

St. Augustine School Wellness Policy

The School Advisory Committee recognizes that good nutrition and regular physical activity affect the health and well-being of the St. Augustine's students. Research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

St. Augustine School, however, believes this effort to support student development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the general public to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The School Advisory Committee sets the following evidence-based goals below and as expanded in the Guidelines, in an effort to enable students to establish good health and nutritious habits:

- A. Nutrition Education: The school will integrate nutrition education into subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education. Nutrition education standards shall be age-appropriate and culturally relevant. The school is encouraged to provide information to parents that is designed to help reinforce at home the standards and benchmarks being taught in the classroom.
- B. Nutrition Promotion: All foods and beverages marketed or promoted to students at school, during the school day, will meet or exceed the U.S. Department of Agriculture (USDA) Smart Snacks in School nutrition standards. The school will promote an environment that reinforces the development of healthy habits and provide opportunities for students to develop the knowledge and skills for consuming healthy foods by using evidence based strategies and healthy nutritional messages.
- C. Physical Education: The District will provide students with physical education instruction, using an age-appropriate, sequential physical education curriculum consistent with state standards. The physical education curriculum will provide instruction related to the knowledge and skill necessary to participate in lifelong, health enhancing physical activity. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation. The school may provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.

Accordingly, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

- A. The food service program shall comply with Federal and State laws/regulations pertaining to the selection, preparation, consumption and disposal of food and beverages.
- B. Guidelines for reimbursable school meals shall meet the program requirements and nutrition standards set forth under 7 CFR Parts 210 and 220. Reimbursable school meals shall not be less restrictive than the regulations or guidance issued by the USDA.
- C. The food service program will provide student affordable access to varied and nutritious foods.
- D. All foods and beverages offered for sale on the school campus during the school day shall comply with the USDA Dietary Guidelines for Americans and USDA Smart Snacks in School nutrition standards, including competitive foods that are available to students a la carte in the dining area.
- E. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include classroom snacks, for classroom parties, and at holiday celebrations) are encouraged to meet the USDA Smart Snacks in School nutrition standards.
- F. Fundraisers:
 - The School Principal may allow food-based fundraising activities that do not meet the USDA Smart Snack in Schools standards.
 - No more than two fundraisers per week are allowed.
 - The School Principal will track its own exemption approvals and ensure that only the allowable number of exemptions are granted.
 - These school-sponsored fundraisers may not be sold in competition with the school meals during service time.

The School Advisory Committee shall recommend necessary and appropriate revisions to the Wellness Policy and Guidelines. The Wellness Policy will be reviewed once per year by the School Advisory Committee.

St. Augustine School will post this policy and Guidelines on the school website to inform the public about the content of its Wellness Policy, and make this policy and any updates available to the public on an annual basis.

Guidelines shall be prepared to implement this policy and shall include the designation of the Principal, which has the authority and responsibility for school-level compliance and serves to coordinate the implementation, assessment, updates and retention of documentation for the Wellness Policy.