

Saint Ambrose Catholic School

WELLNESS POLICY

PURPOSE

The school environment should promote and protect students' health, well-being, and learning ability by encouraging healthy eating and physical activity. Saint Ambrose Catholic School promotes the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing the school's nutrition and physical activity policies.

The school will provide access to healthy foods and opportunities to be physically active to grow, learn, and thrive. Qualified Nutrition Services personnel will give the students access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; strive to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

II. PROCEDURES FOR WELLNESS

A. Foods and Beverages

1. All foods and beverages made available at Saint Ambrose Catholic School (including concessions, vending, food in classrooms, fundraisers, and cafeteria items) will be consistent with the current Smart Snack Rule and USDA policies.
2. Nutrition Services personnel will take measures to ensure student access to foods and beverages that will meet or exceed all federal, state, and local laws and guidelines.
3. Saint Ambrose Catholic School will eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
4. Saint Ambrose Catholic School will provide students access to hand washing before they eat meals or snacks.
5. If rewarding for academic performance or good behavior, teachers and staff are encouraged to use non-food items as rewards.

B. Vending

1. The pop vending machine located in the school cafeteria will be turned off during the school day. There will be no other snack or pop vending machines available for students.

2. No advertisements will be allowed in school from companies promoting food or beverages with limited nutritional value.

C. Physical Activity

1. Students should participate in physical education activities during school hours and fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate;
3. Classroom teachers are encouraged to provide short physical activity breaks between lessons or classes.
4. Withholding recess as a consequence of behavior is not recommended.

D. Nutrition Education and Promotion

Saint Ambrose Catholic School will encourage and support healthy eating by students and engage in health promotion that is:

- a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- b. as part of age-appropriate physical and mental health education
- c. Saint Ambrose Catholic School will encourage all students to make appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal program.

E. Communications with Parents

1. Saint Ambrose Catholic School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. Saint Ambrose Catholic School will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. Saint Ambrose Catholic School encourages parents to pack healthy lunches, snacks, and classroom treats.
4. Saint Ambrose Catholic 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.

5. The school menu will be published monthly on-line, posted in the school office and cafeteria and in the electronic "Friday Newsnote" communication with parents.

F. Implementation and Monitoring

1. The Wellness policy will be assessed every three years by the Wellness Committee.
2. School food service staff will ensure compliance within the school's food service areas and will report to the Head Chef and the Principal, as appropriate.
3. The Head Chef will ensure compliance with the Wellness Policy, and provide an annual report of the school's compliance with the policy to the Principal.

Goals for the future:

Increase professional development in mental and physical health education.

Under Family Involvement

Continue to offer frequent communications and speakers for parents regarding health.

POLICY ADOPTED: 2, October 2024