

WELLNESS POLICY

Nutrition Education

The primary goal of nutrition education is to influence students' eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To make a difference, St. Stephen School will provide nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into subjects such as math and reading; and provides opportunities for students to practice skills and have fun. St. Stephen School will also choose nutrition education curricula that are easy to teach and foster lifelong healthy eating.

- Students in grades K-8 receive nutrition education that teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the school dining room as well as in the classroom
- Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).

Physical Activity

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, B.A.S.E., intramurals, interscholastic athletics, and physical activity clubs.

Other school-based activities designed to promote wellness

The goal is to create a total school environment that is conducive to healthy eating and being physically active.

Dining Environment

- St. Stephen School provides a clean, safe, enjoyable meal environment for students.
- St. Stephen School provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- St. Stephen School makes drinking fountains available and allows students to fill their individual water bottles, so that students can get water at meals and throughout the day.
- St. Stephen School encourages all students participate in school meals program and protect the identity of students who eat free and reduced price meals.

Time to Eat

- St. Stephen School will ensure an adequate time for students to enjoy eating healthy foods with friends in school.
- St. Stephen School will schedule lunch time as near the middle of the school day as possible.

Food or Physical Activity as a Reward or Punishment

- St. Stephen School will prohibit the use of food as a reward or punishment in classrooms.

Consistent School Activities and Environment

- St. Stephen School will ensure that all schools' fundraising efforts are supportive of healthy eating.
- St. Stephen School will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.