

ST. ANTHONY SCHOOL

WELLNESS POLICY

2016-17

WELLNESS POLICY

Introduction

The rapid increase of childhood obesity, together with the early onset of chronic health problems has resulted in the nation's need to address the health of our school age population. "Health and success in school are interrelated". In order to perform well at school students need to eat healthy and be active. "Schools cannot achieve their primary mission of education if students are not healthy and fit physically, mentally and socially." National Association of State Boards of Education (NASBE)

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their environment. It is the aim of St. Anthony School to foster healthy eating and to encourage physical activity by supporting an atmosphere which promotes healthy food choices and provides an opportunity for daily physical activity. St. Anthony School believes that:

- All students will be provided with a nutritional education that meets state standards and is Integrated with other subject areas.
- Physical activity will be provided and encouraged during and after the school day.
- Parents, Staff and students will be encouraged to promote the district's goals in all other School based activities.
- Implementation and evaluation of Wellness Policy will take place in a timely manner.

To achieve these goals, a wellness committee has been created. The committee consists of teachers, health professionals, administrators and food service representatives.

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The policy addresses the following areas:

I. SETTING PHYSICAL ACTIVITY GOALS

- In order to encourage a culture of physical fitness opportunities for daily activity will be Provided.
- On a regular basis, physical education classes will emphasize the 4 components of fitness: muscular strength, muscular endurance, flexibility and cardiovascular endurance.
- An adequate student/teacher ratio will be maintained in order to ensure students' safety, active participation and proper use of equipment.
- Appropriate resource material for education about physical activity will be provided.
- Emphasis will be placed on activities containing carry-over value for a lifetime of health and wellness.
- Statistics regarding students' fitness levels will be gathered and maintained.

II. SETTING NUTRITION EDUCATION GOALS

- Nutrition education will provide children with the knowledge and skills needed to lead healthy lives.
- Nutrition education will occur from Pre-school through 8th grade and will be integrated Into other subjects areas.
- Nutrition education will extend beyond the school environment by sharing information With and involving parents/guardians.
- Coordination between school food service and nutrition education will occur.
- The program will meet all federal and state requirements and/or guidelines.

III. ESTABLISHING NUTRITIONAL STANDARDS

The district will continue to use the NYS Nutritional standards. These standards will apply to all food and beverages made available to students and staff of the district.

These standards will also apply to snack, a la carte items and meals. In addition,

- Students shall have access to a variety of affordable, nutritious and appealing food choices that meet their health and nutrition needs.
- Food providers shall offer a variety of age appropriate healthy food and beverages.

- All foods made available shall adhere to food safety guidelines.
- Healthy choices for classroom snacks will be encouraged.
- Meals will be served in a clean and pleasant setting.
- A variety of fruits and vegetables will be offered.
- All grains served will be whole wheat.
- The My Plate educational poster will be used daily to inform students of what grains, fruits, vegetable and protein are offered .
- Drinking water will be available at all meal periods and throughout the day.

IV. GOALS FOR OTHER SCHOOL BASED ACTIVITIES

A. School Environment

- The practice of using food as a reward or punishment should be discouraged.
- Physical activity should not be used or denied as a form of punishment.
- Recess will be scheduled for all students grades Pre-K through 8th.
- Students will have access to hand washing or hand sanitizing before meals and snacks.
- After school programs will encourage physical activity and healthy lifestyles.
- The district's wellness policy goals will be considered when planning school-based activities.
- All students from grade 3 to 8 will be able to purchase nutritious snacks if time allows.

B. Family and community:

- The school will partner with parents/guardians to help support nutrition education and physical activity at home.
- Nutritional content of foods and daily average calorie amount will be available to parents and students.
- The school will provide information and applications for free & reduced price lunches.

C. Staff wellness:

- Staff will have access to nutritious meals.
- Staff will be encouraged to participate in health education/ wellness programs.
- The district will provide copies of the school wellness policy to all staff.

V. SETTING GOALS FOR MEASUREMENT AND EVALUATION:

- The district's wellness committee will meet 4 times a year to monitor and assist in policy implementation.
- A formal evaluation of progress towards the district's goals will take place 2 years after the establishment of this policy.
- Subsequent formal evaluations will take place every 3 years.

Adoption date: November 5, 2015 St. Anthony School