

Sts. Peter and Paul Catholic School Wellness Policy

Public Involvement

Sts. Peter and Paul Catholic School is committed to fostering a healthy school environment that supports student wellness through collaboration among school staff, families, and the community. The School Wellness Committee is responsible for reviewing, implementing, and evaluating the school's wellness initiatives.

School Wellness Committee

- **Mary Jenkins**, Principal
- **Mireya Garcia Hernandez**, Cafeteria Manager and Sts. Peter and Paul Parent
- **Ali Dibelka**, Media Teacher
- **Kyle Pardun**, Physical Education Teacher

The Archdiocese of Omaha recognizes that schools play a critical role in promoting healthy lifestyles, preventing childhood obesity, and addressing issues associated with poor nutrition and physical inactivity. Sts. Peter and Paul Catholic School is committed to maintaining an environment that supports the physical, mental, and academic well-being of every student.

Nutrition Guidelines

The primary goal of nutrition education is to encourage lifelong healthy eating habits by providing students with the knowledge and skills needed to make informed food choices. Nutrition education is integrated throughout the PK–8 curriculum and reinforced through classroom instruction, school meals, and wellness initiatives.

To support healthy nutrition practices, Sts. Peter and Paul Catholic School:

- Participates in the National School Breakfast and Lunch Programs.
- Follows all USDA nutrition standards for breakfast, lunch, and Smart Snacks.
- Implements the USDA Offer Versus Serve meal service model.
- Provides ongoing education regarding balanced meals, portion sizes, and healthy food choices, including instruction on utilizing the fresh fruit and vegetable salad bar.
- Provides free drinking water during breakfast, lunch, and Extended Care snack time while encouraging students to carry water bottles throughout the school day.
- Offers multiple nutritious meal choices each day.

- Does not provide vending machines for student use.
- Participates in the Nebraska Department of Education Fresh Fruit and Vegetable Program.
- Provides fresh fruit or vegetable snacks each Tuesday, Wednesday, and Thursday through the Fresh Fruit and Vegetable Program.
- Offers a daily fresh fruit and vegetable salad bar for all students. PreKindergarten and Kindergarten students receive age-appropriate servings of fruits and vegetables on their trays to ensure accessibility.
- Does not permit the sale of competitive foods or beverages during the school day.
- Prohibits the marketing or advertising of food and beverages on school grounds during the instructional day.

Future Nutrition Goals

The Wellness Committee will continue to explore opportunities to:

- Increase healthy eating habits throughout the school day.
- Partner with the Home and School Association to promote healthier classroom celebrations.
- Expand nutrition education opportunities throughout the PK–8 curriculum.
- Continue planning for the development of a student community garden.
- Identify additional opportunities to increase student movement and physical activity throughout the school day.

Nutrition Education and Promotion

Nutrition education is reinforced through both classroom instruction and school-wide practices.

Current practices include:

- Publishing monthly breakfast and lunch menus for families.
- Displaying nutrition education posters throughout the cafeteria.
- Integrating nutrition and healthy lifestyle instruction into classroom learning, particularly within science, health, and physical education.

Future Nutrition Education Goal

The Wellness Committee will develop and implement resources to educate families and students about healthier food choices for classroom celebrations and school events.

Nutrition Promotion and School Practices

Sts. Peter and Paul Catholic School schedules four lunch periods to provide students with adequate time to eat in a relaxed and healthy environment.

Lunch Schedule

- PreKindergarten/Kindergarten: 10:45–11:15 a.m.
- Grades 1–2: 11:15–11:45 a.m.
- Grades 3–5: 11:45 a.m.–12:15 p.m.
- Grades 6–8: 12:15–12:45 p.m.

The Wellness Committee will annually review the cafeteria environment and lunch procedures to ensure they continue to promote healthy eating behaviors and provide students with adequate time to enjoy nutritious meals.

Physical Activity

Sts. Peter and Paul Catholic School recognizes that regular physical activity is essential to student health, academic achievement, and overall well-being.

Current physical activity practices include:

- Beginning in the 2025–2026 school year, recess was increased from 20 minutes to 30 minutes daily for students in PreKindergarten through Grade 5. Students in Grades 6–8 continue to receive a minimum of 20 minutes of daily recess.
 - Morning and afternoon Extended Care programs provide opportunities for supervised outdoor play or gym activities.
 - Students receive between 60 and 90 minutes of physical education instruction each week.
 - Students are encouraged to participate in school-sponsored athletic programs, including basketball, baseball, volleyball, and soccer.
 - Specials classes are intentionally scheduled throughout multiple floors of the building to encourage additional movement during daily transitions.
 - The school hosts an annual Field Day that promotes teamwork, physical fitness, and school community.
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2026–2027 Wellness Goals

Garden Club Initiative

Establish a student Garden Club by installing garden beds and planting vegetables by Spring 2027. This initiative will provide meaningful, hands-on learning experiences related to nutrition, gardening, environmental stewardship, and sustainable food practices.

Run Club Initiative

Explore the implementation of a school Run Club with the long-term goal of preparing students to participate in a community 5K event during Spring 2027. The program will promote lifelong fitness, perseverance, and healthy lifestyle habits.

After-School Nutrition Review

Review and strengthen guidelines for snacks sold during after-school activities to ensure they align with school wellness goals and applicable nutrition standards.

Public Notification

To ensure transparency and encourage community involvement:

- The School Wellness Policy will be published on the Sts. Peter and Paul Catholic School website.
 - Wellness Committee meetings and wellness initiatives will be communicated through the school's Smore newsletter and other school communication platforms.
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Monitoring and Evaluation

The Principal is responsible for ensuring implementation and compliance with the wellness policy.

Specifically:

- **Mary Jenkins, Principal**, will oversee compliance with all nutrition and physical activity policies outlined in this Wellness Policy.
- The Wellness Committee will review the effectiveness of the policy annually and recommend revisions as needed.
- An annual summary of wellness initiatives and policy implementation will be presented to the Omaha Catholic School Consortium Board of Directors.