

# **Nativity of Our Savior Wellness Policy**

## **Purpose**

Nativity of Our Savior School is committed to the optimal development of every student. We believe that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

## **Wellness Policy Goals**

The wellness policy aims to:

1. Promote student health.
2. Reduce childhood obesity.
3. Ensure the availability of nutritious meals and physical activity opportunities.

## **Nutrition Education**

- Nutrition education will be integrated into the curriculum and taught at every grade level (K-12) as part of a comprehensive health education program.
- Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community, and media.
- Nutrition education will engage families as partners in their children's education and health.

## **Nutrition Standards for All Foods Available on School Campus**

- School meals will meet or exceed the nutrition requirements established by the USDA.
- Competitive foods (foods sold outside of the school meal programs) will meet or exceed the USDA Smart Snacks in School nutrition standards.
- The school will provide students with adequate time to eat meals, scheduled at appropriate times, and in pleasant settings.
- Drinking water will be available to students throughout the school day at no cost.

## **Physical Education and Physical Activity**

- All students will have opportunity, support and encouragement to be physically active on a regular basis.
- Physical education will be taught by a certified teacher and designed to promote lifelong physical activity.
- Recess, physical activity breaks, and the integration of physical activity into the academic curriculum will be utilized.

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

- Schools will host activities that promote wellness, such as health fairs, nutrition seminars, and wellness-related workshops.
- Partnerships with local agencies (e.g., health departments, businesses, and community organizations) will be established to support wellness initiatives.
- Staff will be encouraged to model healthy eating and physical activity behaviors.

## **Implementation, Monitoring, and Evaluation**

- A wellness committee, comprised of the school administrator, school meals program coordinator, and kitchen staff members will be established.
- The wellness policy will be reviewed annually and updated as needed.
- The school will periodically measure the implementation of the wellness policy and assess its effectiveness.
- The principal will ensure compliance with established district-wide nutrition and physical activity wellness policies.

## **Communication**

- The wellness policy will be communicated to all stakeholders through the school website.
- The school will actively inform families and the public about the content and implementation of the wellness policy.

## **Legal References**

- Richard B. Russell National School Lunch Act
- Child Nutrition Act of 1966
- Healthy, Hunger-Free Kids Act of 2010
- USDA Smart Snacks in School standards

## **Policy Review and Update**

- The wellness policy will be reviewed and updated annually by the wellness committee, with input from stakeholders.

## **Approval**

This wellness policy was approved by Nativity of Our Savior School Wellness Committee on 6/3/24.

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## **Wellness Committee Members**

- Sally Skowronski, Principal
- Maria Wallace, School Meals Program Coordinator
- Jessica Long, Kitchen Staff
- Beth Bondi, Kitchen Staff