

St. Columbkille Catholic School

224 E. 5th Street

Papillion, NE

Wellness Policy

Purpose and Goal:

In order to comply with the Child Nutrition and WIC Reauthorization Act of 2004, St. Columbkille Catholic School has devised a Wellness Policy to address the areas of nutrition, physical activity, and healthy living. Research shows that students who try to live each day as healthy individuals are better learners. Therefore, St. Columbkille Catholic School will provide the knowledge and skills necessary to help students make healthy food and activity choices for their present and future lives. The complete policy and resource links can be found on the school website.

Nutrition Guidelines

Meals served at St. Columbkille Catholic School will:

- Appeal to and attract children
- Be prepared and served in a clean, pleasant, and healthy setting
- Offer multiple menu choices
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products
- Meet the USDA guidelines (no more than 30% of the calories come from fat, and less than 10% from saturated fat Meals will meet 1/3 of the daily requirement for protein, Vitamin A, Vitamin C, iron, calcium, and calories.
- Provide only food and beverages that comply with Smart Snack requirements

St. Columbkille Catholic School discourages students from sharing their foods or beverages with one another during meal or snack times given concerns about allergies and other restrictions in some children's diets.

Parents are invited and encouraged to visit:

<http://westsidecs.schoolfusion.us/modules/cms/pages.phtml?pageid=66088&sessionid=140ba74801a8767eb9e1aa3c45ce2888> if you would like specific nutritional information on the lunches served at St. Columbkille Catholic School.

Meal Times and Scheduling

St. Columbkille School will provide students with at least 20 minutes for lunch. School meal periods are between 11:00 A.M. and 1:00 P.M. School activities will not be scheduled during meal times unless students may eat during such activities. All students have access to hand washing or hand sanitizing before they eat meals or snack.

Nutrition Education

The primary goal of nutrition education is to influence students' eating habits and encourage healthy living. All students in grades K-8 will receive nutritional education as part of the school curriculum. Throughout the school year, lessons include topics such as agriculture and farming, keeping your body healthy, and drug and tobacco education programs. Nutrition educational activities will stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable. Cafeteria bulletin board displays will promote healthy living. School staff will model and reinforce positive eating habits. The school menu will be posted monthly on the school website.

Physical Activity

Physical Education (P.E.)

All students in grades K-8 will receive physical education class for 60 minutes per week for the entire school year. A certified physical education teacher will teach all physical education classes. Students will spend at least 50% of physical education class time participating in moderate to vigorous activity.

Recess

All grades 3-8 will have a 20 minute supervised recess daily. Students are encouraged to participate in moderate to vigorous physical activity. Grades K-2 will have an additional 20-minute recess daily.

Walk-A-Thon

All St. Columbkille students participate in an annual walk-a-thon. This is a fundraiser sponsored by the Home and School Association. It takes place in October each year during school hours.

Public Notice

St. Columbkille School will post the Wellness Policy on the school website. Parents will also receive notification of this publication at the beginning of each school year. The School Advisory Committee will receive an update policy yearly.

The Wellness Committee will ensure compliance with St. Columbkille's Wellness Policy and will review the policy annually or more frequently if necessary. The school food service staff will ensure compliance with nutrition policies within school service areas and will report on this matter to the committee upon request.

Legal Reference:

The Child Nutrition and WIC Reauthorization Act of 2004, 42 USC 1751; Regulations and Procedures for Accreditation of Schools, NDE Rule 10; National School Lunch Program, 42 U.S.C. 1751-1760, 1770; 7 CFR 210

Date of Adoption:

November 2, 2017

Approved by the School Advisory Council