



Wellness Policy

** Policy enforced during school hours
Revised 6/21/21*

I. Purpose

Epiphany Catholic School is committed to promoting and protecting student health, well-being, and learning. 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. Epiphany Catholic School will participate in the National School Lunch Program.
- B. Students will have access to affordable, nutritious, and appealing foods that meet their health and nutrition.
- C. Food and beverages sold and served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and Smart Snack Standards.
- 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 encouragement 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 During the School Day¹

A. Food Environment

1. Students are encouraged to start each day with a healthy breakfast. Starting in 2012-2013, breakfast is offered from 6:45 – 7:25 am daily.
Lunch periods will be scheduled in the middle of the day.
2. It is our goal to provide students 20 minutes to eat during meal periods.
3. It is our goal to provide dining areas that will be attractive and include enough seating to accommodate all students, 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. Child safe hand sanitizer will be available at all entrances to the cafeteria. Students will be reminded to wash their hands before meals as a way of preventing the spread of germs and reducing the risk of illness.

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 Catholic School 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 Catholic School 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 are mandated to have a specific number of training hours in the school food program.
5. Epiphany Catholic School will adopt methods of cooking that decrease fat, calories, and sodium levels in food.
6. Epiphany Catholic School 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 and fiber-rich fruits and vegetables.
2. Food and beverages offered will be of excellent quality, appealing to students, and served at the proper temperature.

¹ School day is defined by USDA regulations as 12:01 am to 30 minutes after the final school bell.

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 and will meet the Smart Snacks Standards.
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 of food will support positive health habits.
9. Food and beverages will not be marketed during the school day.

IV. Community Collaboration

A. Communications with Parents

1. Epiphany Catholic School will support parents' efforts to provide a healthy diet and daily physical activity for their children.
2. Upon request, Epiphany Catholic School 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 Catholic School encourages the participation of all students in activities such as extra-curricular activities and community and family activities that promote physical activity.
2. Epiphany Catholic School will offer a range of physical activities that meet the needs, interest and abilities of all students.

V. Curriculum

A. Epiphany Catholic School 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 instruction

1. Epiphany Catholic School will provide nutrition education and engage in nutrition promotion that:
 - a. is offered at each grade level and 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)
 - d. links with school meals program;
 - e. 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 Catholic School overall curriculum.
 - 2. Students will spend at least 75 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.
 - 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 not withhold physical activity or recess, as a consequence, except when safety is a concern. A student may miss a portion of recess as a consequence, but not the entire recess.
 - 2. Food will not be used as a reward or punishment.

VI. **Timeline**

- A. This policy will be in place during the 2021-2022 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 assessment will take place yearly by a committee selected by the principal. A summary report will be provided to the School Advisory Committee and school community upon request.