

Healthy Schools

Local Wellness Policy Requirements

I. Goals for Nutritional Education

A. Nutritional education in the Diocese of Lincoln will include those topics taught as directed in the diocesan curriculum:

1. Nutrition is essential for health
2. Good nutrition and a well-balanced diet are an important part of bodily care.
3. Selection of foods and eating patterns determine nutritional balance.

II. Goals for Physical Activity

A. Physical activity and other school-based activities designed to promote student wellness will be directed but not limited to the following curricular goals:

1. Exercises and sports are beneficial for sociability and physical health, for recreation and teamwork.
2. Participation in physical exercises and activity should be age and gender appropriate and habitual.
3. Physical work and/or exercise is important to the maintenance and improvement of health.
4. Physical handicaps do not diminish the worth of people.

III. Nutritional Guidelines for Food Sold on School Campus

A. Good nutrition and a well-balanced diet are an important part of our bodily care.

1. The virtue of Temperance is taught as it applies to a healthy balance of food and drink.

2. Students will be instructed to choose those foods and drinks which best promote a well-balanced diet.
 3. Students will be instructed to understand that an excess of sugars and fat in ones diet can result in more calories than the body can burn, and consequently, the possibility of obesity and related diseases.
- B. Selection of foods and eating patterns determine nutritional balance.
1. Students should be taught that the selection of food and drink from on-campus vending machines should not be a substitute for a well-balanced meal.
 2. Students should be taught that consumption of food and drink from on-campus vending machines and concessions should not exceed levels commensurate to a well-balanced diet.
- C. Guidelines for reimbursable school meals in the Diocese of Lincoln shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to Subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and Section 9(f)(1) and 17 (a) of the Richard B Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)0.
- D. The Diocese of Lincoln assures that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.
- IV. Each local school advisory board shall review the Wellness Policy annually, and if necessary, make recommendations for revision to the local superintendent. The superintendent, after recommendation from the school advisory board, shall authorize the principal to implement the policy for the up-coming school year.

