

Updated March 2023

St. Thomas More School Wellness Policy

School Wellness Administrative Regulations

We are committed to providing a school environment that enhances learning and development of lifelong wellness practices. To this end, the following will be implemented.

School Meals

Meals served through the National School Lunch Program will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings, in a timely manner
- Meet, at a minimum, nutritional requirements established by local, state and federal statutes and regulations
- Offer a variety of fruits and vegetables daily
- Serve only Low-fat (unflavored or flavored) and Fat-Free unflavored milk
- Ensure that 51% grains served are whole grain

Breakfast

We will encourage all children to have breakfast to meet their nutritional needs and enhance their ability to learn.

Free and Reduced Meals

We will make every effort to eliminate any social stigma attached to and prevent overt identification of students who are eligible for free and reduced priced school meals.

Meal Times and Scheduling

- Students will have adequate time to eat their lunches.
- Students will have access to hand washing or hand sanitizing before they eat meals or snacks.

Staff Development

As part of our commitment we will provide continuing education in nutritional choices. We will also provide information on tooth decay risk.

Cafeteria workers are trained according to their level of responsibility, are ServSafe Certified and participate in required continuing education classes.

Sharing of Foods and Beverages

Given concerns about food allergies and other restrictions on some children's diets, we will discourage students from sharing their foods or beverages with one another during meal or snack times. We discourage parents from putting medications in their student's lunches.

Students at the elementary and junior high level will not be allowed to have soft drinks during the school day. Students will be able to purchase items as part of the a la carte menu, which will follow the standards listed below:

Beverages: only water and low fat and fat free milk is available for purchase during the lunch hours.

Foods: Certified Smart Snacks are available for purchase. PS-2nd grade are allowed to purchase one snack, 3-8 are allowed to purchase 2. In addition, students may purchase the daily entrée as an ALA Carte.

Beverages

Beverage items available for sale at the school during the school day (7am-3:30 pm) may not exceed eight (8) ounces. (There are no vending machines in the building). Beverages sold during the lunch hours is limited to milk and water.

Not allowed: soft drinks containing Caffeine or caloric sweeteners.

Snacks

Snacks served during the school day, including room parties, should make a positive contribution to children's diets and health, with an emphasis on serving fruits, vegetables, whole grain products, dairy, juices and water as the primary beverages. Healthy snack items are encouraged.

Nutrition Education and Promotion

Through the physical education class and SELF classes, teachers will stress the importance of healthy eating and physical activity.

Promote fruits, vegetables and whole grain items for snacks and parties. Emphasize caloric balance between food intake and energy expenditure.

Communication with Parents

Our school will encourage organizations to support healthy meals and snacks and to refrain from including beverages and foods that do not meet the nutritional standards for individual foods and beverages.

Physical Education Classes

All students in Grades PreSchool-8 will receive physical education classes. A physical education instructor will teach all physical education.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged to have moderate to vigorous physical activity.

Physical Activity Opportunities

Students in Grades 5-8 are offered the opportunity to participate in school-sponsored sports. This program offers a range of activities that meet the needs and interest of a variety of sports for both boys and girls. Students in Grades 2-8 are offered the opportunity to participate in school-sponsored Ballet Folklorico.

Monitoring and Policy Review

The principal will ensure compliance with established school policy for nutrition and physical activity as part of our wellness policies.