



MCDONELL AREA CATHOLIC SCHOOLS

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McDonnell Area Catholic Schools Local Wellness Policy

Revised January 2023

A Local Wellness Policy (LWP) is a written document that guides a School Food Authority (SFA) to establish a school environment that promotes students' health, well-being, and ability to learn. The U.S. Department of Agriculture (USDA) released a final rule on wellness policies in August 2016 that defines required content areas. To be compliant with the final rule, SFAs are required to have language in their LWP that relates to all the content areas listed below.

Mission

The Education Commission of the McDonnell Area Catholic Schools recognizes that there is a link between nutrition education, the food served in schools, physical activity, and environmental education, and that wellness is affected by all of these. The Education Commission also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.

The Education Commission recognizes that it is the role of MACS, as part of the larger community, to model and actively practice, through policies and procedures: the promotion of a healthy family lifestyle. Physical activity, good nutrition, an active prayer life, sustainable agriculture, and environmental restoration are all part of a healthy lifestyle. Christ teaches this message on every page of the Gospel through the use of the communal or family meal. It is at the table where we learn to love our neighbor and ourselves, starting with our bodies. We cannot love our neighbor well if we do not first love ourselves.

The Education Commission further recognizes that the sharing and enjoyment of food, participation in physical activities and communal worship are fundamental experiences for all people and are a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming intergenerational bonds, strengthening communities, and learning about spiritual life. It is no coincidence that Christ gives himself to us in the form of a sacred banquet. The banquet is where we learn to love him and each other.

Policy Leadership

The McDonell Area Catholic Schools Education Commission shall ensure compliance with the policy by leading the review, update, and evaluation of the policy. The Education Commission will be guided, assisted, and supported by the Food Service Director along with the suggestions and guidance of the McDonell Area Catholic Schools Wellness Committee.

Public Involvement

McDonell Area Catholic Schools will invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the policy. The McDonell Area Catholic Schools Wellness Committee should include at a minimum the following group of people:

Director of Food Service/SFA Representative	Chair
Athletic and Activities Director/P.E. Teacher	Co-Chair
School Principal(s)	Member
Medical professional (nurse, doctor, etc.)	Member
Student	Member
Parent or community member (possible Ed. Comm committee assignment)	Member
At large community member	Member

School Meals

All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.

[Nutrition Standards for School Meals](https://www.fns.usda.gov/cn/nutrition-standards-school-meals)

<https://www.fns.usda.gov/cn/nutrition-standards-school-meals>

[National School Lunch Program Meal Pattern Chart](https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart)

<https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart>

[Nutrition Standards for CACFP Meals and Snacks](https://www.fns.usda.gov/cacfp/meals-and-snacks)

<https://www.fns.usda.gov/cacfp/meals-and-snacks>

[Meal Requirements Under the NSLP & SBP: Q&A for Program Operators](https://www.fns.usda.gov/cn/sp052022-questions-answers-program-operators)
<https://www.fns.usda.gov/cn/sp052022-questions-answers-program-operators>

Foods Sold Outside of the School Meal Programs

All food and beverages sold outside of the school meal programs during the school day shall meet the USDA Smart Snack standards

[A Guide to Smart Snacks in School | Food and Nutrition Service](https://www.fns.usda.gov/tn/guide-smart-snacks-school)
<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

Foods Provided but Not Sold

USDA has not defined specific guidelines for foods provided but not sold (e.g., class parties, class snacks, rewards). McDonell Area Catholic Schools encourage foods offered on the school campus meet or exceed the USDA Smart Snacks in School standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. The McDonell Area Catholic Schools are “NUT FREE” campuses, meaning that any shared foods that will be brought on campus must not contain nuts.

Non-food celebrations will be promoted and a list of ideas is available.

Food and Beverage Marketing

McDonell Area Catholic Schools will restrict food and beverage marketing during the school day to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.

[A Guide to Smart Snacks in School | Food and Nutrition Service](https://www.fns.usda.gov/tn/guide-smart-snacks-school)
<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

Nutrition Education

McDonell Area Catholic Schools shall integrate nutrition and wellness education into the school curriculum and provide related resources/information to parents/guardians.

Nutrition Promotion

McDonell Area Catholic Schools shall use the [Wisconsin Team Nutrition Meal Appeal Self-Assessment](#) to determine ways to improve the school meals environment. McDonell Area Catholic Schools shall implement at least 1 technique at each school.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. McDonell Area Catholic Schools shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The district shall also provide opportunities for students to participate in physical activity in addition to physical education.

Other School-Based Strategies for Wellness

McDonell Area Catholic Schools shall implement at least 1 family-focused event supporting health promotion (e.g., health fair, nutrition/physical activity open house) each year.

Triennial Assessment

McDonell Area Catholic Schools Education Commission will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

[Triennial Assessment](#)

Update/Inform the Public

McDonell Area Catholic Schools will actively inform families and the public about the content of and any updates to the policy through the school website and Education Commission meetings. The Wellness Committee shall meet at least two times a year at hours convenient for public participation.