

## **Blessed Sacrament School Wellness Policy-Draft**

Blessed Sacrament School is committed to providing an environment that promotes and protects children's health, well being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Blessed Sacrament to include:

1. Community Involvement, including input from parents, students/children, food service staff, the school board/board of directors, educators and the public in the development of the school wellness program.
2. Goals for nutrition education designed to promote student/child wellness including:
  - a. All students shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors.
  - b. Nutrition education will be integrated into the curriculum/program.
  - c. Nutrition information and education shall be offered throughout the school/institution based on the U.S. Dietary Guidelines for Americans.
3. Nutrition guidelines for all foods available at the school/institution during the school day with the objective of promoting student/child health and nutrient-rich meals including food and beverages used for fundraising efforts.
4. A plan for measuring implementation of this policy.

### Health Enhancement and Physical Activity Opportunities

The school shall offer health enhancement opportunities that include the components of a quality health enhancement program. All students/children shall have the opportunity to participate regularly in supervised, organized or unstructured, physical activities, to maintain physical fitness, and to understand the short-and long-term benefits of a physically active and healthy lifestyle.

### Nutrition Standards

The school/institution shall ensure that reimbursable meals meet the program requirements and nutrition standards found in federal regulation. The school/institution shall monitor all food and beverages sold or served to students/children, including those available outside the federally regulated child nutrition programs (student stores and fundraising efforts) to ensure that all food and beverages served or sold to students/children are consistent with the intent of this policy.

## Maintaining Student Wellness

The School Board has begun to develop and implement procedures consistent with this policy, utilizing community involvement before implementation. A survey is being prepared and sent to student's families. The School Board will measure how well this policy is being developed, managed, and enforced. The Principal will report to the Board, as requested on the efforts to meet the purpose and intent of this policy.

Policy History: This policy is serving as a starting point for the wellness committee, and will be in effect immediately. The Wellness Committee is scheduled to meet on July 11, 2017 at its next regularly scheduled board meeting and revisions to the wellness policy will be considered at that time.

Adopted on: May 9, 2017

Revised on: