

## **Health and Wellness**

### **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. St. Katharine Drexel School recognizes that nutritional and physical education are essential components of the educational process and that good health fosters student attendance and learning.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. All students in grades Pre K-6 will have opportunities, support, and encouragement to be physically active on a regular basis.
- D. Qualified food service personnel will provide students with access to a variety of nutritious and appealing foods that meet the health and nutritional needs of students.
- E. The school will provide clean, safe, and pleasant settings and adequate time for students to eat.
- F. The school will encourage the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school nutrition and physical activity policies.

### **III. Guidelines**

#### **A. Foods and Beverages**

- 1. All meals served at St. Katharine Drexel School 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 service personnel shall adhere to all federal, state, and local food safety and security guidelines.
- 4. The school will provide students access to hand washing or hand sanitizing before and after students eat meals or snacks.
- 5. The school will schedule meal periods at appropriate times during the school day and provide sufficient time to eat.

6. The school will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water, milk and **100%** juice as the primary beverages. Morning snacks will be scheduled for half-way between students' breakfast and lunch. Birthday treats will be stored in the classroom or the staff refrigerator not in the school kitchen.

B. Food Brought to School

1. Because of food allergies and to insure the safe preparation of food, thereby minimizing the risk of food borne illnesses, no food shall be prepared in a student's residence and brought to school with the intent of being shared with other students. All food brought to school with the intent of being shared must be in commercially wrapped containers, with the exception of fresh fruit and vegetables. This includes birthday treats and food for classroom parties.
2. Non-commercially packaged foods may be shared with students at events outside of the school day when parent/guardian supervision is available.

C. School Food Service Program/Personnel

1. St. Katharine Drexel School will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. St. Katharine Drexel School's head cook will be responsible for the school's food service program and create a menu that ensures food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. The lunch program will provide continuing professional development for paid food service personnel.

D. Nutrition Education and Promotion

1. St. Katharine Drexel School will encourage and support healthy eating and engage in nutrition education. The school will offer an educational program designed to provide students, staff, and families with the knowledge and skills necessary to promote and protect their health.
2. St. Katharine Drexel School will encourage all students to make age appropriate, healthy selections of foods and beverages, including those brought as bag lunches, classroom snacks and party food choices.
3. St. Katharine Drexel School will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.

E. 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 and reduce sedentary activities such as watching television.
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate (i.e. brain breaks).

F. Communications with Parents

1. St. Katharine Drexel School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. St. Katharine Drexel School will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. St. Katharine Drexel School encourages parents to pack healthy bag lunches and snacks and refrain from including beverages and foods without nutritional value.
4. St. Katharine Drexel 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

1. Upon approval by the School Board, the wellness policy will be implemented throughout the school.
2. School food service staff will ensure compliance within the school's food service areas.
3. St. Katharine Drexel School's food service personnel and the principal will provide an annual report to the School Board: (1) setting forth the nutrition guidelines and procedures for selection of all foods made available and (2) evaluating the yearly goals set forth by the Wellness Committee.
4. St. Katharine Drexel School will post its wellness policy on its website.

Adopted by: St. Katharine Drexel School Board

Date: July 2008

Reviewed: December 2016