

ST. BENEDICT CATHOLIC SCHOOL LOCAL WELLNESS POLICY

[ST. Benedict Catholic School] is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, [ST. Benedict Catholic School] has established the following health and wellness policy:

1. **Nutrition Education and Promotion:** [ST. Benedict Catholic School] aims to teach, encourage, and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:
 - Is offered at each grade level as part of a comprehensive health education curriculum.
 - Is designed to provide students with the knowledge and skills necessary to promote and protect their health.
 - Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
 - Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
 - Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
 - Links with school meal programs, other school foods, and nutrition-related community services.
2. **Physical Activity:** [ST. Benedict Catholic School] aims to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle. Teachers properly certified/licensed in the subject area of Physical Education shall provide:
 - Physical education classes that include a variety of developmentally appropriate activities for all students.
 - Planned instruction in Physical Education shall require students to be engaged in moderate to vigorous physical activity for at least half of the scheduled class time.
 - Planned instruction in physical education shall meet the needs of all students.
 - Provide opportunities for physical activity during the school day, including recess periods.
 - Encourage students to walk or bike to school.
 - Support extracurricular physical activity programs for students.

3. **School-Based Activities:** [ST. Benedict Catholic School] aims to establish a school environment that supports healthy behaviors. The school will:
 - Provide a clean, safe, and pleasant environment for eating meals.
 - Provide opportunities for students to socialize while eating in the school cafeteria.
 - Encourage parents, guardians, and other family members to participate in school activities, including those that promote healthy eating and physical activity.
4. **Food Services:** [ST. Benedict Catholic School] aims to provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. The school will:
 - Meet the nutrition standards for school meals established by the U.S. Department of Agriculture (USDA).
 - Offer a variety of fruits and vegetables.
 - Offer whole grain products.
 - Offer only low-fat and fat-free milk and milk alternatives.
 - Free water is offered to every student during lunch.
 - Students are provided 25 minutes per day to eat lunch.
 - The school will provide students access to hand washing or hand sanitizing before each meal or snack.
 - Ensure that all foods and beverages sold or served outside of the school meal programs meet the USDA Smart Snacks in School nutrition standards.
5. **Monitoring and Policy Review:** [JILL LIND, PRINCIPAL] will monitor and evaluate this policy's implementation and effectiveness. The school will designate one or more persons within the school to oversee policy compliance and assess the policy's progress. The school will review and update this policy at least once every three years. The principal is responsible for informing the public, including parents and students, on the content and implementation of this policy. In order to inform the public, the principal shall post the policy on the schools website.