

WELLNESS POLICY

Approved by the Total Board of Catholic Education June 2012

(Revised August 2019)

In keeping with our mission to educate the whole person - mind, body, and soul, - following the life and teachings of Jesus Christ and the Catholic Church, we are complying with the following wellness criteria. We know that while our school's primary mission is educating children, children cannot learn effectively without the foundations of health and safety.

Most Precious Blood Catholic School**Local Wellness Policy****Goals**

In order to create and maintain an environment which supports and teaches healthy eating habits as well as physical activity, the meal program(s), physical education, and health curricula will work together to meet the following goals:

Physical and Nutrition Education Goals

- Students in 3K through grade 6 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- School faculty and staff will collaborate on school nutrition education.
- Nutrition education will be integrated into all areas of the curriculum.
- Staff development will be provided in nutrition education.
- Schools are encouraged to enroll as Team Nutrition Schools.
- School will conduct nutrition education activities and promotions that involve parents, students, and the community.

Physical Activity Goals

- Students in 3K through grade 6 will be given opportunities for physical education classes, daily recess periods for students, and the integration of physical activity into the academic curriculum.
- The school will provide a quality physical education program that helps develop the knowledge, attitudes, skills, behaviors, and confidence needed to be physically active.
- The school will work with the community to create ways for students to walk, bike, rollerblade, or skateboard safely to and from school.
- The school will provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
- Parents and guardians are encouraged to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- The school will work towards ensuring that the physical education teacher is state certified.

School-Based Activities Designed to Promote Student Health and Wellness Goals**Dining Environment**

- The school will provide a clean, safe, enjoyable meal environment where students will have adequate time to eat.
- The school will provide enough space and serving areas to ensure students have access to school meals with minimum wait time.
- Students are encouraged to participate in school meal programs.
- Lunch will be scheduled as near to the middle of the school day as possible.
- The school will attempt to schedule recess for students before lunch so that children will come to lunch less distracted and ready to eat.

Food and Physical Activity as a Reward or a Deterrent

- Food as reward is discouraged; however, food that is used as a reward should be nutritional.
- Physical activity is not to be used as a deterrent/punishment.

- Sufficient nutrition and ample physical activity should be provided daily; denying student access to nutrition, recess, or other physical activities is strongly discouraged.

Consistent School Activities and Environment

- Fundraising efforts should support healthy eating.
- Food service personnel shall remain current on nutritional issues.
- Efforts will be made to keep physical activity facilities available for use outside school hours.
- Parents, school staff, students, and community members are encouraged to serve as role models in practicing healthy eating and physical activities.
- Students will have access to drinking water throughout the school day.
- The school will adhere to the following nutrition guidelines:

Nutrition Practices

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment.

Food, Beverages

All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/sites/default/files/dietaryspecs.pdf).

- They are from the five major food groups of the Food Guide Pyramid
- They are working toward reducing trans-fat/hydrogenated, saturated fats, and sugar content.
- They are nutritionally dense foods.
- Food and/or beverages offered at school functions outside of the school day should include healthy alternatives.
 - This includes, but is not limited to: a la carte sales, vending machines, snack bars, school stores, concession stands, and any foods or beverages served at parties, celebrations, and school meetings.
- All food and beverages sold outside of the school meal programs shall meet the standards established in USDA's Nutrition Standards for All Foods in Schools (Smart Snacks) rule.
- The school encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.

Fundraising

All fundraising products for sale and consumption within and prior to the instructional day will be expected to follow the Diocesan Nutrition Standards when determining the items being sold. Items that are sold that do not meet the Diocesan Nutrition Standards may be acceptable for student consumption within moderation and on an intermittent basis.

Marketing

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

Diocesan Nutritional Standards

The school will follow the guidelines as outlined by the USDA in the National School Lunch Program and / or the Dietary Guidelines for Americans 2005 available through the U.S. Department of Health and Human Services, U.S. Department of Agriculture at <https://www.cnpp.usda.gov/dietary-guidelines>

The following guidelines apply to foods served outside of the lunch program.

Food:

- Encourage the consumption of nutrient dense foods, ie. whole grains, fresh fruits, and vegetables.