

## **WELLNESS POLICY**

Holy Family School is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle; and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff is encouraged to model healthy eating and physical activity as a valuable part of daily life.

- Students in K-8 will be provided with opportunities for formal and informal physical activity through recess and/or physical education daily.
- Recess and physical education should not be withheld from a student as the usual method of motivation/punishment.
- Students shall be provided opportunities for physical activities through a range of school programs such as extracurricular athletics or other like activities.
- The Science and P.E. curriculum will be enhanced with nutrition education at each grade level.
- Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings must provide healthful options.
- Soda or energy drinks may not be served. (All-school parties may be an exception and will be individually approved by the principal.)
  
- Food treats will be distributed after 1:30 p.m. to not interfere with the appetite of a child for lunch.
- All foods and beverages sold individually (apart from reimbursable school meal) shall be well-regulated and consistent with the nutritional goals of this policy.
- School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program.
- School meals shall take efforts to promote nutritious food and beverages choices consistent with the current Dietary Guidelines for Americans and Food Guidance System such as fruits, vegetables, low-fat dairy foods and whole grain products.
- All foods and beverages provided by the school shall comply with federal, state, and local food safety and sanitation regulations.
- School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat.
- At any school function healthful food options should be made available and served to promote student, staff, and community wellness.