SCECINA MEMORIAL HIGH SCHOOL

WELLNESS POLICY

Wellness Committee Members

Marty Dugan - Cafeteria Manager
Casady Williamson - Business Assistant – Wellness Coordinator
Peg Dispenzieri - Principal
Matthew Weimer - PE Teacher

Goals:

To educate and form the whole person-mind, body, and soul- parents, students, and staff alike. Education should include nutrition, physical activity, healthy habits, and spirituality. The wellness policy should be based on Section 204 of Federal Public Law 108-265, the Archdiocese of Indianapolis Wellness Policy and the input from wellness committee members, current laws, and research.

Monitoring and Policy Review:

- This Wellness Policy is being introduced in August 2026.
- Once yearly the committee will update the policy in compliance with state law.
- The food service staff will ensure compliance with the nutrition policies mandated by the state of Indiana and the Federal School Lunch Program. The cafeteria manager will give an annual summary to the wellness committee. State inspection results will be reported.
- The Wellness Committee will meet no more than two times a year to assess policy outcomes and review implementations.

Health and Nutrition Education:

- Scecina will continue to participate in the federal school meal and milk programs.
- Foods and beverages sold or served during the school day will meet the current nutrition recommendations and meal plan requirements of the U.S. Dietary Guidelines for Americans. (This document may be accessed athttp://healthierus.gov/dietaryguidelines)
- Health education, as part of the state of Indiana standards-based curriculum designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Health education will promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Health education will include the study of food advertising, marketing goals versus nutritional truth. Emphasis will be placed on caloric balance between food intake and energy expenditure.
- Parents are encouraged to pack healthy lunches and snacks and to refrain from beverages and foods that do not meet federal nutrition standards. This will be communicated in our student handbook.
- The school lunchroom will serve as a focus to support the integration of nutrition education with healthy lifestyle choices. The cafeteria will display promotional materials to reinforce good health along with the nutritional value of food.

School Nutrition:

- School meals will be appealing and attractive to children. They will be served in clean and pleasant settings.
- The cafeteria will serve only low-fat milk and nutritionally equivalent non-dairy alternatives, i.e., natural fruit juice.
- School meals will meet, at the minimum, nutrition requirements established by local, state, and federal statutes and regulations. Fresh fruits and vegetables will be offered as often as possible.
- All students will have 25-minute lunch period.
- All food items and beverage items available for sale at school during the school day must qualify as "better choice foods" (Smart Snacks) or beverages.
- No food or beverages other than those associated with Scecina food-service program are to be sold during food service hours.
- Only food items and beverages as determined by the Food Service Department to be in compliance with the current USDA's Dietary Guidelines for Americans and the USDA's Smart Snacks in Schools regulations will be served in the cafeteria.
- Any competitive food items and beverages that are available for sale to students a la carte will comply with the above standards.
- Students identified as consistently making poor food choices which will affect both their long-term health and performance in the classroom may require a call to parents to discuss the nutrition and health of their student.
- As a positive contribution to a child's diet and health, fruit and vegetables will be offered as the primary snack, with water as the primary beverage.
- School Food Service personnel will participate in training provided by the state, county, or local educational agency, on a regular basis.
- Soft drinks may not be brought to school. Water or low-fat milk options are available in the cafeteria.
- Food or beverages, including food served through the school cafeteria, will never be withheld from students as a disciplinary measure.
- Students will not be denied a meal due to lack of funds. Students with a negative meal balance of more than $20 will be permitted to take a complete meal, the cost of which will be added to their account. However, students in this circumstance will not be sold any a la carte items.
- Fundraisers selling food items that do not meet the federal nutrition standards are limited to six such fundraisers per year. The six exempted fundraisers will not be conducted during meal service. Which fundraisers are allowed will be chosen by the Development Office.