

School Wellness

Implementation of the CATCH Coordinated School Health Program and its four integrated components of child nutrition services, physical education and activity, classroom education and parental involvement assist our district in fulfilling the requirements of the new federal law section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 in establishing a local school wellness policy along with procedures.

1. Goals for Nutrition Education

Nutrition education strategies for elementary aged children are communicated via “red light, green light” type theory where foods are categorized as either GO (foods with minimal to no amount of fat –fruits, vegetables, whole grains etc), SLOW (foods prepared or containing a small amount of fat such as muffins or 2% milk) or WHOA (foods containing high amounts of fat such as fried chicken or doughnuts). Various activities across and extending outside of the school disseminate this same consistent message.

- **In the Cafeteria** – Labeling of foods on the cafeteria line as well as educational posters about nutrition are displayed in the cafeteria to help turn the eating environment into a learning environment. By labeling the foods in the food line children are able to continue the learning process by identifying healthy foods and then applying nutrition principles in making more informed decisions about the foods they choose to consume.
- **In the Classroom and beyond** – The goal of the CATCH Classroom lesson is to improve and optimize health and was created using social learning theory to assist children on not just understanding health knowledge but also to provide skills to practice making better food and physical activity choices. The CATCH lessons contain many activities such as making healthy snacks, reading food labels, and teaching children about good nutrition using the CATCH Go For Health series featuring workbooks and entertaining videos with characters such as “Dynamite Diet” and “Flash Fitness”. The classroom lessons extend into the children’s homes with “Home Team” homework assignments designed to include the family in nutrition education.
- **In PE** – GO, SLOW, and WHOA Eat Smart Games are included in the CATCH PE Activity Box to again convey and reinforce a consistent message about healthy foods and nutrition education to the children.

- **Implementation Schedule-**

- Classroom CATCH will be implanted in grades K-3 in the 2006-2007 school year.
- A certified dietician will analyze and review menus beginning in August, 2006.
- Dietary changes will be implemented throughout the entire school, beginning in 2006-2007.
- Classroom activities will be implemented in grades K-3 beginning in the 2006-
- 2007 school year. In each year and new grade level will be added.

2. **Goals for Physical Activity**

The primary focus of CATCH PE is for schools to provide quality physical education in which students engage in maximum amounts of enjoyable MVPA (moderate to vigorous physical activity) during class time. CATCH activities provide appropriate and effective class management and instructional methods. Implementation of CATCH PE helps us accomplish the following objectives:

- Have students involved in moderate to vigorous physical activity for 50% of class time.
- Provide many opportunities for children to participate and practice skills.
- Provide activities that are fun and enjoyable.
- Encourage students to become more physically active outside of school.

3. **Goals for school based activities designed to promote student wellness**

Using the CATCH model, we plan to implement several school based activities to not only promote student wellness, but also to help incorporate the community and families in our school's efforts to achieve a healthier school environment. Examples are:

- A biannual health fair or family fun night event where children and their parents can attend and participate in physical activity and games together, taste samples of healthy snacks made by the Child Nutrition Services department and speak with health professionals in the community on various topics.
- "Fitness Fridays" where we allow students and teachers to wear wind suits to school and promote physical activity.
- Cafeteria tours and taste tests – to promote and teach children healthy food preparation techniques and participate in menu development.
- Mini Governor's Cup in May-To culminate physical fitness activities. Students,
- Staff, Community and Parents will be invited to participate. Standout athletes
- Will participate in the State Governor's cup.

- Shape-Up Montana-To promote staff and community and parent involvement in physical fitness.

In order to promote total wellness, and in line with the parent survey, the district will implement a health enhancement program for grades K-12.

- Kindergarten-, First, Second, Third, Fourth, Fifth/Sixth- Puberty Body Awareness, Seventh-Reproductive Health and Responsible Decision Making, Eighth-Reproduction and STDs, Ninth- Health and Biology.
- Parents will be notified on the curriculum and invited to review the program at each grade level. Prior to instruction parents will be notified and given the opportunity to remove their student from the program.

4. Nutrition guidelines selected by the LEA for all foods available on each school campus during the school day with objectives for promoting health and reducing childhood obesity

Our school follows the Texas Public School Nutrition Policy which guides the effort in reducing childhood obesity by stating specific guidelines on availability and sale of FMNV, Competitive foods, as well as portion size limitations on certain items.

In addition to following the Texas Public School Nutrition Policy, our district further strives to reduce the fat, saturated fat, and sodium content of our school meals by utilizing the Eat Smart Guide book which helps lead healthier menu planning, food purchasing, and food preparation techniques.

5. Assurances that guidelines for reimbursable school meals are not less restrictive than federal guidelines.

We strictly adhere to the federal guidelines for school meals of <30% total calories from fat, <10% saturated fat, 1/3 of the RDA for specific nutrients provided for the National School Lunch and ¼ of the RDA for specific nutrients provided for the School Breakfast. School meals also align with the Dietary Guidelines for Americans.

6. Establishes a plan for measuring implementation of the policy – with 1 or more persons responsible for ensuring the school meets the policy.

1. We plan to use some of the evaluation instruments listed on the CATCH website (www.CATCHTexas.org) to assist us with evaluating our health program. We will also use the “How Do We Know It’s Working” handout that we received during the CATCH training to assist us in this evaluation.
2. There will be a quarterly report to the Board of Trustees through the first year of implementation.

7. Must include involvement of parents, students, representatives of school food authority, school board, school administrators, and the public in formation of the policy. Schools can utilize existing school health councils or form a new one.

We plan to utilize our existing School Health Advisory Council (SHAC) and to invite other health professionals such as the Child Nutrition Director to be a member of this committee.