

ST. PHILIP'S SCHOOL

WELLNESS POLICY

Sec. 204 Local Wellness Policy: Not later than the first day of the school year beginning after June 30, 2006, all school districts that receive funding from the federal school lunch program are required by the Child Nutrition and WIC Reauthorization Act of 2004 (“the Act”) to have a wellness policy that includes nutrition guidelines, goals for nutrition education, physical activity to promote student wellness, and other school-based activities that are designed to promote wellness. The Act requires the involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the wellness policy. The Act also requires a plan for measuring implementation of the policy and the designation of at least one person charged with operational responsibility for ensuring the school district is in compliance with the policy. The Act provides for technical assistance and information from the Secretary of Agriculture to aid state and local educational agencies and school food authorities in establishing healthy school nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases.

MISSION FOR THE WELLNESS POLICY

St. Philip's School strives for academic excellence in a safe learning environment for each child. We desire a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

PHILOSOPHY

St. Philip's School is committed to providing a healthy school environment which promotes nutrition education and physical education as essential components of our students' education and good health.

St. Philip's School encourages the involvement of students, parents, teachers, staff, School Council, and administrators in implementing, monitoring, and reviewing the school's nutrition and physical activity policies.

We strive to give children access to healthy foods and opportunities to be physically active in order to grow, learn, and achieve academic success.

School staff will provide students with access to a variety of appealing foods that meet the health and nutrition needs of students.

I. GOALS FOR SCHOOL FOOD AND NUTRITION PROGRAM/PERSONNEL

- 1. St. Philip's School will meet nutrition requirements established by local, state and federal statutes and regulations.**
- 2. St. Philip's School will offer a variety of appealing choices including fruits, vegetables, low-fat dairy, and whole grain foods.**
- 3. An appropriate length of time will be scheduled for students to eat meals.**
- 4. Meal times will be scheduled to allow for recess for grade levels K – 6 and whenever possible for Grades 7 and 8.**
- 5. We will encourage students to participate in the National School Breakfast and National School Lunch Programs.**

ACTION STEPS

- A. Food and beverages will comply with Federal standards and guidelines.**
- B. Staff will take every measure to ensure that student access to foods and beverages meet or exceed all federal and state guidelines.**
- C. Staff shall adhere to all federal, state, and local food safety and security guidelines.**
- D. St. Philip's School will make every effort to prevent the overt identification of students who are eligible for free and reduced-price school meals according to federal and state guidelines.**
- E. St. Philip's School will provide student access to handwashing before they eat meals or snacks.**
- F. The school will make every effort to provide students with sufficient time to eat after sitting down for school meals (fifteen to twenty minutes).**
- G. All foods made available to students will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illnesses in schools.**
- H. For the safety and security of food, access to the kitchen area is limited to authorized personnel while the school's meals are being prepared and served.**
- I. St. Philip's School encourages staff to attend professional workshops that relate to the Food and Nutrition Program, as well as nutrition, wellness, and food safety issues.**

II. NUTRITION GOALS FOR ALL FOODS AND BEVERAGES AVAILABLE ON THE SCHOOL CAMPUS DURING THE SCHOOL DAY

- 1. St. Philip's School recommends guidelines for snacks consumed during the school day.**
 - A. Encourage the serving of whole grains, fruits, vegetables, and dairy as the primary snack item during the school day and the Noah's Ark after school program.**
 - B. For those students who bring their own snacks, parent information will be sent home on healthy snack/food ideas for their students to bring to school.**
 - C. St. Philip's School will offer snack in a timely manner keeping in mind the students' meal times.**
 - D. St. Philip's School will limit the number of times soft drinks are available to students.**
- 2. St. Philip's School recommends the selling of healthy foods or non-food items as fundraising activities.**

III. PHYSICAL ACTIVITY GOALS

- 1. Students are given opportunities for physical activity during the school day through physical education classes, daily recess, and the integration of physical activity into the academic curriculum.**
- 2. Students are given notice of opportunities for physical activity through a range of after school programs including, but not limited to, Community Education, youth sports organizations, Bemidji Middle School, Noah's Ark, and Boys' and Girls' Club.**
- 3. St. Philip's School encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.**

ACTION STEPS

- A. St. Philip's School will post motivational posters and community events to increase students' and families' physical activity.**
- B. The physical education teacher should have the opportunity to attend at least one workshop per year. Other teachers and staff will be encouraged to attend community workshops offered in the area of nutrition and physical activity.**

IV. NUTRITION EDUCATION GOALS

- 1. Students in K-8 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.**
- 2. Nutrition education is offered in the school cafeteria, as well as in the classroom, with coordination between staff and teachers.**
- 3. Students receive consistent nutrition messages throughout the school.**
- 4. St. Philip's School's science curriculum addresses health, nutrition, and physical education.**

ACTION STEPS

- A. We will maintain a science curriculum that includes nutrition education.**
- B. Cooks will visit the classrooms to assist the children in planning a day's lunch.**
- C. Nutrition messages are posted throughout the school and dining room. Students are encouraged to be aware of messages in community and media that relate to nutrition.**

V. IMPLEMENTATION AND MONITORING

NOTE: The Act requires that the wellness policy establish a plan for measuring implementation of the policy, including designation of at least one or more persons within the school charged with operational responsibility for ensuring that the school meets the requirements of the wellness policy.

- 1. The principal and faculty will evaluate the effectiveness of the Wellness Policy.**
- 2. The school cook will ensure compliance with the school nutrition program guidelines.**
- 3. St. Philip's School will, as necessary, revise the wellness policies and develop plans to implement the revisions.**

Adopted by St. Philip's School Board: May 9, 2006

Revised: August 14, 2007

Revised: May 2008

Revised: 2011/2012 school year