



# Wellness Policy

The School of St. Philip recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.



The school encourages the involvement of students, parents, teachers, staff, and other interested persons in implementing, monitoring, and reviewing school nutrition and physical activity policies. The school wellness committee meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this policy.

Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive. All students will have opportunities, support, and encouragement to be physically active on a regular basis including recess before school, noon recess, and Phy. Ed. classes 3 times per week. Teachers also provide opportunities for students to move during the school day (i.e. with brain breaks like Go Noodle).

Parents will be provided with educational materials to gain a better understanding of how to supply their children with nutritious snacks for morning snack breaks and healthy lunches at St. Philip School.

## A. Food and Beverages

1. All foods and beverages provided by the School of St. Philip will be consistent with the current USDA Dietary Guidelines.
2. Hot lunch will be provided as a contracted service from the Litchfield Public Schools, District 465. Its food service personnel will take every measure to ensure that student access to foods and beverages meets or exceeds all federal, state, and local laws and guidelines.
3. Litchfield food service personnel and School of St. Philip staff and volunteers shall adhere to all federal, state, and local food safety and security guidelines.
4. The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
5. The school will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. The school will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at an appropriate time during the school day.
7. There are no vending machines or food sales at the School of St. Philip.



## B. School Food Service Program/Personnel

1. The school will provide healthy and safe school meals that strictly comply with all federal, state, and local statutes and regulations.
2. The Litchfield School District has been contracted to provide lunches according to nutrition guidelines and procedures that ensure that choices are consistent with current USDA Dietary Guidelines.

## C. Nutrition Education and Promotion

1. The school will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. part of science/health classes as well as classroom instruction in subjects such as math, language arts, social sciences, and religion, where appropriate; and
  - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities.
2. The school will encourage all students to make age appropriate, healthy selections of foods and beverages, including those for snacks and school celebrations. We do not advocate denial in these special celebrations, but place the emphasis on appropriate portions. Families are given a list of suggestions.

3. Snacks, whether for individuals or for the class, should be nutritious in nature (low in sugar, salt, fat, etc.). The emphasis is on appropriate portions, and a list of suggestions is given to families.
4. Students are encouraged to keep water bottles at their desks throughout the school day and to drink milk with meals. Milk is offered for snacks in preschool – grade 2.

**D. Communications with Parents**

1. The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children’s health and well-being.
2. The school will support parents’ efforts to provide a healthy diet and daily physical activity for their children.
3. The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. The school will provide information about physical education and other school and community based physical activity opportunities and will support parents’ efforts to provide their children with opportunities to be physically active outside of school.
5. Parents communicate food allergies so that the school can deal with it on an individual basis.

**Implementation and Monitoring**

- A. After approval by the School Committee, the wellness policy will be implemented by the school.
- B. School staff will ensure compliance within the school and will report to the school principal.
- C. The Litchfield School District food service program administrator will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of foods made available through the food service program for the Litchfield School District and the School of St. Philip. This report will be available to the administration of the School of St. Philip.
- D. The principal will ensure compliance with the wellness policy and will provide an annual report of the school’s compliance with the policy to the school committee and school parents.
- E. Updates to the school wellness policy will be made annually and disseminated the public.

**E. Committee Recommendations**

- A. The school will make further recommendations regarding other health and wellness areas to best meet the needs of their students. These include:
  - a. Rest: The CDC recommends 10 to 13 hours of sleep for children ages 3-5 and 9 to 11 hours of sleep for children ages 6-13.
  - b. Screen Time: The APA recommends less than 2 hours daily of sedentary screen time for children. Having television in bedrooms continues to be associated with the extra risk for obesity. Media use around bedtime also can affect sleep patterns.  
<http://pediatrics.aappublications.org/content/early/2016/10/19/peds.2016-25920>

**F. Goals for 2018-2019**

- a. Monday Meeting warm-ups
- b. Healthy Snack taste test to introduce more healthy options
- c. Provide more direct education for parents
- d. Create student assessments

**Legal References:** 42 U.S.C. 1751 et se. (Richard B. Russell National School Lunch Act)  
 42 U.S.C. 1771 et seq. (Child Nutrition Act of 1966)  
 P.L. 108-265 (2004) 204 (Local Wellness Policy)  
 7U.S.C. 5341 (Establishment of Dietary Guidelines)  
 7C.F.R. 210.10 (School Lunch Program Regulations)

**Local Resources:** Minnesota Department of Education, [www.education.state.mn.us](http://www.education.state.mn.us)  
 Minnesota Department of health, [www.health.state.mn.us](http://www.health.state.mn.us)  
 County Health Departments  
 Action for healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

Source: Minnesota School Boards Association