



Wellness Policy

School of St. Philip Mission Statement

The School of St. Philip is a Catholic community dedicated to educating the whole child to greatness of mind, body, and spirit.

The school of St. Philip recognizes that nutrition education and physical education are integral components to educating the whole child. 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 people in implementing, monitoring, and reviewing school nutrition and physical activity policies. The school wellness committee meets throughout the 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 to grow, learn, and thrive. All students will have opportunities, support, and encouragement to be physically active on a regular basis including daily recess and Phy. Ed. classes. Teachers also provide opportunities for students to move during the school day. 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 the School of St. Philip.

A. Food and Beverages

1. All food 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. It's food service personnel will take every measure to ensure that student access to food and beverages meets or exceeds all federal, state, and local laws and guidelines.
3. Litchfield food service personnel and the 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. Cafeterias are cashless,

all students are rostered and manually processed by a member of staff for both breakfast and lunch. For the 2024-2025 school year, the district provides universal free school meals.

5. The school will provide students with access to handwashing before they eat meals or snacks.
6. The school will make every effort to provide students with a minimum of 20 minutes to eat after sitting down for school meals and will schedule meal periods at an appropriate time during the school day.
7. Free water will be available in the cafeteria during mealtimes. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.
8. The School of St. Philip will not use food or beverages as rewards for academic, classroom, or sports performances. It is strongly recommended that the staff use physical activity as a reward when feasible.
9. Physical activity may not be assigned to students as a consequence or a punishment for any reason.
10. Recess, PE, or other physical activity will not be withheld from a student as a punishment for poor behavior or incomplete work.
11. 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 the School of St. Philip with breakfasts through the USDA Breakfast Program.
3. 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.
4. Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the school website.
5. Opportunities for sampling new foods throughout the year.
6. The USDA Professional Standards for State and local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service staff. These personnel will refer to the USDA's Professional standard for School Nutrition Standards website to search for training that meets their learning needs.

C. Nutrition Education and Promotion

1. The School of St. Philip 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. includes nutrition lessons that are designed for integration into the curriculum 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 of St. Philip follows a comprehensive, standards based physical education curriculum that identifies the progression of skill development in all grades. Physical Education revision will follow a formally established periodic review cycle the same as other academic areas. The Physical Education curriculum is aligned with established state physical education standards.
3. The School of St. Philip will provide all students Physical Education that teaches them the skills needed for life long physical fitness.
4. All elementary students at the School of St. Philip receive 90 minutes of physical education instruction per week throughout the school year. Physical education is instructed by a staff member who is provided with opportunities for professional development throughout the year.
5. The School of St. Philip is part of a larger district that provides opportunities for physical activity before and after the school day and throughout the summer. The students and their families are encouraged to participate in those programs.
6. The School of St. Philip schedules at least 20 minutes of recess daily for every class in the school master schedule.
7. Classroom teachers provide a 15-minute mid-morning break each day to provide all students with physical activity opportunities.
8. The school will encourage all students to make age appropriate, healthy 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.
9. Snacks, whether for individuals or for the class, should be nutritious in nature (low in sugar, salt, fat, etc.).
10. Students are encouraged to keep water bottles at their desks throughout the school day and to drink milk with meals. Milk is offered as a snack in kindergarten-grade 5.
11. School of St. Philip staff members are encouraged to model healthy eating and physical activity behaviors. Additionally, free water and healthy snacks will be available in the staff break room.

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 food without nutritional value.

4. The school will provide information about physical education and other schools 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.
6. Implementation and monitoring
 - a. After approval by the School Committee, the wellness policy will be implemented by the school.
 - b. A letter will be sent to the school community and will be posted in a central area inviting members of the community to join the wellness committee. Parents, students, PE teachers, school committee members and school administrators will be included in the development, implementation, review and update of the wellness policy.
 - c. School staff will ensure compliance within the school and will report to the school principal.
 - d. 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.
 - e. The principal will ensure compliance with the wellness policy every three years using the Wellness School Assessment Tool and the latest national recommendations pertaining to school health. The report of the school's compliance with the policy will then be shared with the school committee, school parents and school community.
 - f. Updates to the school wellness policy will be made annually and disseminated to the faculty, parents, staff and students. A copy will be posted in the handbook and on the school website.

E. Committee Recommendations

1. 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 3-5 and 9 to 12 hours of sleep for children ages 6-12.
- b. Screen time: For children 2 to 5, limit screen time to one hour per day of high-quality programming.
- c. For children 6 and up, establish consistent limits on the time spent using media and the types of media.

F. Goals for 2025-2026

- a. Student led survey on healthy birthday treat options.
- b. Provide more direct education for parents about screen time.
- c. Look into summer rec/field trip activities.

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 1977)

