

**St. Robert Bellarmine
Wellness Policy
2026-2027**

Healthy School Environment

St. Robert Bellarmine Catholic School (SRB) recognizes its role in creating a healthy environment for the prevention of childhood obesity and combating problems associated with poor nutrition and lack of physical activity. It is the intent of this policy to engage all members of the school and community to maintain an environment that enhances maximum student potential.

Wellness Committee

- St. Robert Bellarmine Catholic School will develop and monitor school nutrition, physical, and mental health education policies, and the committee will serve as a resource for implementing the policies.
- The Wellness Committee will have members from the school community who represent students, parents, the Total Education Board, administration, food service personnel, physical education instructor, and school counselor.
- The committee will meet twice annually to set and monitor wellness goals.
- The Wellness Committee will evaluate the effectiveness of the Wellness Policy annually.
- The committee will update the school on the wellness goals and progress.

Physical Education (PE)

All students in grades K-8 will receive physical education class for 40 minutes per week for the entire school year. All physical education students will be taught by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Recess

The purpose of recess is to provide students with an opportunity to socialize and engage in active play. If your child has a medical condition for which outside play is inadvisable, school personnel must have a note from your child's doctor indicating what the condition is and how many days your child must be excused from outside recess. In the absence of such a note, the student will be sent outside for recess. It should be noted that if a child is ill, he/she should remain at home until well enough to participate in all school activities, including recess.

Throughout the school day, the school will monitor the weather conditions for both wind-chill and heat. The following guidelines are currently in effect:

Weather Condition	Recess
20-degree wind-chill factor or lower, icy pavement, rain/sleet, heavy snowfall, or high winds	Indoors
Heat index of 95 degrees or above	Indoors
All remaining weather conditions relative to temperature	Normal recess times

Outside air quality may impact recess for our students. When air quality may be an issue, we will use <https://www.douglascountyairquality.com/> to rate the outside air quality index. If the air quality is good, there will be no restrictions. We will go outside if the air quality below 145 AQI. If the air quality is above 145 AQI, we will have indoor recess.

Emotional Wellbeing

St. Robert Bellarmine Catholic School will support students and staff in their social, emotional, and mental wellness. Activities and support may include:

- Weekly guidance lessons provided by the school counselor in grades K-6. Students in grades 7 and 8 will cover guidance lessons in conjunction with advisory or homeroom lessons.
- PBIS (Positive Behavior Interventions and Supports) and SEL (Social Emotional Learning) lessons are provided to the teachers to incorporate into their classroom curriculum weekly. Retreats, community speakers, and evening parent events that focus on emotional wellbeing will be scheduled throughout the school year.

Spiritual Wellness

SRB will support the students and staff in their spiritual growth. Activities and support may include:

- Weekly Mass for all students and staff
- Religion education aligned to the Archdiocese of Omaha standards.
- Classroom visits with a priest monthly.
- Community faith activities throughout the year to include; sacrament preparation and retreats, Adoration, reconciliation, and other celebrations of the Catholic faith.

Physical Activity Opportunities After School

After-school Kid's Team will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Meals Served

Meals served at SRB will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk; and will
- ensure that half of the served grains are whole grain.

Mealtimes and Scheduling

SRB school will:

- will provide students with 20 minutes for lunch;
- schedule meal periods at appropriate times, between 11 a.m. and 1 p.m.;
- will not schedule tutoring, club, or organizational meetings or activities during

- mealtimes, unless students may eat during such activities; and
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks

Sharing of Foods and Beverages

SRB discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Nutrition Education and Promotion

SRB school aims to teach, encourage, and support healthy eating by students by providing nutrition education that:

- is offered at each grade level designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only PE/health education classes, but also classroom instruction in subjects such as math, science, language arts, and social studies;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);and
- links with school meal programs, other school foods, and nutrition-related community services.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate.

Competitive foods

- No food in competition with the school lunch program will be sold or otherwise made available to students for sale anywhere on the school premises until after the school day has ended (this includes foods brought in from area restaurants.)
- The sale of foods of minimal nutritional value which do not meet smart snack regulations are not allowed on school property.

Fundraising

- To support children's health and school nutrition education efforts, school fundraising activities that take place during the school day will not involve food or will use only food that meet nutrition and portion size guidelines for food and beverages sold individually according to the smart snack criteria.
- The school will encourage fundraising activities that promote physical activity.

Snacks and Smart Snack Guidelines

- Snacks served during the school day in the classrooms will make a positive contribution to children’s diet and health needs.
- SRB will assess if and when to offer snacks based on timing of school meals, students’ nutritional needs, students ages and other considerations.
- Faculty and staff are expected to follow these guidelines in school.

Rewards

- SRB will discourage the use of food or beverages for academic performance or good behavior and will not withhold food or beverages as a punishment.

Celebrations

- The school will limit celebrations that involve food during the school day.
- All celebrations involving food should be done with knowledge of the wellness policies.

Family and community

- Family members and community members are encouraged to become actively involved in programs that provide physical activity and nutrition education such as the SRB athletic program, and Cardinal Cruise.

Wellness Goals for 2026-2029

1. Physical Wellness Goal

Increase student participation in physical activity.

By May 2029, 90% of students in grades K–8 will engage in at least 60 minutes of daily physical activity through physical education classes, recess, classroom movement breaks, and extracurricular opportunities, as measured by student surveys.

2. Nutrition and Healthy Habits Goal

Promote healthy eating and wellness education.

By May 2029, all students will participate in at least three age-appropriate nutrition and healthy lifestyle learning experiences annually, as measured by teacher lesson plans.

3. Social-Emotional Wellness Goal

Strengthen students' social-emotional competencies.

By May 2029, 85% of students will demonstrate growth in self-awareness, self-management, relationship skills, and responsible decision-making as measured through SEL assessments, behavior data, and teacher observations following implementation of a schoolwide SEL program.

4. Spiritual Wellness Goal

Foster students' spiritual growth and faith development.

By May 2029, students will participate in regular faith formation opportunities—including prayer, liturgical celebrations, service projects, and faith-based classroom activities—with 90% of students demonstrating an increased understanding of how to live the school's Catholic

mission and core values, as measured through reflections, surveys, and participation records.

5. Staff and Family Wellness Goal

Build a culture of wellness among the entire school community.

By May 2029, the school will provide at least two wellness-focused opportunities annually for staff and families (e.g., wellness nights, mental health workshops, fitness events, faith-based gatherings).