



Local Wellness Policy

Diocese of Tucson Schools

Lourdes Catholic School

October 2023

The mission of the Catholic schools in the Diocese of Tucson is to foster the growth of the whole person in which faith, academic excellence, and service are integral to the life of every student.

Mission for Lourdes Catholic School: Lourdes Catholic School is a bilingual/ bicultural pre-kinder through 12th grade school, imbued with Catholic tradition and values, academically rigorous, technologically current, and community service oriented.

One of the core values that fulfill this mission is “maintaining high academic standards for all students in every school by promoting staff development programs that ensure excellence in teaching, learning, and healthy living”.

The Diocese of Tucson Local Wellness Policy supports this core value.

Section 1: Nutrition Education and Wellness Promotion

The Department of Schools in the Diocese of Tucson has implemented Health Education Standards for grades PreK-8. These standards incorporate the Arizona State Standards for nutrition education. The Catholic high schools in the Diocese of Tucson also follow the State as well as National standards.

Nutrition education is integrated into other areas of the curriculum such as Math, Science, Language Arts, Social Studies, Art, Music, Religion, and Physical Education. At each grade level, students are provided with nutrition education that is consistent with the school meal program, providing activities that could consist of taste testing, farm visits, school gardens, and school health and wellness days. These activities shall be developmentally appropriate, culturally relevant, and enjoyable.

At each grade level, students will be taught skill-based nutrition education that focuses on health promotion and disease prevention. Students will be taught how to look for and how to read the ingredients of a food item, how to identify the difference between processed foods and whole foods, and understand the benefits of plant-based whole foods. Students will be able to find the sugar, fat, and salt content of a food item by reading a Nutrition Facts Label.

The Diocese of Tucson Schools (DOTS) will provide a consistent message of health and wellness and will encourage all staff to be role models of healthy eating and daily physical activity.

Nutrition education is a component of the Centers for Disease Control and Prevention's Coordinated School Health Model. This model is used by all DOTS. All nutrition education activities are part of this school health model.

Family nutrition education will be accomplished in the form of handouts, presentations, events, school newsletters, and through any other appropriate means available to reach parents. Students, parents, and families will be provided the opportunity to give input and feedback on the health and wellness goals of their school in the diocese.

Attractive posters, banners, and student artwork and projects promoting health and wellness will be displayed in school hallways and common areas. Healthy food choices will be attractive and prominently displayed at all school meals and functions where food is served. **Lourdes Catholic School tries to give as many fresh or fruits and vegetables as possible, instead of canned or frozen.**

Flyers, brochures, posters, or media of any kind that depict unhealthy choices of any kind will be prohibited on campus or at any off-campus school related event.

The Diocesan Coordinated School Health Officer will conduct bi-annual meetings in October and March to address the diocesan wellness policy. **LCS will have annual meetings in October.** Stakeholders for Lourdes Catholic's Wellness policy will consist of a member from the Parent teacher council (PTC), a school nurse, 3-4 faculty and staff members, 1 P.E. teacher, the school principals and president of the school and the cafeteria manager. The School Health Advisory Council (SHAC) will be a resource for all individual school health advisory councils.

Section 2: Standards for USDA Child Nutrition Programs and School Meals

All schools in the diocese that are participating in USDA School Meals will either promote or provide breakfast through the School Breakfast Program. Schools that do not participate in the USDA Child School Meals will provide information regarding the importance of eating a nutritious breakfast for optimal academic achievement to all students and families in some form of school communication.

School meals will, at minimum, meet all USDA nutrition standards with increased servings of fresh fruits and vegetables whenever possible.

Clubs and/or meetings for students will not be held during mealtimes unless students are allowed to eat during these meetings.

Students will not be allowed to share food or beverage with other students during meal times due to safety issues.

If necessary, a special table will be provided as a “food allergy” free zone to accommodate those students with certain food allergies.

Milk sold as part of the school meals program or special milk program will be limited to 1% and skim milk. **Lourdes Catholic School serves 1% plain, fat free chocolate and fat free strawberry milk to students K-12. Preschool students are served 1% plain milk.**

LCS will conduct school meal surveys for parents and students to provide input on the taste, convenience, and enjoyment of school meals.

Students will be prohibited from leaving campus for lunch.

Students will be provided with a minimum of 20 minutes to eat their lunch in a pleasant, temperature and noise-controlled environment. If schools offer breakfast, students will be provided with a minimum of 10 minutes to eat.

All food service managers, or those individuals providing school meals, will have adequate training in the area of food and nutrition. This professional development is required annually in the form of Arizona Department of Education trainings, conferences, videos, and/or written documents, articles, etc.

Nutritional content of school meals will be publicized and shared with students and parents upon request.

Parents/guardians will not be allowed to bring high-fat, high-salt, and / or high-sugar fast food for their student's meals. **Students at LCS are not allowed to bring their own lunch.**

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

Student access to vending /soda machines is prohibited for all K-12 schools during school hours. Competitive foods and beverages may not be sold on school campuses during the school day for all K-12 schools.

Fresh fruits and vegetables may be available at any time during the school day and are exempt from any competitive food ban.

The sale of food and beverage is limited to those sold through the school meal program. **There is no sale of food or beverage through the school meal program at LCS.**

It is encouraged that classroom celebrations be activity-based, and a conscious effort be made to include healthy food choices following the recommended Arizona Nutrition Standards.

Food rewards or incentives are prohibited. Withholding food as a punishment is also prohibited.

Students and staff will have access to free drinking water from working drinking fountains before, during, and after school. Drinking fountains will be cleaned and maintained on a regular basis. Water bottles will be permissible in classrooms.

Fundraising that involves food items that do not meet the Arizona Nutrition Standards will not be allowed to be sold on campus. Fundraisers that promote branded food products will be discouraged. Fundraising activities that promote physical activity and community engagement will be encouraged.

Section 4: Physical Education and Physical Activity

The Diocese of Tucson Schools have implemented Physical Education Standards for grades PreK-12.

Students in grades 1-8 are required to receive 120 minutes/week of physical education per diocesan policy. Kindergarten students are required to receive 30 minutes/week. High School students are required to have 250 minutes per week of physical education. **Lourdes Catholic School students in grades 1-8 receive 60 minutes/week of physical education. High school students receive 60 minutes per week of physical education or participate in one sport annually. Students also have morning and afternoon recess where they can have more fresh air and physical activity.**

Physical Education classes will have the same student/teacher ratios used in other classes.

The physical education program will be provided with adequate space, shade, water accessibility, and all other safety standards.

The diocesan property and insurance manager will ensure that a safety inspection will be performed annually on all playground sites and sports facilities.

When possible, physical education will be taught by a certified physical education teacher.

All physical education teachers will receive annual professional development training related to physical education and physical activity.

Sports involvement or other activity related academic classes shall not take the place of physical education class. **At Lourdes Catholic School this does not apply at the high school level.**

Regular physical activity throughout the school day is required. Large diocesan high school campuses provide the students with walking breaks between each class period. PreK-8th grades utilize classroom “energizers” or similar classroom physical activity breaks during the school day.

The diocesan youth sports league offers boys’ and girls’ volleyball, basketball, track, and soccer for all students in 4th-8th grade. High school sports include many different sport team opportunities, open to all students in 9th-12th grade. **Elementary students at Lourdes participate in volleyball and basketball intramurals and in Junior Olympics against other schools in Nogales. LCS participates in the Local River Canyon Sports league at the Middle School Level, sports played are volleyball, basketball, and soccer. High School students participate in the Arizona Interscholastic Association. Sports offered are volleyball, basketball, soccer and tennis.**

When possible, the diocese will allow community-based organizations to use sport and/or playground facilities outside school hours. Families are encouraged to engage in physical activities outside school hours using these sport and/or playground facilities.

Recess or physical activity denial as a form of discipline or punishment is prohibited.

Physical activity being used as a form of discipline or punishment is prohibited.

All elementary students shall have daily recess. Recess that is offered in conjunction with lunch will be encouraged to be taken before lunch. **LCS elementary students have morning and afternoon recess.**

Students that walk or bike to school will be provided with the safest route to school, including crossing guard information when necessary, and will be provided with a safe place to keep their bike if needed.

Section 5: Evaluation

To ensure the implementation of the Diocese of Tucson Local Wellness Policy, the Coordinated School Health Officer will perform an annual audit at each school to determine policy implementation.

The Coordinated School Health Officer will report to the superintendent the wellness policy implementation rate of each school, using LWP checklist report data captured in audit visits and principal surveys. This information will lead to necessary assistance and resources offered at the individual school level in regards to wellness policy adherence. The Coordinated School Health Officer will provide assistance, training, support, and follow-up to ensure LWP implementation.

The Diocese of Tucson Schools’ Local Wellness Policy will be made available on-line on the diocesan website. **Lourdes Catholic School will post modified wellness policy on the school’s website, www.lcsnogales.org**

