

ST. GREGORY THE GREAT PARISH SCHOOL
WELLNESS POLICY

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Good health fosters student attendance and education;

St. Gregory the Great is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. It is the policy of St. Gregory the Great to:

- All students will have opportunities at school, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Guidelines for Americans.
- Students will be provided with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- Students will be provided with adequate time to eat.
- Students will be provided with nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
- St. Greg’s School Wellness Committee will establish and maintain an infrastructure for management, oversight, implementation, communication

TO ACHIEVE THESE POLICY GOALS:

I. SCHOOL WELLNESS COMMITTEE

The Principal, the Hot Lunch Director, the Learning Support Team and School Commission will monitor/evaluate the wellness policy.

The designated official for oversight is Jean Dery, Hot Lunch Director
The name(s), title(s), and contact information of this/these individual(s) is

Name	Title / Relationship to the School or District	Email address	Role on Committee
Jean Dery	Hot Lunch Director	jdery@stgregsmil.org	Oversees and manages the breakfast and lunch program
Amy Schlegel	Principal	aschlegel@stgregsmil.org	Maintains an infrastructure for managing, maintaining, and evaluating meal program

Ben Oberdorf	Health and Phy. Ed. Teacher	boberdorf@stgregsmil.org	Evaluation of wellness policy
Jeff Senn	School Commission Chairperson	jsenn@sbcglobal.org	Evaluation of wellness policy

This wellness policy and the progress reports can be found at: www.stgregsmil.org

Recordkeeping

The school will retain records to document compliance with the requirements of the wellness policy. Documentation maintained will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update St. Greg's Wellness Policy; including an indication of who is involved in the update and methods the school uses to make stakeholders aware of their ability to participate on the SWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

St. Gregory the Great Parish School will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will make this information available via the school website or parent newsletter communication. The school will provide as much information as possible about the school nutrition environment. This will include a summary of the school's events or activities related to wellness policy implementation. Annually, the school will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED AT ST. GREGORY THE GREAT

SCHOOL MEALS

School breakfast and lunch is available for all children regardless of income level by a licensed food service provider. Students are not identified as receiving free or reduced breakfast or lunch.

School lunch consists of the following: protein, whole grains, 2 oz. vegetables, 2 oz. fruit for K4 and 4 oz. vegetables, 4 oz. fruit for K5-8, ½ pint of fat free chocolate or 1% white milk. Students must choose at least 3 of the options made available to them. Students are encouraged to eat the items they have chosen. A drinking fountain is available in the lunchroom.

MEAL TIME AND SCHEDULING

Students are offered a school breakfast from 8:05am- 8:15am for those who choose to participate. Students are provided with a 20 minute time period to eat lunch. Lunch times are scheduled from 11:10-11:30am, 11:30-11:50am and 11:50am-12:10pm.

Students are given an opportunity to wash/sanitize their hands prior to lunch.

Students who are required to brush their teeth because of special oral health needs (e.g. orthodontia or high tooth decay risk) are allowed to do so.

QUALIFIED SCHOOL FOOD SERVICE STAFF

St. Gregory the Great has a licensed food service manager on site.

SHARING OF FOODS AND BEVERAGES

St. Gregory the Great prohibits students from sharing their foods or beverages with one another during meal or snack times, due to concerns about allergies and other restrictions on some children's diets.

SNACKS

Students are allowed to bring a healthy snack from home. A list of snack suggestions are given to parents. Students in our Early Childhood Program have 1% milk provided for them with their snack. Teachers will monitor snacks of students during snack time. If an unhealthy snack is brought by a student he/she will not be permitted to eat the snack. The classroom teacher will also review healthy snacks with students throughout the school year.

CELEBRATIONS

St. Gregory the Great limits celebrations that involve food to Halloween, Christmas and Valentine's Day. Students are allowed to bring a treat in on their birthday for their class. If a student has food allergies parents may provide an alternate treat for their child. All foods offered on the school campus shall meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and classroom snacks brought by staff or family members.

AFTER SCHOOL PROGRAM

Snacks are provided to students attending the after school program. These snacks are approved by the director and take into consideration any health requirements and special dietary needs.

III. Nutrition AND PHYSICAL ACTIVITY PROMOTION

St. Gregory the Great aims to teach, encourage and support healthy eating by students. St. Gregory the Great provides nutrition education and engages in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of our science/health curriculum
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and health-enhancing nutrition practices.

COMMUNICATION WITH PARENTS

- Parents are encouraged to send a healthy snack with their child to school.
- A monthly school lunch and breakfast menu is provided to the parents.
- The Wellness Policy is published in the Parent-Student Handbook

Throughout the school year healthy snacks will be reviewed in weekly bulletins and handbook by teachers.

IV. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

- in grades K4-4th grade students will have recess 2 times per day totaling 35 minutes
- in grades 5 - 8 students will have recess 1 time per day totaling 20 minutes
- St. Gregory the Great has a licensed physical education teacher who provides instruction to all students in K4-8th grade
- Teachers are encouraged to give Brain Breaks utilizing physical movement
- Co-curricular activities, an athletic program, and recess support the Physical Education program.

PHYSICAL ACTIVITY AND PUNISHMENT

Teachers and other school personnel will not use physical activity (e.g. running laps, pushups) as punishment

EMPLOYEE HEALTH

A healthy lifestyle is encouraged for all adults in the community. This is supported by:

- Circulating health tips and information as offered by United Healthcare
- Providing a discount to a local health club

Updated April 2017

Reviewed May 2018 and updated June 2018