

Wellness Policy 2022

I. Purpose

Sacred Heart Catholic School is committed to promoting and protecting students' health, well-being and ability to learn. Thus, Sacred Heart Catholic School supports healthy eating habits and healthy physical activity. We strive to provide a healthy school nutrition environment which is conducive to good learning. These efforts contribute positively to honoring our bodies as a gift from God.

II. General Statement of Policy

By working toward the following goals, Sacred Heart supports the link between health wellness and improved educational outcomes of our students.

- A. Students will have access to affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- B. Sacred Heart Catholic School will participate in the National School Lunch Program.
- C. Sacred Heart will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
- D. All students will have opportunities, support and encouragements to be physically active on a regular basis.

III. Nutrition and Food Environmental Guidelines

A. Food Environment

1. Students are provided a healthy lunch each day through our hot lunch program. Lunch periods will be scheduled in the middle of the day.
2. It is a goal to provide students 20-25 minutes to eat during meal periods.
3. It is a goal to provide dining areas that will be attractive and include enough seating areas to accommodate all students who would like to sit and eat lunch, as well as enough serving areas so that students do not have to spend too much time waiting in line.
4. Hand-washing will be available for students prior to eating. They will be encouraged to wash their hands before meals as a way of preventing the spread of germs and reducing the risk of illness. Hand sanitizer is also available in the lunchroom.
5. Drinking water will be available in the lunchroom for students. Students may get a drink at any time during the lunch period.
6. Lunch will follow the recess period to better support learning and healthy eating.

B. Food Service Operation

1. Sacred Heart Catholic School promotes a pricing plan to ensure maximum participation in the school meal program and will make certain that all eligible children that qualify receive free and reduced-price meals.
2. Sacred Heart will ensure that students eligible to receive free or reduced price meals are not treated differently from other students nor are they easily identified by their peers.
3. Sacred Heart will contract with Lancer Catering to employ a food server who is properly qualified and certified. Food service personnel will meet professional standards to administer the school food service program and satisfy reporting standards.
4. Lancer Catering will plan menus that will meet the nutrition standards recommended. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.

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

- 5.. Menus will be posted on our School Nutrition school web site. Parents use Boonli to pre-order school lunch.
6. Lancer Catering will accommodate students with special dietary needs.

IV. Community Collaboration

A. Communications with Parents

1. Sacred Heart Catholic School will support parents' efforts to provide a healthy diet and daily physical activity for their children.
2. Sacred Heart Catholic School will provide information about physical education and other school-based physical activity opportunities during and after the school day and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

B. Opportunities After School

1. Sacred Heart Catholic School encourages the participation of all students in activities such as extra-curricular activities, community and family activities that promote physical activity.
2. Sacred Heart Catholic School will offer a range of physical activities that meet the needs, interest and abilities of all students.

IV. Curriculum

- A. Sacred Heart Catholic School will provide education to promote lifelong habits of healthy eating and physical activity. Linkages between health education, physical education, school meal programs and related community services will be fostered.

- B. Integrating Nutrition Education into the Classroom Setting

1. Sacred Heart Catholic School will provide nutrition education and engage in nutrition promotion that:
 - a. is offered at each grade level as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. promotes fruits, vegetables, whole grain products, low-fat and fat-free daily products, and health enhancing practices for daily snacks, grades K-5.
 - c. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise); and nutrition related community services;
 - d. includes training for teachers and other staff.
2. Staff is encouraged to model good nutrition.
3. Birthday students are asked to bring a non-food item to share with the class such as pencils, stickers, erasers or donate a book to the school or classroom library.
4. School parties with snacks are only allowed for Christmas and Halloween. We encourage healthy snacks for any other classroom party that may occur.
5. Alternate lunch in the classroom during the designated lunch period is not allowed during the school day.
6. Food & beverage marketing will not be used.

- C. Physical Education

1. All students will receive physical education for at least 60-100 minutes per week throughout the school year, depending on the grade level.
2. Students will be moderately to vigorously active for at least 50% of class time during most will spend at least 50 percent of physical education class time participating in

moderate to vigorous physical activity.

- D. Integrating Physical Activity into the Classroom Setting
 - 1. Students need opportunities for physical activity beyond physical education class, therefore:
 - 2. Classroom teachers are encouraged to develop opportunities for physical activity that can be incorporated into subject lessons and are encouraged to provide short, physical activity breaks during class. Teachers often take brain breaks in the classroom that allow for movement.
 - 3. Staff are encouraged to model physical activity.
 - E. Promoting a Healthy Lifestyle
 - 1. Classroom instruction 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.
 - F. Rewards and Consequences
 - 1. Physical activity is important, therefore, staff will use reasonable judgment before using physical activity or the withholding of physical activity as consequence. A student may miss a portion of recess as a consequence, but not the entire recess.
 - 2. Food should not be used as a reward or consequence.
- VI. Leadership and Policy Review
- A. The principal (or designee) will implement and ensure compliance with the Wellness policy by leading the review, update, and evaluation of the policy.
 - B. An overall wellness policy review will take place every 3 years by the School Advisory Council.
 - C. The school will invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the policy. Stakeholders may include teachers, PE teacher, school nurse, parents, students, healthcare provider).

Reviewed May, 2022