

WELLNESS POLICY

PHILOSOPHY

St. Rita School for the Deaf believes that children need access to healthful foods and opportunities for physical activities in order to grow, learn, and thrive. St. Rita School for the Deaf is committed to providing a school environment that promotes and protects its students' health, well-being, and ability to learn by supporting healthy eating and encouraging physical activity.

POLICY

Therefore, it is the policy of St. Rita School for the Deaf that, effective with the beginning of the 2017-18 school year:

- A) the school will engage students, parents, teachers, food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies;
- B) students will be provided with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students; will seek to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and provide safe, clean, and pleasant settings and adequate time for students to eat;
- C) to the maximum extent practicable, the school will participate in available federal school meal programs; and
- D) the school will provide nutrition education and physical education to foster lifelong habits of eating and physical activity.
- E) all students in grades 1-12 and in LOFT day care and pre-school groups will have opportunities, support, and encouragement to be physically active on a regular basis;
- F) foods and beverages sold or served with school meals will meet the nutrition recommendations of the ***U.S. Dietary Guidelines for Americans***;

IMPLEMENTATION

- A) St. Rita School for the Deaf will assemble a wellness committee with one or representatives each from its students, parents, teachers, food service staff, community health professionals, and other interested community members (such as coaches, volunteers, nurses and physicians, alumni, etc.) to establish and periodically review the school wellness policy.
- B) St. Rita School for the Deaf will continue to participate in the National School Breakfast and Lunch programs.

FOOD, DRINKS, AND SNACKS

- A) All meals will meet National School Breakfast or Lunch meal pattern requirements. Menu planning will also strive to meet the latest nutrition recommendations in the ***U.S. Dietary Guidelines for Americans***.
- B) St. Rita School for the Deaf will extend the guidelines of the National School Breakfast and Lunch programs to all meals served to resident students and staff on weekends and other non-school days throughout the school year.
- C) All school meals (breakfast, lunch, and supper) will be available at no charge to any students, staff, parents, volunteers, and appropriate visitors who are participating in official school activities and functions. This includes non-resident students arriving for classes without having eaten at home.
- D) The sale of drinks, candy, and snacks from vending machines will not be permitted during the school day.
- E) Vending machines will provide choices of fruit drinks and water in addition to carbonated drinks and sodas.
- F) Foods and beverages will not be used as rewards for academic performance or good behavior (there may be rare special occasions when the administrative team allows a school group to deviate from this policy), and will not be withheld as a punishment.
- G) Classroom or group celebrations involving food or drinks during the school day should be limited to one party each month.
- H) Snacks served during the school day or in after-school care or enrichment programs will be based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

NUTRITION EDUCATION

- A) Information on diet, nutrition, and physical exercise will be included in the curriculum at all levels as contained in the 2002 Archdiocesan Graded Course of Study for Science and Health.
- B) Nutrition guidelines, food pyramid charts, suggestions for

Healthy food choices, and/or other messages relating to health, nutrition, and exercise will be displayed in the classrooms, dorms, and hallways as well as in the cafeteria area as a part of the educational environment.

PHYSICAL ACTIVITY

- A) All students in grades K-5 and in the LOFT day care groups will have at least 15 minutes of supervised recess, preferably outdoors, during which moderate to vigorous physical activity should be encouraged. Additional outdoor playtime after lunch should be provided.
- B) All students in grades 1-10 will participate in physical education activities on a regular basis.
- C) All students in grades 6-12 will be encouraged to participate in school extra-curricular physical activity
- D) programs provided by the school or other organizations.

OTHER SCHOOL-BASED ACTIVITIES

- A) Health screenings (such as height, weight, blood pressure, and heart rate) will be provided annually as part of the physical education and after-school activity programs.

MONITORING & POLICY REVIEW

The Executive Director or his designate will ensure compliance with established nutrition and physical activity wellness policies.

School food service staff will ensure compliance with nutrition policies within the school food service area, and report to the Executive Director. In addition, the school food service staff will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The wellness committee will review established nutrition and physical activity wellness policies annually. A report with any suggested changes will be given to the Executive Director and forwarded to St. Rita Governing Board.

Reviewed by Neka Freeze 9:45 a.m. on July 6, 2018.