

Sts. Peter and Paul Catholic School  
3619 X St., Omaha, NE 68107  
2022-2023  
Meeting Spring 2023

**Public Involvement:**

School Wellness Committee  
Students: TBD  
Parents: TBD  
School Food Service Personnel: Rosalinda Ibarra  
School Administrator: Andrew Bauer  
Teachers: D. Rosse, N. Kisicki, A. Dibelka

**The Archdiocese of Omaha recognizes that schools play a critical role in creating a healthy environment for the prevention of childhood obesity and combating problems associated with poor nutrition and lack of physical activity. This policy requires that all members of the school and community maintain an environment that enhances maximum student potential.**

**Nutrition Guidelines:** The primary goal of nutrition education is to influence students' eating behaviors. Schools will promote nutrition education throughout students' PK-8 educational program. Nutrition education is incorporated into a variety of curriculum areas. These curriculum experiences provide the knowledge and skills necessary to make healthy food choices for a lifetime. As a result, Sts. Peter and Paul Catholic School does the following:

- Participates in the school lunch program.
  - Through participation in the program, the school follows the USDA nutrition guidelines outlined by this program for breakfast, lunch and smart snacks.
  - Follows the offer vs. serve guidelines
  - Provides frequent education to students on how to ensure that nutrition guidelines are met (e.g. education on proper portion size with fresh fruit and vegetable salad bar)
- Provides free water with breakfast, lunch and extended care snack time and encourages hydration throughout the day by allowing students to have a water bottle in the classroom.
- Offers multiple menu choices each day
- Provides no vending machines for student use.
- Participates in the NDE Nutrition Services Fresh Fruit and Vegetable Program
  - Fresh fruit or vegetable snacks are provided three times per week on Tuesday, Wednesday and Thursday.
- No competitive foods or beverages are sold on the school campus during the school day. Marketing of food or beverages is prohibited on school grounds during the school day
- Provides a fresh fruit and vegetable salad bar for all students during lunch.
  - Note: PreKindergarten/Kindergarten lunch will offer access to this via an offering of fruits and/or vegetables on a tray due to accessibility issues of salad bar for young children.

**Goals to be discussed at the next Wellness Committee Meeting:**

How do we increase healthy eating habits during the school day?

How can Home and School promote healthy eating habits during school celebrations?

What areas can we increase our nutrition awareness in our PK-8 curriculum?  
Continued exploration of converting the batting cage in to a community garden.  
How can we increase movement and exercise during the school day?

#### **Nutrition Education:**

- Sts. Peter and Paul publishes the monthly lunch menu.
- Sts. Peter and Paul has nutrition guideline posters visible in the cafeteria.
- Health/Nutrition curriculum incorporated in the classroom, especially in science and physical education classes.

#### **Goals to be discussed at the next Wellness Committee Meeting:**

How can we further encourage students' understanding of nutrition in the classroom?

**Discussion of how we can incorporate healthy eating habits into the curriculum (e.g. early childhood utilizing language of sometime food or everytime food).**

#### **Nutrition Promotion/Practices:**

- Sts. Peter and Paul has 4 lunch periods designed to allow students to have time to consume their food at a healthy pace.
  - PK/K: 10:45-11:15
  - 1st/2nd: 11:15-11:45
  - 3rd, 4th & 5th: 11:45-12:15
  - 6th, 7th & 8th: 12:15-12:45
- The Wellness Committee will review the lunchroom environment by teachers and the Wellness Committee each year.

#### **Goals to be discussed at the next Wellness Committee Meeting:**

What more do we need to do to ensure that students understand how to take correct portion sizes when going through the fresh fruit and vegetable salad bar during lunch?

**Discussion about how to ensure students are engaging fresh fruits and vegetables and accurate proportions on the salad bar. Reinforcement with visuals and 'teachable moments' during the lunchroom procedure.**

#### **Physical Activity:**

- When possible, students will have recess for at least 20 minutes each day.
- On October 20th, 2019, Andrew Bauer, principal of Sts. Peter and Paul revised inclement weather recess guidelines to ensure that students are able to engage in recess as much as possible during inclement weather in a safe manner. Teachers were trained on implementation of the following requirements:
  - **Greater than 50**-No Requirements for Clothing (i.e. students can go out without a jacket, gloves, sweatshirt, etc.)
  - **Greater than 40 degrees, but below 50**-Students are to wear a warm layer of clothing, jackets, sweatshirts, hoodies, etc.
  - **Below 40 degrees**-Students are to wear a hat, gloves, winter jacket if they are going outside.
  - **Between 10 degrees and 32 (wind chill or actual temp.)**-Students can still go outside (with above weather guidelines), but the recess should be limited to 20 minutes or less rather than a standard 1/2 hour.
  - **Below 10 degrees (wind chill or actual temperature)**-This will be at the principal's discretion and **if I have not said it is okay, please keep**

**students inside**; these are temperatures that risk frostbite to exposed skin may occur.

- LifeRunners club has a monthly 'huddle' where students in the club participate in physical activity and discuss how to live a healthy and active lifestyle as members in their participation. Currently, this club is the largest chapter in the state of Nebraska.
- Morning and Evening Extended Care use gym and/or outside play areas on campus.
- Students are provided with 60-90 mins of Physical Education class a week.
- The students are also able to participate in school sponsored sports teams.
- Specials classes are located on all floors of the building to increase walking between class transitions.
- School Field Day happens annually.

### **Goals for the next Wellness Committee Meeting:**

Discuss how more movement can be incorporated into the school day (e.g. brain break with movement, stretches, etc.)

Discuss the addition of Standards for non paid snacks during the school day (e.g. Birthday parties)

**Ways to increase social/emotional wellness curriculum in the classroom.**

**Discussion of new P.E. curriculum and grant to get Spark P.E. curriculum with measuring effectiveness through bi-annual benchmarks.**

### **Public Notification:**

- School Wellness Policy is published in the handbook.
- Wellness Committee Meetings will be advertised through Sycamore and through the Saints Scoop, the school's parent newsletter.
- School website.

### **Goals for the next Wellness Committee Meeting:**

Expand parent and student participation on the wellness committee.

Expand communication of wellness committee agenda items through the newsletter.

### **Monitoring and Evaluation**

- Andrew Bauer, principal, will ensure compliance with the nutrition and physical activity policies of Sts. Peter and Paul Catholic School.
- The Omaha Catholic School Consortium Board of Directors will receive an annual summary report.
- **The new Spark P.E. curriculum will be implemented next year with fall and spring bench marks in specific grade levels to measure effectiveness.**

### **Additional Business to be covered at the next Wellness Committee Meeting**

- TBD