



APPENDIX C WELLNESS POLICY

Saint Malachy Catholic School knows that good nutrition and learning go hand in hand!

The Shamrock Café is made up of a team of food and nutrition professionals that are dedicated to students' health, well-being and their ability to learn. We support learning by promoting healthy habits for lifelong nutrition and fitness practices.

Meals, foods and beverages sold or served at schools meet state and federal requirements which are based on the U.S. Dietary Guidelines. We provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students.



WELLNESS POLICY

The School recognizes that good nutrition and regular physical activity affect the health and well-being of the students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The school believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the school alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The school designates the cafeteria manager as the individual charged with operational responsibility for measuring and evaluating the school's implementation and progress under this policy. The manager shall develop administrative guidelines necessary to implement this policy.

The manager shall report on the school's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the state.



WELLNESS - ADMINISTRATIVE GUIDELINES

➔ Section I : Nutrition Education and Physical Activity/Education

Saint Malachy Catholic School sets the following goals in an effort to enable students to establish good health and nutrition habits:

1. **With regard to nutrition education and promotion**

- a. Nutrition education shall be included in the Health curriculum where instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
- b. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
- c. The food service department will promote healthy food options so that students are aware of these food choices and motivated to try them.
- d. Schools will aid in nutritional promotion at wellness events, in parent newsletters, and through media outlets.

2. **With regard to physical education and activity, the school shall:**

- a. Provide a sequential, comprehensive physical education program for students in accordance with the standards and benchmarks established by the State.
- b. Provide a sequential, comprehensive physical education curriculum that stresses the importance of remaining physically active for life.
- c. Ensure physical activity is not routinely or excessively withheld as a form of discipline or punishment nor replaced by additional instruction and/or extended time for assignment completion.
- d. Daily recess for students in Preschool – 5th grade will be at least 20 minutes a day under supervision, preferably outdoors.

3. **With regard to other school-based activities including after school program, schools may:**

- a. Demonstrate, encourage, and support for the health of all staff by offering wellness related activities and/or the use of facilities by providing periods of physical activity for all participants.

➔ Section II : Nutrition Programs and School Meals

Saint Malachy Catholic School recognizes the need for all students to have access to high quality foods and beverages such as fruits, vegetables, low-fat dairy and whole-grains, and a variety of protein sources wherever and whenever food is sold or otherwise offered at school during the normal school day. Meals served through the National School Lunch and Breakfast Programs will meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs. All foods and beverages sold outside of the Child Nutrition Program will meet the Smart Snacks in Schools Standards.

1. With regard to school lunch, schools will:
 - a. Serve as a model for healthy eating
 - b. Emphasize a variety of fruits, vegetables, whole grains, and low-fat dairy foods and a variety of protein sources.
 - c. Provide students with adequate time to eat. The School Nutrition Association recommends twenty minutes for lunch from the time a student is seated.
 - d. Promote school meal participation with taste tests, themed lunches, engaging signage, celebrity guests, etc.
2. With regard to snacks, any foods sold must:
 - a. Be a “whole grain-rich” grain product; or
 - b. Have as the first ingredient a fruit, a vegetable, a dairy product, or protein food; or
 - c. Be a combination food that contains at least ¼ cup of fruit and/or vegetable
3. With regard to beverages sold, schools may sell:
 - a. Plain water (with or without carbonation)
 - b. Unflavored low-fat milk
 - c. Unflavored or flavored fat free milk and milk alternative permitted by NSLP/SBP
 - d. 100% fruit or vegetable juice and
 - e. 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
4. With regard to foods sold outside of the Child Nutrition Program, the following guidelines will be followed:
 - a. Student birthdays will not be celebrated with food items on school grounds.
 - b. The use of food and/or beverages as incentives and rewards for students should be used sparingly, and approved by the principal/designee.
 - c. Food and beverage items used as part of an instructional lesson or unit, which do not meet the USDA’s “Smart Snacks” standards must be curriculum-based, used sparingly, and approved by the principal/designee.
 - d. Soft drinks will not be sold to students during the school day.