

Wellness Policy 2018

Sacred Heart School Loretto

Sacred Heart is committed to providing a school environment that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

School Meals

Meals served through the National School Lunch Program will be appealing and attractive to children.

Students are offered a variety of healthy items daily including fresh fruits and vegetables. Lunches meet the minimum and maximum nutrition requirements set by the National School Lunch Program.

Free drinking water is available in the cafeteria daily at all lunch times.

Please provide a medical form if your child has dietary restrictions.

Snacks

Students are encouraged to have healthy snack at break time. State Approved Smart Snacks and Beverages are sold in the cafeteria for **.75** each at morning break. Beverages brought from home are to be 100 % fruit juice, prepackaged water bottles or refillable bottles for **Water** only. Our goal is to teach students how to lead healthy lives.

No Carbonated Beverages

No carbonated beverages are allowed on school campus for students during school hours.

Reward Parties

SHS should limit the use of food and beverages as rewards. Non-food items are recommended such as stickers, pencils, extra recess time.... Reward parties may include food items that include nutritional items.

Celebrations

Celebrations should be limited to once a month. Each party that includes food should meet with 50% of the food with nutritional value. Example - chips and cupcakes with fresh fruit and fruit juice. We have a No Carbonated Beverage Policy so soft drinks **cannot** be used as a non-nutritional food item.

School Sponsored Events

Events after school hours that offer or sell food items are encouraged to have nutritional food items or beverages available also.

Bake Sales and Field Day

Foods and Beverages sold during the school day outside of the cafeteria should be no more than once a month. There is **not** a restriction on the sell of the food items but please

keep in consideration of the No Carbonated Policy and include nutritional items for sell also.

Birthdays

Student's birthdays may be celebrated. Snack items may be brought in along with **napkins** to pass out to the class. Individual wrapped items are recommended. The school or cafeteria does not supply the paper products. Beverages may be purchased through the cafeteria if needed.

Physical Activity

Students need physical activity beyond P.E. class. Classroom education can encourage an active life style outside of school. Students are also encouraged to participate in our Annual 4th of July Picnic, Field Day events, Basketball, Soccer and Cross Country teams.

Nutritional Education and Promotion

SHS aims to teach, encourage, and support healthy eating by students. Nutrition education can be incorporated into classroom subjects.

Communication with Parents

Nutrition information, nutrition tips, wellness policy, and weekly menus will be on the school web site. The school will provide information for opportunities to be physically active outside of school such as being involved with sports.

Goal

This is a process that will grow and change throughout the years. Our goal is to promote a healthy lifestyle for our children that they can carry throughout their lives.

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