

# St. Charles School Wellness Policy

## Wellness Goals for St. Charles School:

- A. Increase the number of students eating healthy meals and snacks by providing healthy food choices through the school lunch program, snack, and classroom parties. To help improve academic performance, mental alertness, and classroom behavior for all students and staff.
- B. St. Charles School will provide a consistent comprehensive education in grades 4K-6th regarding nutrition, healthy food choices, and overall health and wellness issues.
- C. Increase the amount of physical activity students engage in throughout the week through outside recess and physical education class.
- D. Encourage staff to integrate healthy food choices and activities into their classroom and curriculum.
- E. Promote staff wellness through positive health discussions that may include fitness habits and nutrition education.
- F. St. Charles School established and maintains a school wellness committee that includes Administration, Classroom Teachers, Physical Education Teacher, Food Service Supervisor, community members, and students. The committee should develop, promote, regularly evaluate, and oversee a multifaceted plan to promote health and wellness for the students and staff.
- G. Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and physical activity.

## Wellness Plan for St. Charles School: Nutrition

- A. Meals served through the National School Lunch and Breakfast Program will:
  - 1. Be appealing and attractive to students and staff
  - 2. Be served in a clean and pleasant setting
  - 3. Meet the nutritional requirements established and enforced by the USDA in the 2010 Dietary Guidelines for Americans
  - 4. Offer a variety of both fresh and cooked fruits and vegetables daily. Dark green and orange vegetables served weekly.
  - 5. Serve low fat and skim milk choices as outlines in the 2010 Dietary Guidelines for Americans
  - 6. Serve at least ½ of grains offered during the week be whole grain. Whole grain rich foods contain less than 100% whole grain but must contain at least 51% whole grain
  - 7. Reduce the sodium by making low sodium and no sodium seasonings available at meal service
  - 8. Serve meal in the calorie range as established by the 2010 Dietary Guidelines for Americans
  - 9. Limit saturated fat to less than 10% of total calories
  - 10. Limit trans fat to less than .5 grams per serving

11. Limit any foods that are considered in the category of foods of minimal nutritional value as outlined in the USDA Guidelines
- B. St. Charles School will engage students, through taste-test of new entrees, in selecting foods sold through the meal program in order to identify new, healthful, and appealing food choices.
  - C. To ensure that all students have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:
    1. Our school will operate the National School Lunch Program which includes the Breakfast Program
    2. Our school will utilize methods to serve school breakfast that encourage participation, including grab and go breakfast
    3. Our students will be allowed adequate time to eat breakfast
  - D. Meal times and scheduling:
    1. St. Charles School will provide students with adequate time to eat. 10 minutes for breakfast and 15 minutes for lunch. This does not include time spent walking to and from class or waiting in line.
    2. Our school should schedule meal periods at appropriate times
    3. Our school will provide adequate seating in the cafeteria to accommodate students during serving period.
    4. Our school will provide students access to hand washing before they eat meals or snacks
  - E. To support children's health and school nutrition- education efforts, school fundraising activities will take into consideration the wellness policy of St. Charles School. They will encourage fundraising activities that promote positive nutrition and physical activity.
  - F. Snacks served during the school day will make a positive contribution to the health and diet of all students.
  - G. St. Charles School will be encouraged to provide rewards for academic performance or good behavior that take into consideration the wellness policy of the St. Charles School. The wellness policy should also be considered when having celebrations that involve food during the school day.
  - H. Provide students access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means which provide students and staff with sufficient water.

### Wellness Plan for St. Charles School: Health Education

- A. Teachers will stress the importance of eating a variety of new healthy foods while assisting students with making food choices in the lunch line.
- B. Teachers will discuss health education curriculum within in their science lesson so students understand the benefits of healthy eating.
- C. Teachers will set an example for the students of making healthy choices and try new foods.
- D. Teachers will incorporate the benefits of physical activity in to their classroom discussions as a way to establish a healthy habit in their students.
- E. Teachers encourage proper hand washing after being in contact with any bodily fluids and before lunch time to reduce the spread of germs.

### Wellness Plan for St. Charles School: Physical Activity

- A. The Physical Education Teacher will provide a wide range of physical activities that promote increased cardiovascular heart rate, muscle stretching, team work, while incorporating the philosophy that fitness is fun.
- B. Our students learn the importance of checking their heart rates before and after physical activity.
- C. Proper diet to give our bodies the energy we need to play hard.