

Local School Wellness Policy

Saint Patrick School

I. PURPOSE

The Local School Wellness Policy (LSWP) establishes goals and guidelines to promote student health, reduce childhood obesity, and ensure compliance with the Healthy, Hunger-Free Kids Act of 2010, USDA regulations, and requirements of the Department of Elementary and Secondary Education (DESE) State Food Program.

II. SCOPE

This policy applies to all students, staff, schools, and programs within the district that participate in State and Federally funded child nutrition programs administered through DESE, including but not limited to the National School Lunch Program (NSLP) and School Breakfast Program (SBP).

III. LEADERSHIP AND OVERSIGHT

The district designates the following individual(s) to oversee the implementation, monitoring, and evaluation of this policy:

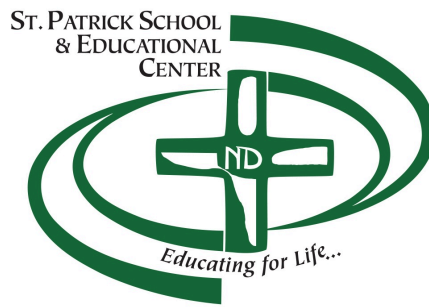
Wellness Policy Lead: Lorraine Shea, Mary Kelly, Lisa Darrigo, & Miriam Ayala

Title/Department: Business Manager, Principal, Director of Lunch Program, & Lunch Lady

IV. WELLNESS COMMITTEE

The district will establish a Wellness Committee that includes representatives of:

- Parents and guardians
- Students
- School food authority representatives
- School administrators
- Teachers
- Health professionals
- Community members



The Wellness Committee will meet periodically and participate in the development, implementation, review, and update of this policy.

V. NUTRITION STANDARDS

All foods and beverages available to students on campus during the school day shall meet applicable USDA and DESE nutrition standards, including Smart Snacks in School requirements.

School meals shall:

- Meet or exceed USDA nutrition requirements
- Emphasize fruits, vegetables, whole grains, and low-fat or fat-free dairy
- Limit sodium, saturated fat, and added sugars

VI. NUTRITION PROMOTION AND EDUCATION

Schools will provide nutrition education that:

- Is developmentally appropriate and integrated into the curriculum
- Encourages lifelong healthy eating behaviors
- Is consistent with USDA and DESE guidance

Nutrition promotion may include taste tests, farm-to-school activities, and school gardens.

VII. PHYSICAL ACTIVITY

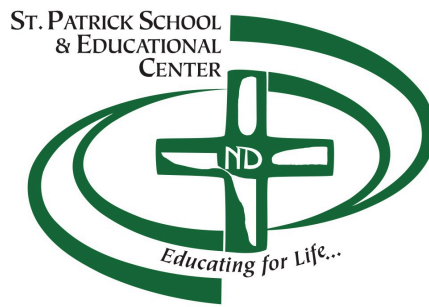
Schools will provide opportunities for physical activity that:

- Are appropriate for all grade levels
- Include physical education and activity breaks
- Encourage student participation beyond the school day

VIII. OTHER SCHOOL-BASED WELLNESS ACTIVITIES

Schools will support student and staff wellness through:

- Healthy fundraising practices
- Staff wellness initiatives
- Safe and supportive learning environments



IX. PUBLIC INVOLVEMENT AND TRANSPARENCY

The district will:

- Permit participation by parents, students, and the community in policy development and review
- Make the Local School Wellness Policy and assessment results available to the public
- Conduct a triennial assessment of policy implementation as required by USDA and DESE

X. RECORDKEEPING AND COMPLIANCE

The district will maintain documentation to demonstrate compliance with USDA and DESE requirements, including:

- Policy implementation records
- Wellness Committee participation
- Triennial assessment reports

XI. NONDISCRIMINATION STATEMENT

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating against any person on the basis of race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity.

This institution is an equal opportunity provider.

XII. POLICY REVIEW