

Wellness Policy

Sacred Heart School Loretto

Sacred Heart is committed to providing a school environment that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, effective July 1, 2006, it is the policy of Sacred Heart School that:

School Meals

Meals served through the National School Lunch Program will:

- Be appealing and attractive to children;
- Meet at a minimum and maximum the nutrition requirements set by the National School Lunch Program.

Snacks

Students are encouraged to have healthy snack at break time. State Approved Smart Snacks and Beverages are sold in the cafeteria for **.75** each at morning break. Beverages brought from home are to be 100 % juice packs or prepackage water bottles only. Our goal is to teach students how to lead healthy lives.

No Carbonated Beverages

No carbonated beverages are allowed on school campus for students during school hours.

Reward Parties

SHS should limit the use of food and beverages as rewards. Non-food items are recommended such as stickers, pencils, extra recess time.... Reward parties may include food items that include nutritional items.

Celebrations

Celebrations should be limited to once a month. Each party that includes food should meet with 50% of the food with nutritional value. Example - chips and cupcakes with fresh fruit and fruit juice. We have a No Carbonated Beverage Policy so soft drinks **cannot** be used as a non-nutritional food item.

School Sponsored Events

Events after school hours that offer or sell food items are encouraged to have nutritional food items or beverages available also.

Bake Sales and Field Day

Foods and Beverages sold during the school day outside of the cafeteria should be no more than once a month. There is **not** a restriction on the sell of the food items but please keep in consideration of the No Carbonated Policy and include nutritional items for sell also.

Birthdays

Student's birthdays may be celebrated. Snack items may be brought in along with napkins to pass out to the class. Individual wrapped items are recommended. The school or cafeteria does not supply the paper products. Beverages may be purchased through the cafeteria.

Physical Activity

Students need physical activity beyond P.E. class. Classroom education can encourage an active life style outside of school. Students are also encourage to participate in our annual Walk-a-thon, Hop-a-thon and Field day events.

Nutritional Education and Promotion

SHS aims to teach, encourage, and support healthy eating by students. Nutrition education can be incorporated into classroom subjects.

Communication with Parents

Nutrition information, nutrition tips, wellness policy, and weekly menus will be on the schools web site. The school will provide information for opportunities to be physically active outside of school such as being involved with sports.

Goal

This is a process that will grow and change throughout the years. Our goal is to promote a healthy lifestyle for our children that they can carry throughout their lives.

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Issued July 2006

Updated Aug 2013

Updated July 2015

Updated July 2017

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