

2012-2013 Wellness Policy

I. Purpose

Epiphany Catholic School is committed to promoting and protecting students' health, well-being and ability to learn. Thus, Epiphany School supports healthy eating habits and healthy physical activity. We strive to provide a healthy school nutrition environment which is conducive to good learning. These efforts contribute positively to honoring our bodies as a gift from God.

II. General Statement of Policy

By working toward the following goals, Epiphany supports the link between health wellness and improved educational outcomes of our students.

- A. Food and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- B. Students will have access to affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- C. Epiphany Catholic School will participate in the National School Lunch Program.
- D. Epiphany will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
- E. All students will have opportunities, support and encouragements to be physically active on a regular basis.
- F. Epiphany will establish a Wellness Task Force to promote healthy living, wellness of staff and students, and to assist in the reporting and monitoring requirements of this policy.

III. Nutrition and Food Environmental Guidelines

A. Food Environment

1. Students are encouraged to start each day with a healthy breakfast. Starting in 2012-2013, breakfast is offered from 7:00 – 7:30 am daily.
Lunch periods will be scheduled in the middle of the day.
2. It is a goal to provide students 20 minutes to eat during meal periods.
3. It is a goal to provide dining areas that will be attractive and include enough seating areas to accommodate all students who would like to sit and eat lunch, as well as enough serving areas so that students do not have to spend too much time waiting in line.
4. Hand-washing will be available for students prior to eating. They will be reminded to wash their hands before meals as a way of preventing the spread of germs and reducing the risk of illness.
5. Drinking water will be available for students.

B. Food Service Operation

1. Epiphany Catholic School promotes a pricing plan to ensure maximum participation in the school meal program and will make certain that all eligible children that qualify receive free and reduced-price meals.
2. Epiphany will ensure that students eligible to receive free or reduced price meals are not treated differently from other students nor are they easily identified by their peers.
3. Epiphany will employ a food service director who is properly qualified and certified.
Food service personnel will meet professional standards to administer the school food service program and satisfy reporting standards.
4. All child nutrition personnel will have adequate training in the school food service program.
5. Epiphany will adopt methods of cooking that decrease fat, calorie and sodium levels in

food.

6. Epiphany will plan menus that will meet the nutrition standards recommended in the Dietary Guidelines for Americans and ensure that the school meals meet requirements set forth under USDA 7 CFR Part 210 and Part 220.

C. Food and beverages Served and Sold During the School Day

1. Food and beverages offered will be nutritiously based, including whole grain products, fiber-rich fruits and vegetables.
2. Food and beverages offered will be of excellent quality, appealing to students and are served at the proper temperature.
3. Food and beverages offered will minimize use of fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
4. A la carte will provide a variety of choices of nutritious food such as fruits, vegetables, whole grains and low-fat or non-fat dairy foods
5. All Beverages sold or given away on school premises during the school day must be non-carbonated.
6. If food is provided for classroom celebration, it must be commercially prepared.
7. Classroom snacks and celebrations should reinforce the importance of healthy choices. Families will receive information from the school on foods that are appropriate for such celebrations.
8. School fundraisers involving the selling food will support positive health habits.

IV. Community Collaboration

A. Communications with Parents

1. Epiphany will support parents' efforts to provide a healthy diet and daily physical activity for their children.
2. Epiphany will provide information about physical education and other school-based physical activity opportunities during and after the school day and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

B. Opportunities After School

1. Epiphany encourages the participation of all students in activities such as extra-curricular activities, community and family activities that promote physical activity.
2. Epiphany will offer a range of physical activities that meet the needs, interest and abilities of all students.

IV. Curriculum

- A. Epiphany will provide education to promote lifelong habits of healthy eating and physical activity. Linkages between health education, physical education, school meal programs and related community services will be fostered.

B. Integrating Nutrition Education into the Classroom Setting

- I. Epiphany will provide nutrition education and engage in nutrition promotion that:
 - a. is offered at each grade level as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and health enhancing practices;
 - c. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise); and nutrition related community services;
 - d. links with school meals program;
 - e. teaches media literacy with an emphasis on food marketing; and
 - f. includes training for teachers and other staff.

2. Staff is encouraged to model good nutrition.
- C. Physical Education
 1. All students will be provided opportunities for physical education as part of Epiphany's overall curriculum.
 2. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
 - D. Integrating Physical Activity into the Classroom Setting
 1. Students need opportunities for physical activity beyond physical education class, therefore:
 2. Classroom teachers are encouraged to develop opportunities for physical activity that can be incorporated into subject lessons and are encouraged to provide short, physical activity breaks during class.
 3. Staff are encouraged to model physical activity.
 - E. Promoting a Healthy Lifestyle
 1. Classroom instruction will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities such as watching television.
 - F. Rewards and Consequences
 1. Physical activity is important, therefore, staff will use reasonable judgment before using physical activity or the withholding of physical activity as consequence. A student may miss a portion of recess as a consequence, but not the entire recess.
 2. Food should not be used as a reward or consequence.

VI. Timeline

- A. This policy will be phased into Epiphany Catholic School during the 2011-2012 school year.

VII. Monitoring and Policy Review

- A. The principal (or designee) will ensure compliance with this Wellness policy.
- B. The Wellness Committee will establish procedures to monitor compliance with the policy. The committee will meet as needed to gather compliance data, review the plan, and make any recommendations.
- C. An overall wellness policy review will take place every 3 years by a committee selected by the principal. A summary report will be provided to the School Advisory Committee.

Reviewed January, 2013