

St. Peter Catholic School Wellness Policy and Guidelines

Revised: August 2010

I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects students' health, well being, and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

- A. The school community recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students' health, well being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school community encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring and reviewing school nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students in grades PreK-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- G. A wellness team will serve as a contact for implementing the wellness policy and will assist in the coordination of staff and student wellness.

III. GUIDELINES

A. Foods and Beverages

1. All foods and beverages made available in food service areas will be consistent with the current USDA Dietary Guidelines for Americans
2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
3. Food Safety
 - a. All food sold or served to students will be prepared in health-inspected facilities under the guidance of food safety certified staff.
 - b. The school will provide student access to hand washing or hand sanitizing before students eat any meals or snacks.
4. The school will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
5. The school should not allow students to share their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
6. The school will make every effort to communicate to parents/guardians that healthy food choices should be selected when sending food to school with children and that foods without nutritional value should be avoided. Examples of healthy options to select will be provided.

B. Nutrition Education and Promotion

1. The school will encourage and support healthy eating by engaging in nutrition education that is offered as part of a comprehensive program integrated into classroom instruction to provide students with the knowledge and skills necessary to promote and protect their health.
2. The school will encourage and support healthy eating by providing enjoyable, developmentally appropriate, culturally relevant, and participatory activities such as contests, promotions, taste tests, field trips or similar activities.
3. Activities during non-school hours are supportive of healthy eating by having healthy food options available.

4. The school will encourage the use of a variety of rewards for academic performance or good behavior and not rely only on foods or beverages as a reward.
5. Classroom celebrations should be held after lunch and encourage healthy choices and portion control.

C. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle.
2. In addition to regular physical education, classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
3. Extended day programs 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.

D. Communication with Parents

1. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.
2. The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
3. The school will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

IV. Implementation and Monitoring

- A. After approval by the school administration, the wellness policy will be implemented throughout the school.
- B. The food service program administrator will provide an annual report to the principal setting forth the nutrition guidelines and procedures for selection of all foods made available through the food service program.

- C. The principal will ensure compliance with the wellness policy and will provide an annual report of the school's compliance with the policy to the school community.