

WELLNESS POLICY

As required by law, St Peter School establishes the following wellness policy:

St Peter School recognizes that good nutrition and regular physical activity affect the health and well-being of the students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Listed are the following goals in an effort to enable students to establish good health and nutrition habits:

- Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.

- Nutrition education posters, such as MyPlate Guide, will be displayed in the cafeteria.

- The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.

- Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

- Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.

- A sequential, comprehensive physical education program shall be provided for students in K-8 in accordance with the physical education academic

content standards and benchmarks adopted by the State.

-Physical activity and movement shall be integrated throughout the school day.

-Free drinking water shall be available to students during designated meal times and may be available throughout the school day.

-The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

-The school shall provide clean environments in which the students eat.

-An organized wellness program shall be available to all staff.

-Schools in our system utilize confidential identification and payment systems, therefore, eliminating any identification of students eligible to receive free and/or reduced meals.

-Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

-In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.

-As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

-The sale of foods of minimal nutritional value in the food service area during

the lunch period is prohibited.

-The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.

-The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid meal balances and without stigma.

-All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.

-The principal and food service staff will be responsible for measuring and evaluating the implementation and progress under this policy.

St Peter School shall assess the Wellness Policy at least once every three (3) years on the extent to which the policies compare to model wellness policies and the progress made in attaining the goals of the Wellness Policy.

Last Updated:2025