



Saint Raphael School Wellness Policy and Guidelines

Revised: August 2013

I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects the students' health, well being, and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

- A. The school community recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students' health, well being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school community encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring and reviewing school nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive.
- E. All students in grades K-8 will have opportunities, support and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health

and nutrition needs of students; and will provide a clean, safe, and pleasant setting and adequate time for students to eat.

III. GUIDELINES

Food and Beverages

- A. All food and beverages made available in food service areas will be consistent with the current USDA Dietary Guidelines for Americans.
- B. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.

Food Safety

- A. All food sold or served to students will be prepared in a health-inspected facility under the guidance of food safety certified staff.
- B. The school will provide student access to hand washing or hand sanitizing before students eat any meals or snacks.
- C. The school will make every effort to provide students with sufficient time to eat followed by outdoor recess whenever possible. Playgrounds are monitored by adults and checked for safety.
- D. The school should not allow students to share their food or beverages with one another during meal or snack times, given concerns about allergies and other restriction on some children's diets.
- E. The school will make every effort to communicate to parents/guardians that healthy food choices should be selected when sending food to school with children.

Nutritional Education and Promotion

- The school will encourage and support healthy eating by engaging in nutrition education integrated into classroom instruction.
- The school will encourage and support healthy eating by providing enjoyable, developmentally appropriate, culturally relevant and participatory activities such as enrichment programs, field trips or similar activities.

- Activities during non-school hours are supportive of healthy eating by having healthy food options available.

Classroom Rewards/Celebrations/Birthdays

- Food will not be used as a reward for classroom or school activities unless the reward promotes a positive nutritional message.
- During classroom celebrations for holidays, parents will be encouraged to provide one or two healthy snacks. Fresh fruits and vegetables will be encouraged. No candy or soda will be accepted and only water or 100% fruit juice will be distributed.
- No food items will be allowed during in classroom birthday recognition days. The birthday child will be presented with a birthday crown, a certificate and the class will sing “Happy Birthday”.

Physical Activity

- All students shall participate in physical education classes, under the supervision of a physical education teacher, once a week for one class period.
- The physical education program will expose students to the benefit of living a healthy active lifestyle. Along with teaching game and skill concepts, students will learn cooperation and sportsmanship through team building lessons.
- Students have the opportunity to participate in a variety of after school activities including Sports & Games, Open Gym, Basketball Program and Track.

Communication with Parents

- The school will support parents’ efforts to provide a healthy diet and daily physical activity for their children.
- The school encourages parents to pack healthy lunches and snacks.
- The school will provide information about physical education and other school-based physical activity opportunities and will support parents’ efforts to provide their children with opportunities to be physically active outside of school.

- This policy will be posted to the school website for the school community's information.