

St. Thomas Aquinas School

Wellness Policy

The St. Thomas Aquinas Board of Education promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. St. Thomas Aquinas School supports and provides a healthy environment where students learn and participate in positive dietary and lifestyle practices.

1. Nutrition

St. Thomas Aquinas School will provide nutrition education and promote nutrition that:

- Is based on healthy and dietary practices.
- Teaches the skills students need to adopt healthy eating habits.
- Nutritional education is infused into the curriculum from Kindergarten to 6th Grade.
- Is designed to provide students with the knowledge and skills necessary to promote and protect their good health.
- Staff, students and parents will be encouraged to participate with the school in the promotion of good health.

2. Physical Activity

- Daily physical activity for all students K-6 including recess, P.E. and classroom movement activities.
- Recess provided K through 6th grade in accordance with the HKA.
- Classroom teachers are encouraged to provide short physical activities between lessons and classes.
- Employees should avoid using physical activity as a punishment or withhold opportunities for physical activity as a punishment.
- Curriculum includes safety information on exercise precautions, proper equipment, etc.

3. Quality School Meals

- Students are encouraged to participate in school offered breakfast, lunch and after school snacks if it was not available at home.
- Meals are offered at prices students can afford.
- Menus meet nutrition standards of the U.S. Department of Agriculture.
- All foods and beverages available during school hours contribute to the dietary needs of the students and are from the five major food groups.
- The school encourages parents to provide a variety of nutritious foods if students bring a snack or lunch from home.
- Hand washing is available before meal times.
- Drinking fountains are available to get water when needed.
- Information is provided in the St. Thomas Aquinas School Handbook regarding snack standards and healthy celebrations/parties.

4. Food Marketing in School

- During the school day limit food and beverage marketing to foods and beverages that meet nutrition standards.
- Encourage after school marketing of food and beverages to include healthy choices that meet HKA nutrition standards.
- Promote foods including fruits, vegetables, whole grains, and low fat dairy products.
- Market activities that promote healthful dietary and fitness behaviors.

5. Nutrition Standards for School Meals

- Menus are based on recommended dietary allowances.
- Student preferences will be considered in menu planning in the promotion of a variety of foods for maximum nutritional benefit.
- Portions will be based on age.
- Meals will contain adequate calories to support growth development and healthy weight.
- Nutritional value will be evaluated on a weekly basis rather than one meal.
- Purchasing practices will include written specifications that reflect quality, safety, nutritional value, customer acceptance, and cost.
- Foods should be prepared in ways that balance between optimal nutrition and student acceptance.
- Foods and/or menus may be altered to accommodate students with special diet restrictions and allergies.

Healthy School Eating Environment

St. Thomas Aquinas School recommends:

- Students have at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch.
- Not scheduling tutoring, club or organizational meetings, or activities during meal times, unless students may eat during such activities.
- Providing students access to hand sanitizing.

Foods and Beverages as Reward

St. Thomas Aquinas School employees discourage the use of food and beverage as rewards for academic performance, compliance, or good behavior. Employees do not withhold food or beverage as punishment.

Celebration

St. Thomas Aquinas School employees should evaluate their celebration practices that involve food during the school day.

School-Sponsored Events

School retreats and field trips will be exempt from requiring students to provide only foods and beverages that meet recommended goals and targets.

6. Plan for Wellness Policy Implementation and Effectiveness

Monitoring

St. Thomas Aquinas School will designate the “Wellness Policy Committee” to monitor implementation and evaluation of the policy on an ongoing basis. The committee will periodically report to the Board of Education regarding the effectiveness of this policy.

Policy Review

The Wellness Policy will be reviewed according to established Board of Education guidelines to ensure policy relevance.

Review: 1/17/2014