

## **St. Patrick School Wellness Policy**

St. Patrick School supports a healthy environment in which students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health, academic achievement and quality of life students.

### **Nutrition Education and Promotion**

St. Patrick School will provide nutrition education and engage in nutrition promotion.

### **Physical Activity**

St. Patrick School will develop a wellness approach to physical activities that meet applicable federal and state guidelines.

### **Other School Based Activities that Promote Wellness**

St. Patrick School promotes activities and policies that support staff members' efforts to maintain a healthy lifestyle. St. Patrick School supports parents' efforts to provide a healthy diet and daily physical activity for their children.

### **Nutritional Standards for all Foods Available on Campus**

St. Patrick School will base menus on Dietary Guidelines for Americans, National School Lunch and Breakfast meal pattern requirements, and the Recommended Dietary Allowances. St. Patrick School recommends that food and beverages offered on campus and for school activities meet applicable federal and state guidelines.

### **Plan for Wellness Policy Implementation and Effectiveness**

The "Wellness Policy Committee" will:

1. Plan for, monitor, and evaluate the implementation of wellness initiatives as guided by the Board Policy and Procedures.
2. Inform and update the public about the content and implementation of the policy.

Legal Reference:

Section 204 Public Law 108-265-June 30, 2004 (Child Nutrition and WIC Reauthorization Act)

Section 204 of the Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296, Section 9A (34)