

St. Pius V School
Wellness Policy

PURPOSE AND GOALS

St. Pius V School recognizes that good nutrition and physical activity are essential for students to maximize their full academic, physical and mental potentials, and achieve lifelong health and well-being. A progressive and sequential approach to nutrition and physical activity promotes healthy weight maintenance and reduces the risk of many chronic diseases including hypertension, heart disease, Type 2 diabetes and asthma.

St. Pius V School has a responsibility to provide a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment including the availability of healthy foods and beverages at school and positive modeling by adults, as well as opportunities to learn about healthy lifestyles through physical activity and nutrition education.

1.0 Nutrition Guidelines

1.1. School Meals Program

- The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Massachusetts. (Code of Federal Regulations 7 Parts 210-299) The school will offer varied and nutritious food choices that are consistent with the federal government’s current Dietary Guidelines for Americans.
- Students will be encouraged to start each day with a healthy breakfast.
- Parents and caregivers will be given educational resources and will be encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.
- Only the John Stalker Institute “A-List” of food items by manufacturer and product will be “acceptable” food items for student’s consumption.

1.2 Eating as a Positive Experience

- The school will work towards providing adequate time to eat, at least 10 minutes for breakfast and 15 minutes for lunch from the time the student is seated.
- Whenever possible, lunch will be scheduled near the middle of the school day.

1.3 Food Safety

- In accordance with Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), the school will purchase meals from an outside vendor who uses a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles.
- All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.
- Access to hand washing or hand sanitizing will be available before meals.
- Cafeteria and classroom modifications will be made for students with food allergies according to the St. Pius V School Food Allergy Awareness Policy.

2.0 Nutrition Education

2.1 Student Nutrition Education

- Students will have the opportunity to participate in a variety of classroom nutrition education learning experiences.

2.2 Staff Nutrition Education

- Staff will be encouraged to be positive role models and be committed to help improve school nutrition.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program.

- Preparation and professional development activities will provide basic knowledge of nutrition, skill practice in program-specific activities and instructional techniques, and strategies designed to promote healthy eating habits.

2.3 Parent Nutrition Education

The nutrition education program will engage families as partners in their children's education.

Nutrition education may be provided to parents in the form of handouts, website postings, school newsletters, and nutrition presentations.

3.0 Physical Activity/Education

3.1 Physical Education

- Physical Education shall be taught as a required subject in grades K-8. for the purpose of promoting the physical well-being of students.
- Physical education classes should be taught in such a way that students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Physical education will include the instruction of individual activities, fitness, team activities and dance to encourage life-long physical activity.

3.2 Physical Activity during the School Day

- Students will be given opportunities for physical activity during the school day through daily recess periods, physical education (P.E.) classes, walking programs, and the integration of physical activity into the academic curriculum.
- The school will promote an environment supportive of physical activity through at least 15 minutes a day of recess for students in grades PreK-8.
- Teachers will encourage periodic breaks in which students are encouraged to stand, stretch and be active.

3.3 Creating a Positive Environment for Physical Activity

- Teachers and staff will not use physical activity (e.g. running laps, pushups) as a form of punishment. Opportunities for physical activity (e.g. recess, physical education) will not be withheld as a form of discipline. This guideline does not apply to extracurricular sports teams, clubs or intramural activities.
- It is recommended that recess time not be cancelled for instructional make-up time.
- St. Pius V School will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined. The school will ensure that students are accepting of individual differences.
- Information will be provided to families to help them incorporate physical activity into their children's lives.

4.0 Other Activities to Promote Student Wellness During the School Day

4.1 Healthy Classroom Parties and Celebrations

- School staff and parents are encouraged to include healthy food offerings at school parties and events to support a healthy environment. Suggestions include fruits and vegetables, low fat foods, whole grains and foods on the John Stalker Institute "A-List".

4.2 Food Used as a Reward or Punishment

- School staff members are encouraged not to use food as a reward or punishment for students.

5.0 Professional Development for Faculty, Staff and Food Service Staff

5.1 Staff Wellness

- Food service staff and faculty will work together as full partners in the school's wellness goals. In support of this goal, nutrition and physical activity educational opportunities will be provided to all staff. These opportunities will address diverse topics related to healthy lifestyles, nutrition and physical activity. Educational and informational materials, presentations and/or workshops will be provided as feasible.
- Faculty and staff are encouraged to model healthy eating and physical activity behaviors.