



St. Anthony School
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St. Anthony School

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Policy:

St. Anthony School is committed to the optimal development of every student. The District believes 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. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines the St. Anthony School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

School Meals

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams' trans-fat per serving using CN Labeling program; and to meet the nutrition needs of school children within their calorie requirements.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs.

- Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtimes.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Lunch will follow the recess period to better support learning and healthy eating.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

Nutrition Promotion

Nutrition education is fundamental to promoting lifelong healthful eating habits. Students in pre-kindergarten through grade 12 will receive nutrition education that teaches the skills they need to adopt healthy eating behaviors. It is the goal of St. Anthony School to make a significant contribution to the nutritional intake and physical fitness of each student by providing a school environment that enhances learning and development of lifelong wellness practices. At the center of a thriving school is a healthy, resilient, successful learner.

The school recognizes that a carefully implemented school wellness policy will improve the health and safety of all members in the school community and improve the academic achievement of students. We must actively promote positive, motivating, wellness messages to reinforce the importance of personal health and wellness.

Physical Education

Every St. Anthony student shall participate in daily physical activity. Daily recess, physical education classes, extracurricular/ after school programs and movement activities provide students with a physically active and healthful lifestyle. It is recommended that children accumulate at least 60 minutes of moderate to vigorous physical activity on all or most days of the week. This can be accomplished through several short periods of physical activity through the day.

Other Activities that Promote Student Wellness

After-school programs, including, but not limited to, athletics, clubs, camps, day care, tutoring, and recreation activities, will encourage physical activity and healthy habit formation. Local wellness policy goals are also to be considered in planning all school-based activities (such as school events, field trips, fundraisers, dances, and assemblies). Whenever possible, fundraising activities should demonstrate the school's commitment to promoting healthy behaviors and improving personal wellness. Nutritious foods reinforce nutrition messages taught in classrooms and lunchrooms. Support for the health of all students is demonstrated by hosting health clinics and health screenings.

Policy Monitoring/Implementation

The District will convene a district wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness

- The wellness committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff, and mental health and social services staff); school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals.
- The District will actively notify households/families of the availability of the annual report through the District newsletter and website.
- The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years.

Purpose:

The purpose of this policy is to outline St. Anthony School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

Scope:

The scope of this policy includes all faculty, staff, students and families at St. Anthony School.

Related Standards, Policies and Processes

Revision History

Date of Change	Responsible	Summary of Change
November, 2016	Lizbeth Maturín/ St. Anthony School	Initial Creation
January, 2017	Lizbeth Maturín/Ellen Wilkinson St. Anthony School	Formatting