

St. Patrick School Wellness Regulation

Goal 1: Engage in nutrition promotion: provide nutrition education and a healthy eating environment.

A. Provide a healthy eating environment that:

- allows students to have 20 minutes after sitting down for lunch;
- encourages not scheduling tutoring, club or organizational meetings or activities during mealtimes unless students may eat during such activities;
- provides students access to handwashing or hand sanitizing before they eat meals or snacks;
- recommends that children not be forced to eat or drink against their wishes;

Goal 2: Provide physical activity that promotes wellness.

A. Provide physical education that:

- is designed for all students in grades Preschool-6 for the entire school year;
- is consistent with National Physical Education Standards;
- taught by a certified physical education teacher;
- include students with disabilities , special health-care needs;
- focuses on health-related fitness;

B. Discourage use of physical activity as punishment/reward

- Physical activity is valued for its benefits to health and academic achievement. Employees will not use physical activity as a punishment (e.g., running laps, pushups) or repeatedly withhold opportunities for physical activity (e.g., recess, physical education) as a punishment.

Goal 3: Promote wellness through other school based activities.

A. Food Marketing in Schools

- Limit food and beverage marketing to the promotion of foods and beverages that meet the School's Recommended Nutritional Guidelines;
- Promote healthy foods including fruits, vegetables, whole-grains, and low-fat dairy products promoting predominantly low-nutrition foods and beverages.

Implement St. Patrick School Nutritional Standards

Nutrition integrity is defined as a level of performance that assures foods available through the school meal programs for children are consistent with recommended dietary allowances, National School Lunch meal pattern requirements, and dietary guidelines and, when consumed, contribute to the development of lifelong, healthy eating habits. Student preferences will be considered in menu planning in order to encourage students to consume a variety of foods for maximum nutritional benefits. Meals will contain adequate calories and variety of foods to

support growth, development and healthy weight. Portion sizes shall be based on age and USDA meal pattern requirements.

Meals served through the National School Lunch will:

- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk;
- Ensure that half of the served grains are whole grain

Food Safety

All foods made available on campus adhere to food safety and security guidelines.

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.