



**Blessed Sacrament School  
Wellness Policy  
2008-2009**

**PREAMBLE**

In order to grow and learn, children need access to healthy foods as well as opportunities to be physically active. Good health fosters education as well as student attendance. Heart disease, stroke, diabetes, and obesity rates have doubled in children and adolescents over that last 20 years. Lack of physical activity and excessive calorie consumption are the major causes of obesity. Most children lack a healthy diet consisting of the five main recommendations from the Food Guide Pyramid, with a disproportionate amount of calories coming from snacks and food lacking in nutritional quality. Children and adolescents also lack a component of rigorous physical activity during the day.

Parental as well as community participation in the planning and implementation of activities which promote a healthy lifestyle are essential to the development of a school wellness policy. Therefore, Blessed Sacrament School, our teachers, staff, and parents are committed to providing a school environment what promotes the health of our children.

Blessed Sacrament School proposes to

- engage students, parents, teachers, food service professionals, health professionals, and other community members in developing and implementing a plan dealing with nutrition and physical activity policies.
- support students in kindergarten through sixth grade by encouraging physical activity on a regular basis.
- provide students with access to a variety of nutritious, appealing and affordable foods that meet the nutritional needs of growing children.
- participate in available federal school meal programs.
- provide nutrition education and physical education for all students to foster lifelong healthy habits.

**SCHOOL HEALTH COUNCIL**

Blessed Sacrament School will form a Health Council to develop, implement, and monitor school nutrition and physical activity policies. This council will be formed using resources such as parents, students, foodservice personnel, members of the school board, school administrators, teachers, and health professionals.

**NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS**

Meals served through the National School Lunch Program will:

- be appealing and attractive to children.
- be served in clean and pleasant surroundings.
- meet the nutrition requirements established by local, state, and federal regulations.
- offer a variety of fruits and vegetables, with at least two fruits and or/non-fried vegetables per meal.
- serve milk and other products that are fat-free or low-fat when ever possible
- strive to serve whole grain products when ever possible.
- contain no more than 35% of its calories from fat, and no more than 10% of its calories from saturated and trans fat combined.

Blessed Sacrament School will make every effort to eliminate any social stigma that may be attached to the identification of students who are eligible for free or reduced priced meals. Blessed Sacrament School will promote the availability of school meals to all students.

Students will be provided at least 20 minutes to eat after sitting down for lunch. Meals will be scheduled at appropriate times and no special meetings or activities will interfere with scheduled lunch times if at all possible. All students will be provided with access to hand washing or hand sanitizing before they eat meals or snacks.

Qualified professionals will administer the school meal program. Food service staff will be trained in the safe preparation and service of food as well as be provided with continuing professional development.

Blessed Sacrament school discourages students from sharing their food or beverages with other due to concerns about allergies, possible diet restrictions and the passing of communicable diseases.

Foods brought to the cafeteria by staff or parents should be in containers which do not have product logos or advertising. Items such as sodas in labeled cups or cans are not allowed. Water and fruit juice packed in lunches will be allowed.

### FUNDRAISING

To support children's health, school fundraising activities should not involve the sale of food such as candy either during lunch or as a fundraising activity away from school. Fundraising activities should encourage the promotion of physical activity when ever possible.

### SNACKS/TREATS/REWARDS/CELEBRATIONS

Snacks served during the school day or in after-school care will make a positive contribution to a child's diet and health. An emphasis on fruits and vegetables with water or fruit juice as the primary beverage will be stressed. Snacks will be offered in

consideration of school meal time, children's nutritional needs, children's ages or other considerations.

Rewards and celebrations that involve food during the school day should be limited. A list of healthy party ideas and foods should be circulated to parents and teachers.

The use of food as a reward or the withholding of food as a punishment shall be discouraged.

### NUTRITION AND PHYSICAL ACTIVITY

Blessed Sacrament School aims to teach, encourage, and support healthy eating by students. Nutrition education and nutrition promotion will be taught as a supplement to the physical education and science programs. When possible, nutrition will be incorporated in other classes such as mathematics, economics, social studies and such.

### COMMUNICATIONS WITH PARENTS

Blessed Sacrament School will support parents' efforts to provide a healthy diet and daily physical activity for our children. Parents are encouraged to pack healthy lunches and snacks and to refrain from including beverages with high sugar content such as sodas.

### PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

Students in grades K-6 will have daily opportunities for physical activity. These activities will include recess as well as physical education classes. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity. Blessed Sacrament School children will have at least 20 minutes a day of supervised recess, preferably outdoors, when children are encouraged to participate in moderate to vigorous physical activity.

### MONITORING AND POLICY REVIEW

The principal, or designee, will monitor to ensure compliance with the established nutrition and physical activity wellness policies. School foodservice staff will ensure compliance with school nutrition policies and reporting to the appropriate authorities concerning the National School Lunch Program.

After the initial development and implementation of the Blessed Sacrament Wellness Policy, reviews will be held no less than every three years to help review policy compliance and program elements. The wellness policy will be revised as necessary.