

# WELLNESS POLICY

The Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. It also recognizes that significant research indicates a positive relationship between adequate nutrition and learning.

The Archdiocese of Los Angeles Education and Welfare Corporation School Food Service will as resources are available, provide adequate resources including personnel, equipment, ongoing maintenance, and technology for the School Food Service Program. Schools may elect to participate in the National School Lunch and Breakfast programs administered by the Archdiocese of Los Angeles Education and Welfare Corporation School Food Service Program.

Schools ensure that foods provided on school premises shall be:

- 1) Selected so as to contribute to the student's nutritional well-being and the prevention of disease.
- 2) Prepared to retain nutritive quality and foster healthful eating habits.
- 3) Served in appropriate quantities and at reasonable prices.

The Archdiocese of Los Angeles Education and Welfare Corporation School Food Service will ensure that meals offered by the School Food Service program meet all legal requirements for participation in the National School Lunch and School Breakfast programs.

To the extent permitted under the National School Lunch and School Breakfast programs, students in all grades shall be allowed to decline a certain number of meal items that they do not intend to consume.

## **1. Goals for nutrition education, physical activity and other school-based activities that promote wellness.**

### **Nutrition Education**

Will develop health objectives relating to diet, nutrition and exercise as that can be incorporated into graded course of study for Science and Health.

Nutrition guidelines, food pyramid charts, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in or near the areas where meals are served.

Students have consistent nutrition messages throughout the school and in classrooms and the areas where meals are served.

School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the school day.

### **Physical Activity**

Students are given opportunities for physical activity during the school day through daily recess.

Students have opportunities for physical activity through before and/or after school programs.

Students have Physical education programs that are part of the Archdiocese Course of Study for Physical Education.

Parents/guardians are encouraged to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Students will be encouraged to participate in school and community sports programs, and to be physically active outside of school.

### **Other school-based activities**

The school encourages the use of non-food rewards for student behavior.

The school will provide parent education on nutrition and the benefits of physical activity through newsletters.

## **2. Nutrition guidelines for all foods available on school campus during the school day.**

The school lunch program will follow nutritional guidelines established by the USDA Enhanced Food Based Menu Planning Approach.

The school will set guidelines for foods and beverages sold in a la carte sales in the cafeteria.

The school will evaluate food products sold on its premise, and set nutritional guidelines for all food and beverages available on campus.

The school will make decisions on nutritional guidelines based on nutrition goals, not on profit making.

Drinking fountains and/or water coolers are readily available.

## **3. Guidelines for reimbursable school meals.**

The school will continue to follow the state and federal guidelines and procedures for reimbursement of school lunch, breakfast or special milk programs.

## **4. Plan for measuring implementation of the local wellness policy**

Survey of students and/or parents on eating choices and behavior and physical activity outside of school. Survey to be conducted annually or as pre- and post- activities during one school year.

The local wellness committee should revisit the wellness policy annually to revise, update, or amend the policy as needed. The "bottom line" is the overall health and well-being of the students.

## **5. Community involvement in the development of the plan.**

Input should come from parents, students, school food authority, administration, and the public.

Administration should set up a local wellness committee consisting of the above to refine the plan, present it to School Council and monitor the program.