

St. Matthew Catholic
School
Wellness Policy
2016 - 2017

Revised July, 2016

Wellness Policy

Nutrition Education

The goal of our nutrition education curriculum will be to teach, encourage and support healthy eating by students. We believe as we have said in our mission statement that promoting student health and nutrition enhances readiness for learning and increases student achievement. We intend to meet these goals through the following policies:

- Teachers will implement the health curriculum areas of the Pennsylvania State Standards – concepts of Health (10.1) and Healthful Living (10.2).
- Teachers will use the new food pyramid to instruct the students on dietary guidelines.
- Teachers will work with the food service director in planning at least one activity per school year to enhance nutrition education.
- Teachers will attend training and professional workshops on nutrition-related topics.
- Food Service Director will attend local workshops promoting nutritious school lunches.
- Wellness Committee will provide one parent education each year, which may be a school assembly or a newsletter article. This information will provide them with current information on improving nutrition and increasing physical activity for their families. Possible topics include: healthy weight for adults and children, weight management, weight related health issues, nutritious food alternatives, ways to increase physical activity, and the new food pyramid.
- Teachers, Staff, Principal, and/or Wellness Committee will provide written newsletters, menu tips, memos or other material to encourage healthy alternatives.

Physical Activity

St. Matthew Catholic School will provide a physical and social environment that encourages safe and enjoyable activity for all students. Activities will be geared to all children including those who are not athletically gifted.

- **GET MOVING WEEK** (October) – Each year Saint Matthew Catholic School organizes a week-long event promoting Health and Wellness. This week includes physical wellness and healthy eating choices. We finish the week with a walk for our healthy future. Families and friends are asked to sponsor our children. 100% of the money raised goes towards your family's fundraising goal.
- Opportunities for age-appropriate physical activity will include mid-morning stretch/exercise time, recess, and After School Care. Activities may include, but are not limited to, walking, jumping rope, and unstructured play.
- Extended periods of inactivity, two hours or more, are discouraged.
- The following programs may be used as resources to promote optimal health, wellness, and fitness: www.actionforhealthykids.com

Physical Education

Through the Physical Education program teachers will encourage and promote lifelong physical activity.

- Teachers will implement the Pennsylvania State Standards – Physical Activity (10.4) and Concepts, Principles and Strategies of Movement (10.5).
- Physical Education classes will be provided in accordance with the Diocesan time guidelines: 40-60 minutes for Kindergarten through third grade and 40-80 minutes for fourth through sixth grades.
- A minimum of ten minutes of each Physical Education class will focus on individual fitness as opposed to team competition.
- All students will be required to participate in physical education classes unless there is a specific documented medical reason.

Other School-Based Activities

Teachers and staff will organize healthy classroom snacks for celebrations. Healthy snacks may include the following items:

- Fresh fruit assortment
- Low-fat pudding, low-fat yogurt, yogurt smoothies, milk
- Cheese
- Veggies such as celery or carrots
- Trail/cereal mix (whole grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Granola bars
- 100% juice

Sometimes a celebration may include one sugar item such as a cookie or cupcake.

Teachers/School/Home-School will provide a variety of non-food awards. Alternatives to food as a reward in the classroom/school include:

- Stickers
- Pencils
- Bookmarks
- Fun video or movie
- Extra recess
- Trip to treasure box filled with erasers, bookmarks, etc.
- Play a favorite game or do puzzles
- Sit by friends
- Make deliveries to the office
- Teacher/volunteer read special book to class
- Read outdoors or enjoy class outdoors
- Special assembly program

Nutrition Guidelines

Foods provided through the National School Lunch Program shall comply with federal nutrition standards under the School Meals Initiative.

Competitive foods are defined as foods offered at school other than through the National School Lunch program:

- Our school does not offer competitive food or drinks from the school store or from a la carte sales.
- Classroom parties/snacks – Each family will be given a list of recommended foods for snacks, treats, and parties. Parents will be encouraged to provide healthy foods for these occasions. Teachers will regulate the amount of food given to each child.
- Packed Lunches – Parents/caregivers will be encouraged to promote their child’s participation in the hot lunch program. If the child does not participate, parents/caregivers will be encouraged to pack a healthy lunch for their child.
- Students will not be permitted to share their snacks and lunches with other students.
- Rewards – Classroom rewards will include non-food items. Food is not offered as a reward.
- Fundraisers – The St. Matthew School Council, Principal, and Wellness Committee must approve any food fundraisers to insure compliance with the Wellness Policy.

Examples of school fundraisers include:

- 3 hoagie sales a year/whole wheat bread with low-fat turkey an option
- Rada Knives sale
- Basket Bingo
- Raffle Tickets
- Flower Sales
- Book Fairs – Scholastic, used book sale
- Craft Fairs – Fall and Spring
- One candy sale
- Magazine sale
- Vending Machines – No vending machines are present at our location.

Wellness Committee:

A Wellness Committee will be formed to review and revise the Wellness Policy. The Committee will meet at least 2 times per school year. The committee will consist of School Food Service Director, School Secretary, School principal, one teacher, and one parent. A small group of students from grades 2-6 will form a Student Wellness Committee. The student group will plan a monthly menu item and present ideas for the Wellness Committee and/or teachers to consider. The student group will meet once per month.

A brief record will be kept to document meetings. (see appendix B)

Delegation of Responsibility

- The principal shall be responsible to monitor programs and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.
- Staff members responsible for programs related to student wellness shall report to the principal regarding the status of such programs.
- The Food Service Director will provide assurance that school guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

Addendum, July 2016

There has been an increase in fresh fruits, vegetables, and whole grains served and enjoyed by the students and staff. We will continue to offer these healthy options.

Appendix A

Suggested Snack List: Classroom Nutritious Snacks

Cheese & whole wheat crackers

Fresh fruit: apples, grapes, strawberries, sliced kiwi, bananas, seasonal fruit

Applesauce

Dried fruit

Fruit bars

Carrot & celery sticks

Celery & peanut butter

Pudding chocolate/vanilla

Granola bars

100% juice

Pretzels

Low fat yogurt

Veggie tray

Whole grain muffins

Appendix B

Wellness Meeting Documentation Form

Date:	Time:	Location:
Members Present at Meeting:		
Guests who attended:	Position/Title:	
Brief description of Topics Covered:		
This form was completed by:		
_____ Print Name	_____ Signature	