

# 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's School will also choose nutrition education curricula that are easy to teach and foster lifelong healthy eating.

- Students in Preschool—Grade 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).
- The Wellness Committee consists of the school Principal, the Physical Education teacher and the Nutrition Director.
- Stakeholders can review the policy at any time.
- Wellness Committee meeting dates will be posted and available for public involvement.

## Physical Activity

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school and middle 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's School provides a clean, safe, enjoyable meal environment for students.
- St. Stephen's School provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- St. Stephen's 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's School encourages all students participate in school meals program and protect the identity of students who eat free and reduced price meals.

### Wellness-Nutrition

- Menus are designed to meet the everyday daily requirements. Menus follow USDA standards and guidelines with emphasis on portion control and offering 3 vegetable choices daily.
- St. Stephen's School utilizes farm to table as much as possible and also purchases food that is locally sourced thru our distributors. St. Stephen's School also participates in DOD fresh produce program.
- The Wellness Policy is reviewed every three years.

### Time to Eat

- St. Stephen's School will ensure an adequate time for students to enjoy eating healthy foods with friends in school.
- St. Stephen's 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's School will prohibit the use of food as a reward or punishment in classrooms or restriction from Physical Education class.

### Consistent School Activities and Environment

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

\*This establishment is an equal opportunity provider\*