

St. Dominic School Wellness Policy



PURPOSE

In compliance with federal law 108-265, Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004, St. Dominic School will establish a wellness policy that promotes student health and contributes to the reduction of childhood obesity. The components of the local wellness policy include nutrition education, physical education, nutrition guidelines for all foods available during the school day, and other activities that promote student wellness.

1. Nutrition Education:

- Will be evident in the cafeteria/lunchroom setting by bulletin boards, posters, and menus that promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Will include community outreach by the use of, paper menus and flyers, and nutrition information shared from the choosemyplate.gov website.
- The Coordinated School Health (CSH) model will be used for Health curriculum and grades K-5 will have Health once a week.

- A school garden will be established and children will participate in the planting, growing and harvesting of vegetables. As the vegetables are harvested students will be encouraged to taste the different vegetables.

2. Physical Activity Goals:

- Students in grades K-5 will receive physical education twice per week.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
- Students in grades K-5 will receive supervised recess on days when physical education is not offered and students in pre-school will receive daily supervised outside recess when temperatures are above freezing.
- Teachers will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- A voluntary “Torchbearers” program will be offered which encourages running and/or walking laps. Students will have a personal tracking chart to record the number of laps run/walked each day. As to not discourage those who may not run or walk as fast as others, awards will be based only on participation.
- Teachers or other school staff will not use physical activity or withhold opportunities for physical activity as punishment.

2. Nutrition Services

- Students will have adequate time in which to eat and enjoy their meals. Consideration will be given to the needs of different age groups, such as younger children who have specific developmental needs related to meals.
- Meals will be served in a clean and pleasant setting and meet the nutritional standards established by local, state and federal regulations.

- Cafeteria staff will encourage students to try new foods and provide a way for students to give feedback on lunches served.
- No food or beverages will be available for purchase from vending machines.
- Food and/or beverages will not be used as rewards or withheld as punishment.
- School staff and families will be encouraged to make healthy choices when providing snacks or celebrations for the students.

Monitoring

- The cafeteria manager will ensure compliance with nutrition policies within the school
- The school principal will ensure compliance with established nutrition and physical activity and wellness policies.
- The school nurse keeps a growth chart on each student grades K-5 and data will be entered at the beginning of each school year.