

# **GOOD SHEPHERD SCHOOL WELLNESS POLICY POLICY**

## **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, physical activity and social and emotional health. Good Shepherd School is committed to enhancing the development of lifelong wellness practices through active partnership with parents and community.

## **II. GENERAL STATEMENT OF POLICY**

The school recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.

- A. The school environment will promote and protect students' health, well being, and ability to learn by encouraging healthy eating and physical activity.
- B. The school 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.
- C. All students need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive and achieve academic success.
- D. All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- E. 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.

## **III. GUIDELINES**

- A. Foods and Beverages
  - 1. All foods and beverages made available 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 personal shall adhere to all federal, state, and local food safety and security guidelines.
  - 4. The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

5. The school will provide students access to and encourage hand washing or hand sanitizing before they eat meals or snacks.
6. 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.
7. The school will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
8. The school will discourage the use of soda vending machines during the school day.

B. School Food Service Program/Personnel

1. The school will provide healthy and safe school meal programs that strictly comply with all federal, state and local statutes and regulations.
2. The school shall designate a Food Service Director to be responsible for the school food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. The nutritional needs of students will take precedence over profit generation.
4. As part of the school's responsibility to operate a food service program, the school will provide continuing professional development for all food service personnel in schools.

C. Nutrition Education and Promotion

1. The school will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. part of physical education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate.
2. Fruit, vegetables, whole grain, and low fat dairy products will be promoted for healthy meals and snacks.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health and physical education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.
2. The school will provide physical education instruction for all students in grades K-6.

3. Opportunities for physical activity will be incorporated into other subject's lessons, where appropriate; the school will not withhold physical education class as a form of punishment.
4. A variety of opportunities for physical activity are provided to the students after school throughout the school year.

E. Communications with Parents

1. The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well being.
2. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. 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 board, the wellness policy will be implemented.
- B. School food service staff, will ensure compliance within the school's food service areas and report to the building principal as appropriate.
- C. The school food service director will provide an annual report to the principal setting forth the nutrition guidelines and procedures for selections of all foods made available.
- D. The principal will ensure compliance with the wellness policy.

**Legal References:** 42 U.S.C. § 1751 *et seq.* (Richard B. Russell National School Lunch Act)

42 U.S.C. § 1771 *et. seq.* (Child Nutrition Act of 1966)

P.L. 108-265 (2004) § 204 (Local Wellness Policy)

7 U.S.C. § 5341 (Establishment of Dietary Guidelines)

7 C.F.R. § 210.10 (School Lunch Program Regulations)

7 C.F.R. § 220.8 (School Breakfast Program Regulations)