



2019-2020 Wellness Policy

Saint Lawrence Catholic School

2019-2020 Wellness Council:

Principal:

Mr. Rob Frey

Physical Education Teacher:

Mrs. Natalie Reece

revised July 2019

Description:

School Wellness Policies, which include all areas of health and wellness, have been shown to increase school attendance, improve student concentration, reduce behavior problems, and promote learning and positive attitudes (National School Board Association). Saint Lawrence Catholic School recognizes the importance of student wellness. We strive to provide a healthy environment that enhances the learning and development of each child.

Goals of our Wellness Policy:

- The school shall maintain a Wellness Council. This Council shall include the Principal, Physical Education Teacher, and School Nurse (if available). The Wellness Council will develop, implement, monitor, and review the school's Wellness Policy on an annual basis. The Wellness Council will revise the Wellness Policy as necessary.
- Food and beverages served at school will meet the nutritional recommendations of the USDA, and be in compliance with all federal, state, and local statutes. Students and their families will be provided with nutritional information.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis.

Implementation of our Wellness Policy:

School Lunch Program:

Our school will serve daily lunches provided by BF Foods. These lunches are tailored towards elementary students and meet all of the nutritional requirements of the National School Lunch Program (NSLP).

Our school lunch program will:

- meet nutrition requirements established by local, state, and federal statutes and regulations
- include only 1% milk and nutritionally equivalent non-dairy alternatives
- feature meals that are attractive and appealing to children, including hot meals
- feature meals served in a clean and pleasant setting evaluated by the Board of Health
- distribute monthly nutrition newsletters to parents (Nutrition Nuggets)
- distribute monthly lunch menus to parents
- feature meals that are served between 10:00 AM-12:00 PM each day, with an opportunity for students to wash their hands prior to eating

Nutrition Protocols:

- sharing and/or trading of food and beverages at lunch is prohibited
- staff will encourage students to consume all or most of their meal during daily lunch service
- soft drinks and energy drinks (Red Bull, Monster, etc.) are prohibited at lunch
- healthy snacks are encouraged during school, during After-School Care, and at Movie Nights
- birthday parties and other celebrations will be conducted only after lunch is over for the day

Nutrition Education:

- will provide students with knowledge and skills to promote and protect their health
- will include enjoyable lessons and activities (farm visits, health fairs, etc.)
- will be offered at each grade level as a part of classroom instruction

Physical Activity:

- Students will participate in structured, standards-based Physical Education classes twice a week for at least 70 total minutes. At least 70% of PE class time will involve physical activity.
- Students will have an opportunity to utilize electronic pedometers to track their physical activity during PE class.
- Students will be given opportunities to participate in physical activities (other than Physical Education class) for short period of time during the school day. Recess will be at least 30 total minutes each day, with one morning session and one afternoon session.
- Students will be given opportunities to participate in athletic teams in grades 3-4-5.
- The After-School Care program will encourage outdoor play as weather allows.

Monitoring our Wellness Policy:

- The Principal will ensure compliance with all policies included in the Wellness Policy
- The Food Service vendor will remain knowledgeable about USDA nutrition guidelines, as well as new regulations and statutes set forth by federal, state and local entities
- The Food Service vendor will ensure compliance with the nutritional policies of SLCS
- The Food Service vendor will report to the Principal concerning any additions or changes to nutrition guidelines

Screenings:

- Vision screenings will be conducted annually by the School Nurse or appropriate designee
- Hearing screenings will be conducted annually by a designated speech-language pathologist
- Head lice screenings will be conducted by the School Nurse on an as-needed basis
- Students in grades 3-4-5 will have the opportunity to get a free Sports Physical once per year