

# Nutrition and Wellness Policy

## The Visitation Catholic School

Support health, nutrition and physical activity for everyone. The goal of the standards is to ensure that public schools offer students food and beverage choices that will enhance learning, contribute to their healthy growth and development, and cultivate lifelong healthy eating behaviors. The regulations are part to reduce childhood obesity and prevent its complications in childhood and later in adulthood. This policy has been developed to meet the requirements and is based on the following goals:

1. Students will acquire the knowledge, skills and motivation necessary to achieve and maintain optimum health and lifelong fitness.

2. Visitation Catholic School is committed to providing school environments that promote children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

3. The Visitation Catholic School will offer ongoing physical activities to assess, plan, implement, promote and evaluate student and staff wellness.

Staff and administration will work to incorporate physical activity during the school day as well as promote before and after school physical activity opportunities.

The Visitation catholic school

will strive to improve the health and wellness of our school community. Healthy children are the foundation of a healthy society and through healthy diet and maintenance of healthy body

weight, we can reduce chronic diseases. Healthy, active, well-

nourished children are better able to learn. Eating, health, and activity habits developed in youth will affect health throughout life. Following the principles of the Dietary Guidelines for Americans, a healthy diet includes foods from all food groups with limited portions of foods high in sugar, saturated and trans fat, and salt.

Nutrition

School sponsored events to raise funds that do not take place during the school day are strongly encouraged to include healthy alternatives.

Healthy Classroom Parties and School Celebrations

The Schools Visitation Catholic The School visitation recognize that classroom parties and

celebration are tradition at school. However, with the current goals of promoting healthy eating, parents are strongly encouraged to not send in any food items to share with the class, all classroom Birthday celebrations will be food free. Unt

il then, all foods must meet the nutrition guidelines. All other classroom parties and school celebrations that contain food must be approved by the building principal.

**Curriculum Based Foods** Curriculum based food activities run by a teacher will need the teacher's approval as well as the building principal approval.

**Nutrition Education** The Visitation Catholic

school are dedicated to providing students with the knowledge and means to make healthy food choices, healthy lifestyle, and physical activity choices. This is accomplished by increasing awareness of the benefits of eating healthy, getting the recommended amount of daily physical activity, defining nutrition and physical activity goals through an integrated approach of nutrition topics in grades PK--8.

**Students Bringing in their own Food** Parents/Guardians may send their individual students to school with whatever food they deem appropriate. Food should not be shared. **Access to Water** The Visitation Catholic School will make a water cooler available to all students during the day without charge.

**Physical Fitness** The Visitation Catholic School values the physical activity and physical fitness. . **Daily Recess** All students will have daily--

supervised recess, preferably outdoors, during which schools should encourage, verbally and through the provision of space and equipment, moderate to vigorous physical activity. To the extent possible, schools will endeavor to schedule recess prior to lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste. Teachers will strive not to withhold recess or physical education as a punitive measure.

**Physical Activity Opportunities Before and After School** will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.

**Food Services** Visitation Catholic School

Food Service Department will comply with all provisions of the Healthy, Hunger-Free Kids Act of 2010 This includes the requirements for the National School Lunch and Breakfast Programs.

### **Food Safety/Food Security**

The food offered to students in the schools must not only be nutritious, but must also comply with state and local food safety and sanitation regulations. The quality of the food is determined both by the foods' nutrient value and by the standards by which it was prepared.

1. All foods made available on campus will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented in order to avoid food illness in schools.

2. For the safety and security of the food and facility, access to the food service operations is limited to Child Nutrition staff and personnel authorized by the Superintendent or designee.
3. All food brought to school by students, parents, or community members to feed more than one child must be prepared, stored, and transported under hygienic conditions and safe to consume.

**This final rule requires all local educational agencies that participate in the National School Lunch and School Breakfast Programs to meet expanded local school wellness policy requirements consistent with the requirements set forth in section 204 of the Healthy, Hunger-Free Kids Act of 2010. The final rule requires each local educational agency to establish minimum content requirements for the local school wellness policies, ensure stakeholder participation in the development and updates of such policies, and periodically assess and disclose to the public schools' compliance with the local school wellness policies. These regulations are expected to result in local school wellness policies that strengthen the ability of a local educational agency to create a school nutrition environment that promotes students' health, well-being, and ability to learn. In addition, these regulations will increase transparency for the public with regard to school wellness policies and contribute to integrity in the school nutrition program.**