

# Wellness Policy for Lock Haven Catholic School

## **Purpose**

Lock Haven Catholic School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Wellness Committee is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

The school principal shall be responsible for the implementation and oversight of this policy to ensure the school complies with the wellness policy.

## **Wellness Committee:**

A Wellness Committee will review and revise the Wellness Policy, the Committee will conduct an assessment at least once every three years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. The committee will consist of school food service director, school principal, one teacher, school council member, physical education teacher, PTO representative, student school council president, and someone from the community.

The school shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents, updates, and implementation of this policy via the school website. The most recent triennial assessment will also be made publicly available. [www.lhcs.org](http://www.lhcs.org)

## **Nutrition Guidelines**

Foods provided through the National School Lunch Program shall comply with federal nutrition standards.

Competitive foods are defined as foods offered at school other than through the National School Lunch program:

- Our school does not offer competitive food or drinks from the school store or from a la carte sales.
- Classroom parties/snacks – Each family will be given a list of recommended foods for snacks, treats, and parties. Parents will be encouraged to provide healthy foods for these occasions. Teachers will regulate the amount of food given to each child.

- Packed Lunches – Parents/caregivers will be encouraged to promote their child’s participation in the hot lunch program. If the child does not participate, parents/caregivers will be encouraged to pack a healthy lunch for their child.
- Students will not be permitted to share their snacks and lunches with other students.
- Rewards – Classroom rewards will include non-food items.
- Fundraisers – The Lock Haven Catholic School Council, Principal, and Wellness Committee must approve any food fundraisers to ensure compliance with the Wellness Policy.
- Vending Machines – No vending machines are present at our location.

### **Nutrition Education**

The goal of our nutrition education curriculum will be to teach, encourage and support healthy eating by students. We believe that promoting student health and nutrition enhances readiness for learning and increases student achievement. We intend to meet these goals through the following policies:

- Faculty and Staff will implement the health curriculum areas of the Pennsylvania State Standards.
- Faculty and Staff will use MyPlate to instruct the students on dietary guidelines.
- Faculty and Staff will work with the food service director in planning at least one activity per school year to enhance nutrition education.
- Faculty and Staff will attend training and professional workshops on nutrition-related topics.
- Food Service Director will attend local workshops promoting nutritious school lunches.
- Wellness Committee will provide one parent education each year, which may be a school assembly or a newsletter article. This information will provide them with current information on improving nutrition and increasing physical activity for their families. Possible topics include: healthy weight for adults and children, weight management, weight related health issues, nutritious food alternatives, ways to increase physical activity, and MyPlate.

### **Physical Education**

Through the Physical Education program teachers will encourage and promote lifelong physical activity.

- Faculty and Staff will implement the Pennsylvania State Standards – Physical Activity (10.4) and Concepts, Principles and Strategies of Movement (10.5).

- Physical Education classes will be provided in accordance with the Diocesan time guidelines: 40-60 minutes for Kindergarten through third grade and 40-80 minutes for fourth through eighth grades per week.
- A minimum of ten minutes of each Physical Education class will focus on individual fitness as opposed to team competition.
- All students will be required to participate in physical education classes unless there is a specific documented medical reason.

### **Physical Activity**

Lock Haven Catholic School will provide a physical and social environment that encourages safe and enjoyable activity for all students. Activities will be geared to all children including those who are not athletically gifted.

- Opportunities for age-appropriate physical activity will include mid-morning stretch/exercise time and recess. Activities may include, but are not limited to, walking, jumping rope and unstructured play.
- Extended periods of inactivity, two hours or more are discouraged.
- The following programs may be used as resources to promote optimal health, wellness, and fitness: [www.actionforhealthykids.com](http://www.actionforhealthykids.com)

### **Other School-Based Activities**

Teachers and staff will organize healthy classroom snacks for celebrations. Healthy snacks may include the following items:

- Fresh fruit assortment
- Low-fat pudding, low-fat yogurt, yogurt smoothies, milk
- Cheese
- Veggies such as celery or carrots
- Trail/cereal mix (whole grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Granola bars
- 100% juice

Sometimes a celebration may include one sugar item such as a cookie or cupcake.

Teachers/School/PTO will provide a variety of non-food awards. Alternatives to food as a reward in the classroom/school include:

- Pencils
- Bookmarks
- Sit by friends
- Read outdoors or enjoy class outdoors
- Stickers

- Fun video or movie
- Trip to treasure box filled with erasers, bookmarks, stickers, etc.
- Play a favorite game or do a puzzle
- Extra recess

### **Management of Food Allergies in Lock Haven Catholic School**

The district shall establish Board Policy and administrative regulations to address food allergy management in Lock Haven Catholic School in order to:

- Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
- Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
- Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.