

## Great Falls Central Catholic High School Wellness Policy

### SCHOOL WELLNESS

Great falls Catholic High School is committed to providing a school environment that promotes and protects student's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Great Falls Central Catholic High School to include:

1. Community involvement, including input from parents, students, school food service, SAC, educators and the public in the development of the school wellness program.
2. Goals for nutrition education designed to promote student wellness including:
  - a. All students shall receive nutrition education that teaches the knowledge and skill needed to adopt healthy eating behavior.
  - b. Nutrition education shall be integrated into the school curriculum.
  - c. Nutrition information and education shall be offered throughout the school year based on the U.S. Dietary guidelines for Americans
3. Nutritional guidelines for all foods available at school during the school day with the objective of promoting student health and nutrient-rich meals and snacks including food and beverages used for fundraising.
4. A plan for measuring implementation of this policy.

### HEALTH ENHANCEMENT AND PHYSICAL ACTIVITY OPPORTUNITIES

The school shall offer health enhancement opportunities that include the components of a quality health enhancement instruction shall be aligned with the Montana Health Enhancement Content Standards and Benchmarks. All students shall have the opportunity to participate regularly in supervised, organized and unstructured, physical activities to maintain physical fitness and to understand the short and long-term benefits of an active and healthy lifestyle.

### NUTRITION STANDARDS

The school shall ensure that the reimbursable school meals meet the program requirements and nutrition standards set by the federal regulation. The school shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The school shall consider nutrient density and portion size before permitting food and beverages to be sold to students.

### MAINTAINING STUDENT WELLNESS

School administration shall enforce the policies utilizing community involvement before implementation. The school administration shall measure how well this policy is being implemented, managed and enforced. The administration shall report to the School Advisory Council, as requested on the school's programs and efforts to meet the purpose and intent of this policy.

Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004 Adopted on 9/25/2006

Revised on: 29 August 2018