations and aligned with our Catholic values.

II. School District Profile

- **Number of Schools:** 4 - Columbus Catholic High School, Columbus Catholic Middle School, Our Lady of Peace Intermediate, St. John the Baptist Primary
- **Student Demographics:** 682 students (PreK-12); 30 Hispanic/Latino, 29 Black, 634 White.
- **Community Resources:** Marshfield Columbus Leadership Alliance (MCLA), YMCA.

III. Wellness Goals and Objectives

A. Nutrition:

- **Goal 1:** Promote healthy eating habits and increase the consumption of nutritious foods among students.
 - **Objective 1:** Ensure that school meals meet or exceed the USDA *Healthy, Hunger-Free Kids Act* nutrition standards.
 - **Objective 2:** Increase the availability and promotion of fruits, vegetables, whole grains, and lean protein in school meals and as snacks.
 - **Objective 3:** Reduce the consumption of sugary drinks and other unhealthy foods on school campuses.
 - **Objective 4:** Implement "Smart Snacks in School" standards for all foods and beverages sold outside of school meals.
 - **Objective 5:** Provide nutrition education to students, staff, and families.
- **Goal 2:** Create a supportive food environment.
 - **Objective 1:** Limit the marketing of unhealthy foods and beverages on school campuses.
 - **Objective 2:** Ensure easy access to potable water throughout the school day.
- **Goal 3:** The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
 - **Objective 1:** Nutrition education shall include enjoyable, developmentally appropriate, and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.



B. Physical Activity:

- **Goal 1:** Increase opportunities for students to engage in regular physical activity.
 - **Objective 1:** Provide adequate recess time for elementary and middle school students.
 - **Objective 2:** Encourage physical activity breaks during the school day.
 - **Objective 3:** Promote participation in extracurricular sports and physical activity programs.
 - **Objective 4:** Integrate physical activity into the curriculum where appropriate.
 - **Objective 5:** Encourage walking and biking to school.

C. Other School-based Strategies for Wellness:

- **Goal 1:** Students and staff members shall have access to, and be encouraged to use, the school's physical activity facilities outside the normal school day.

IV. Implementation and Evaluation

- **Responsible Parties:** Food Service Director, President, Wellness Committee.
- **Evaluation Methods:** Student surveys, tracking student activity involvement, monitoring food consumption in the cafeteria, triennial assessment of the LWP.
- **Timeline:** Immediate implementation of achievable goals (e.g., Smart Snacks compliance, water availability). Establish a timeline for other goals within the first semester. Triennial assessment to be conducted every three years.

V. Stakeholder Involvement

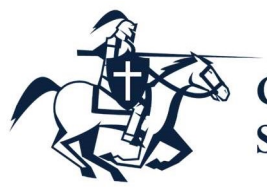
- **Wellness Committee:** Establish a committee consisting of parents, students, school staff (teachers, food service, administration), and community members (representatives from MCLA). The committee will meet quarterly to review the LWP, monitor its implementation, and make recommendations for updates.
- **Communication Plan:** Communicate the LWP and its updates through weekly school newsletters, the school website, social media, and parent meetings. Solicit feedback through surveys and suggestion boxes.

VI. Specific Requirements for Catholic Schools

- **School Mission Alignment:** This LWP is aligned with the mission of Columbus Catholic Schools by promoting the holistic development of our students – mind, body, and spirit. A healthy school environment fosters the faith, knowledge, and desire to serve others that are central to our mission.

VII. Community Partnerships

Columbus Catholic Schools recognizes the importance of collaborating with community organizations to support student wellness and the holistic development of our students. We are proud to partner with the Marshfield Columbus Leadership Alliance (MCLA) to enhance our Local Wellness Policy and provide enriching opportunities for our students. These partnerships will strengthen our efforts to



create a healthy and nurturing school environment for all, grounded in our Catholic values.

The MCLA can be a valuable partner for Columbus Catholic Schools in several ways:

- **Mental and Emotional Well-being:** MCLA can provide resources and programs related to stress management, mindfulness, and mental health awareness. They may offer workshops, presentations, or connections to mental health professionals that can benefit our students and staff. This partnership will help us address the growing need for mental health support and equip our students with coping mechanisms and resilience skills.
- **Character Development:** MCLA's focus on leadership and character aligns well with the values of Catholic education. They may offer programs that reinforce the character traits we want to instill in our students, such as integrity, compassion, responsibility, and respect. This collaboration will complement our existing efforts to foster character development within our curriculum and school culture.
- **Community Service:** Partnering with MCLA for community service projects can provide students with opportunities to give back to the community and develop a sense of social responsibility. This can also fulfill service hour requirements if our school has them. By engaging in service, our students will learn the importance of serving others, which is a core tenet of our Catholic faith.
- **Leadership Skills for Students:** MCLA's youth leadership programs can equip our students with essential skills that will benefit them in school, in their future careers, and in their personal lives. These skills, such as communication, teamwork, and problem-solving, are essential for success in the 21st century and will empower our students to become leaders in their communities.

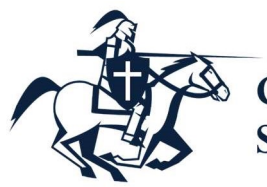
We will work closely with MCLA to develop specific programs and initiatives that align with our LWP goals and leverage their expertise in these areas. A designated representative from MCLA will be invited to serve on our School Wellness Committee to ensure ongoing communication and collaboration. We will also explore opportunities for resource sharing and joint advocacy efforts to support student wellness.

VIII. Nutrition Standards

All meals meet or exceed current nutrition requirements established under the Healthy Hunger-Free Kids Act of 2010. Foods Sold to Students at School. The following nutrition standards and guidelines apply to foods and beverages offered for sale to students on school premises before the start of the school day, during the official school day, and within 30 minutes after the official school day:

Reimbursable meals offered in any federally-subsidized school meal program shall meet the statutory and regulatory nutrition standards established for such meals. Foods and beverages sold to students outside of the school meal programs shall meet at least the USDA's minimum nutrition standards for such items (also called the "smart snacks" or "competitive food" standards), including all permissible exemptions and exceptions that are identified in the regulations or otherwise expressly allowed by the USDA. These standards apply, for example, to a la carte options in cafeterias, vending machines that are accessible to students.

Foods Provided but Not Sold. The school encourages foods offered on the school campus to meet or



exceed the USDA Smart Snacks in the School standards, including those provided at celebrations and parties or classroom snacks brought in by staff or family members. Non-food celebrations will be promoted.

Food and Beverage Marketing. Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.

IX. Physical Activity Standards

Children and adolescents should participate in 60 minutes of physical activity every day. The school provides students with physical education, using an age-appropriate, sequential physical curriculum consistent with national and state standards for physical education. The school also provides opportunities for students to participate in physical activity in addition to physical education.

USDA Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#) (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to the USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. fax: (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.