

## **LOCAL SCHOOL WELLNESS POLICY**

### **Saint Patrick School and Educational Center**

**Program:** National School Lunch Program (NSLP) / School Breakfast Program (SBP), as applicable

**Policy Lead:** Greta Hoehn, Office Manager/Director of Food Services

**Effective Date:** July 01, 2026

### **I. PURPOSE**

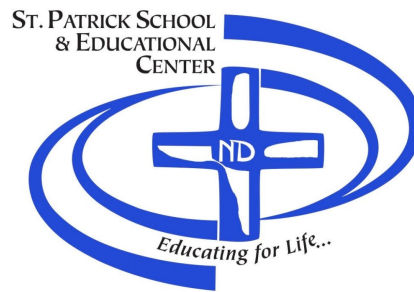
Saint Patrick School and Educational Center recognizes the important relationship between student health, well-being, academic achievement, attendance, and lifelong healthy behaviors.

The purpose of this Local School Wellness Policy (LSWP) is to establish goals and procedures that promote student health and wellness and to ensure compliance with applicable requirements of the Healthy, Hunger-Free Kids Act of 2010, United States Department of Agriculture (USDA) regulations, the National School Lunch Program (NSLP), School Breakfast Program (SBP), and applicable Massachusetts Department of Elementary and Secondary Education (DESE) requirements.

Saint Patrick School and Educational Center is committed to providing a school environment that promotes healthy eating, nutrition education, physical activity, and overall student wellness.

### **II. SCOPE**

This policy applies to Saint Patrick School and Educational Center and to students, staff, programs, and school-sponsored activities subject to the Local School Wellness Policy requirements.



The policy applies to school nutrition programs participating in federally funded child nutrition programs administered through DESE, including the National School Lunch Program and School Breakfast Program, as applicable.

For purposes of this policy, the **school day** is defined consistent with USDA requirements as the period from midnight before the beginning of the official school day until 30 minutes after the end of the official school day.

### **III. LEADERSHIP AND OVERSIGHT**

Saint Patrick School and Educational Center designates the following individual as the official responsible for oversight of the Local School Wellness Policy:

**Wellness Policy Lead:** Greta Hoehn

**Title:** Office Manager/Director of Food Services

Additional school personnel involved in wellness policy implementation include:

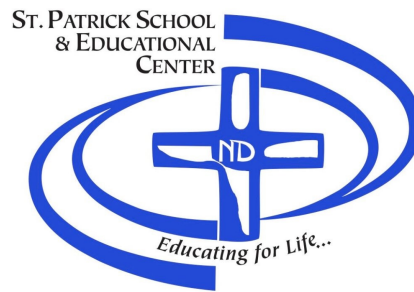
- Mary Kelly, Principal
- Miriam Ayala, Food Service Worker
- Lisa Darrigo, Afterschool Director
- Additional faculty, staff, parents/guardians, students, health professionals, and community representatives as appropriate.

The Wellness Policy Lead has operational responsibility for overseeing the implementation, monitoring, documentation, and periodic assessment of this policy.

School administration, faculty, food service personnel, and other appropriate staff members share responsibility for supporting implementation of the policy within their respective areas.

### **IV. WELLNESS COMMITTEE AND PUBLIC PARTICIPATION**

Saint Patrick School and Educational Center will maintain a Wellness Committee to support the development, implementation, review, and updating of the Local School Wellness Policy.



The School will permit and encourage participation from representatives of the school community, including, as applicable:

- Parents and guardians;
- Students;
- School food service/SFA representatives;
- School administrators;
- Teachers, including physical education teachers;
- School health professionals;
- Afterschool program representatives;
- School staff;
- Community members; and
- Other individuals interested in student health and wellness.

The Wellness Committee will meet **at least annually**, and more frequently when necessary, to review implementation of the Local School Wellness Policy, evaluate progress toward established wellness goals, identify areas for improvement, and recommend changes.

The School will make reasonable efforts to notify parents/guardians, students, staff, and members of the community of opportunities to participate in the Wellness Committee and Local School Wellness Policy process.

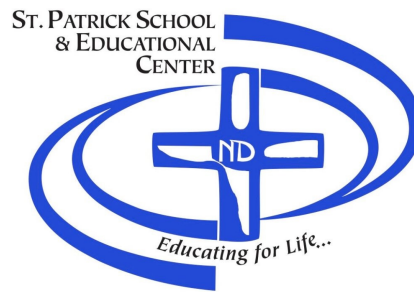
Documentation of committee participation, meetings, recommendations, and policy review activities will be maintained.

## **V. NUTRITION STANDARDS FOR SCHOOL MEALS**

All reimbursable school meals offered through the National School Lunch Program and School Breakfast Program, as applicable, will comply with current USDA meal pattern and nutrition requirements.

School meals will be planned and served in a manner that:

- Meets applicable USDA meal pattern requirements;
- Offers fruits and vegetables as required;



- Provides whole grain-rich foods as required;
- Provides appropriate milk choices;
- Meets applicable requirements regarding calories, sodium, saturated fat, and added sugars;
- Provides age-appropriate portion sizes;
- Accommodates students with disabilities when required by applicable law and USDA regulations; and
- Promotes nutritious food choices in an appealing and accessible manner.

Food service personnel will follow applicable food safety, sanitation, meal counting, claiming, and recordkeeping requirements.

Drinking water will be available to students during meal service as required by applicable federal requirements.

The School will make reasonable efforts to provide students sufficient time to obtain and consume their meals.

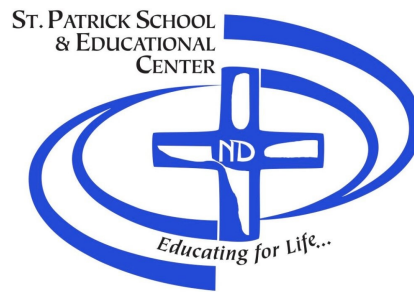
## **VI. COMPETITIVE FOODS AND SMART SNACKS**

Foods and beverages sold to students on the school campus during the school day outside of the reimbursable school meal programs will comply with applicable USDA Smart Snacks in School requirements and applicable Massachusetts requirements.

This includes, as applicable:

- À la carte foods;
- Vending machines;
- School stores;
- Snack sales;
- Food-based fundraisers; and
- Other foods or beverages sold to students during the school day.

The School will maintain documentation, when applicable, demonstrating compliance with Smart Snacks requirements.



Foods and beverages sold outside of the defined school day are not subject to federal Smart Snacks requirements unless otherwise required by applicable state or local rules.

## **VII. FOODS AND BEVERAGES PROVIDED BUT NOT SOLD**

Saint Patrick School and Educational Center recognizes that foods and beverages may be provided to students without being sold, including during classroom celebrations, school parties, special events, rewards, and other activities.

The School will encourage staff and families to provide foods and beverages that support healthy eating habits and student wellness.

When appropriate, the School will provide families and staff with information regarding healthier food and beverage options.

Food will not routinely be used as a reward for academic performance or student behavior. When food is provided to students, applicable student allergy, food safety, and dietary accommodation procedures will be followed.

Teachers and staff are encouraged to consider non-food rewards and celebrations whenever practical.

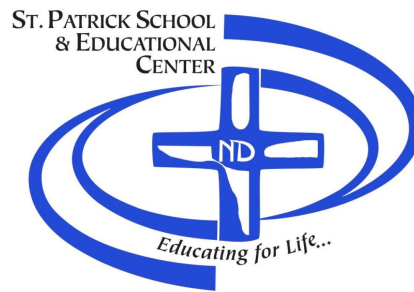
## **VIII. FUNDRAISING**

Saint Patrick School and Educational Center will encourage fundraising activities that support student wellness.

Food and beverage fundraisers conducted during the school day will comply with applicable USDA Smart Snacks requirements and applicable Massachusetts requirements.

The School encourages non-food fundraising activities, including but not limited to:

- Walk-a-thons;
- School spirit activities;
- Community events;
- Raffles;



- Student activities; and
- Other fundraising opportunities that do not rely primarily on the sale of food.

Fundraising activities conducted outside of the federally defined school day will follow applicable school policies and state requirements.

## **IX. FOOD AND BEVERAGE MARKETING**

Food and beverage marketing on the school campus during the school day will be limited to foods and beverages that may be sold under applicable USDA Smart Snacks in School nutrition standards.

This requirement applies to marketing under the control of Saint Patrick School and Educational Center, including, as applicable:

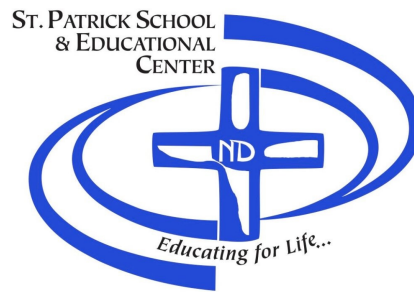
- Posters and signs;
- Vending machine displays;
- Menu boards;
- School publications;
- Educational materials;
- Equipment bearing food or beverage logos;
- Corporate-sponsored materials; and
- Other forms of food or beverage advertising.

The School will review existing contracts, equipment, and materials as appropriate when making purchasing or replacement decisions.

## **X. NUTRITION EDUCATION**

Saint Patrick School and Educational Center will provide students with age-appropriate opportunities to develop knowledge and skills necessary to make healthy food and beverage choices.

Nutrition education may be incorporated into classroom instruction, health education, science, physical education, school meal activities, or other appropriate educational opportunities.



Nutrition education will, as appropriate:

- Promote fruits, vegetables, whole grains, dairy, and other nutrient-dense foods;
- Encourage balanced eating habits;
- Encourage water consumption;
- Help students understand the relationship between nutrition, physical health, and overall wellness;
- Promote developmentally appropriate lifelong healthy eating behaviors; and
- Be consistent with applicable federal and state nutrition guidance.

### **Measurable Nutrition Education Goal**

During each school year, students will receive at least one age-appropriate nutrition education or nutrition awareness opportunity through classroom instruction, health education, food service activities, school-wide programming, or another appropriate educational activity.

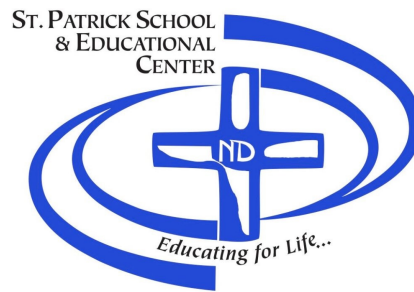
Implementation of this goal will be reviewed annually by the Wellness Committee.

### **XI. NUTRITION PROMOTION**

Saint Patrick School and Educational Center will promote healthy eating and positive attitudes toward nutritious foods.

Nutrition promotion activities may include:

- Taste tests;
- Nutrition-themed educational materials;
- School meal promotions;
- Farm-to-school activities;
- School gardens;
- Fruit and vegetable promotion;
- Healthy eating displays;
- Special nutrition events; and
- Other age-appropriate wellness activities.



School food service personnel are encouraged to participate in nutrition promotion efforts when practical.

### **Measurable Nutrition Promotion Goal**

Saint Patrick School and Educational Center will conduct or participate in **at least one nutrition promotion activity each school year**.

The Wellness Committee will review completion of this goal annually.

## **XII. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

Saint Patrick School and Educational Center recognizes that regular physical activity contributes to students' physical health, mental well-being, classroom readiness, and academic success.

Students will be provided developmentally appropriate opportunities for physical activity during the school year.

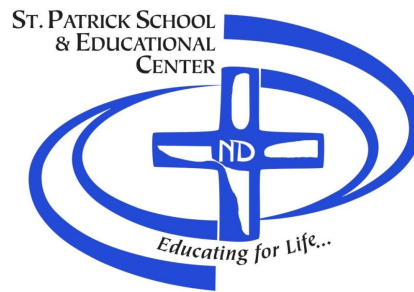
These opportunities may include:

- Physical education classes;
- Recess;
- Classroom movement or activity breaks;
- School-wide physical activity events;
- Afterschool activities;
- Athletics, when available; and
- Other structured or unstructured opportunities for movement.

Physical education will be provided in accordance with applicable school and state educational requirements.

Physical activity opportunities will be designed to encourage participation by students of varying abilities and fitness levels.

Recess and physical activity should not routinely be withheld as punishment. Physical activity will not routinely be assigned as punishment.



### **Measurable Physical Activity Goal**

During each school year, the School will provide students with regular opportunities for physical activity through physical education, recess, classroom movement, school activities, or a combination of these opportunities.

The Wellness Committee will review the School's physical activity opportunities at least annually and identify opportunities for improvement when appropriate.

### **XIII. OTHER SCHOOL-BASED WELLNESS ACTIVITIES**

Saint Patrick School and Educational Center will support a school environment that promotes the overall health and well-being of students and staff.

School-based wellness activities may include:

- Healthy fundraising practices;
- Staff wellness initiatives;
- Social-emotional wellness activities;
- Safe and supportive learning environments;
- Opportunities for student movement;
- Health and wellness education;
- Community partnerships;
- Family wellness resources; and
- Programs supporting students' physical, social, and emotional well-being.

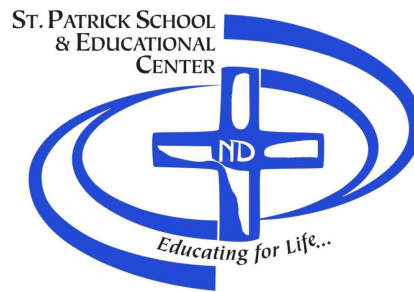
The School will encourage staff members to model positive wellness behaviors when appropriate.

### **XIV. MEAL ENVIRONMENT**

Saint Patrick School and Educational Center will promote a positive and respectful meal environment.

The School will make reasonable efforts to:

- Provide students adequate opportunity to eat school meals;



- Maintain a clean and safe cafeteria or meal-service environment;
- Provide access to drinking water during meal service;
- Encourage appropriate handwashing or hand hygiene before meals;
- Provide appropriate supervision during meal periods;
- Avoid stigmatizing students based on meal eligibility or account status; and
- Encourage students to make healthy food choices.

School meal participation will be promoted in a manner that respects student privacy and dignity.

#### **XV. STUDENT FOOD ALLERGIES AND SPECIAL DIETARY NEEDS**

Saint Patrick School and Educational Center will take reasonable measures to protect students with known food allergies and dietary needs.

The School will follow applicable USDA requirements regarding meal modifications for students with disabilities and will work with parents/guardians, school personnel, food service staff, and appropriate medical professionals when necessary.

Food service staff will follow established procedures regarding allergens, cross-contact prevention, food safety, and special dietary accommodations.

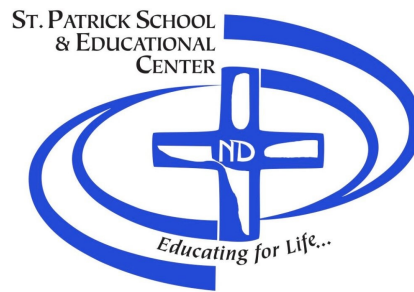
#### **XVI. STAFF WELLNESS**

Saint Patrick School and Educational Center recognizes that staff wellness can positively influence the school environment and student wellness.

The School will encourage staff members to participate in wellness activities and model healthy behaviors when appropriate.

Staff wellness activities may include:

- Physical activity opportunities;
- Wellness information and resources;
- Healthy eating initiatives;
- Stress-management activities;
- Mental and emotional wellness resources; and



- Other voluntary wellness programs.

## **XVII. ANNUAL PUBLIC NOTIFICATION AND TRANSPARENCY**

Saint Patrick School and Educational Center will inform families, students, staff, and the public about the content and implementation of the Local School Wellness Policy at least annually.

The annual notification will include, as appropriate:

- Information regarding the Local School Wellness Policy;
- How the public may obtain or access a copy of the policy;
- Information regarding policy implementation;
- Any significant policy updates;
- Information regarding opportunities to participate in the Wellness Committee or policy review process; and
- Information regarding the most recent triennial assessment when applicable.

The Local School Wellness Policy and required assessment information will be made available to the public through an appropriate method, which may include the School's website, electronic communication, school office, parent communications, or another publicly accessible method.

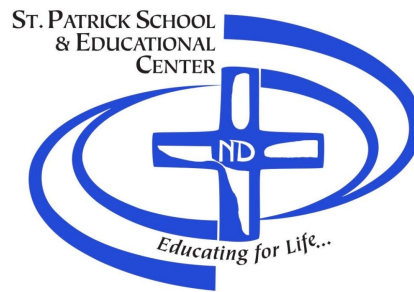
## **XVIII. TRIENNIAL ASSESSMENT**

At least once every three years, Saint Patrick School and Educational Center will conduct an assessment of the Local School Wellness Policy in accordance with USDA requirements.

The triennial assessment will evaluate:

### **1. Compliance with the Policy**

The extent to which Saint Patrick School and Educational Center is in compliance with its Local School Wellness Policy.



## **2. Comparison to Model Policies**

The extent to which the School's Local School Wellness Policy compares to model Local School Wellness Policies.

## **3. Progress Toward Wellness Goals**

The School's progress toward attaining the goals established in the Local School Wellness Policy.

The results of the triennial assessment will be documented and made available to the public.

Following the assessment, the Wellness Committee and School administration will review the results and revise the Local School Wellness Policy as appropriate.

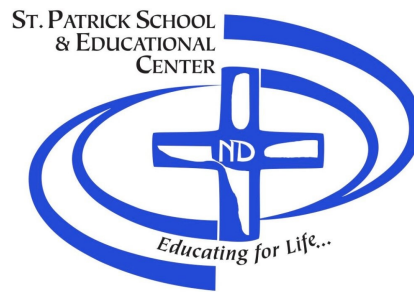
## **XIX. MONITORING AND IMPLEMENTATION**

The Wellness Policy Lead will coordinate monitoring of the Local School Wellness Policy.

Monitoring activities may include:

- Reviewing school meal practices;
- Reviewing Smart Snacks compliance, when applicable;
- Reviewing nutrition education and promotion activities;
- Reviewing physical activity opportunities;
- Reviewing Wellness Committee activities;
- Monitoring progress toward measurable wellness goals;
- Reviewing food and beverage marketing practices;
- Reviewing fundraising practices; and
- Maintaining required documentation.

The Wellness Committee will review policy implementation at least annually and make recommendations for improvement when necessary.



## XX. RECORDKEEPING AND COMPLIANCE

Saint Patrick School and Educational Center will maintain records necessary to demonstrate compliance with Local School Wellness Policy requirements.

Records will include, as applicable:

- The current written Local School Wellness Policy;
- Documentation showing that the policy has been made available to the public;
- Documentation identifying the individual(s) responsible for policy implementation;
- Wellness Committee membership and participation documentation;
- Meeting agendas, minutes, sign-in sheets, or similar documentation;
- Documentation of efforts to involve parents, students, staff, and community members;
- Documentation of annual public notification;
- Documentation of policy implementation;
- Documentation of measurable wellness goals and progress;
- Documentation of policy reviews and updates;
- The most recent triennial assessment;
- Documentation demonstrating that the triennial assessment was made available to the public; and
- Other documentation required by USDA or DESE.

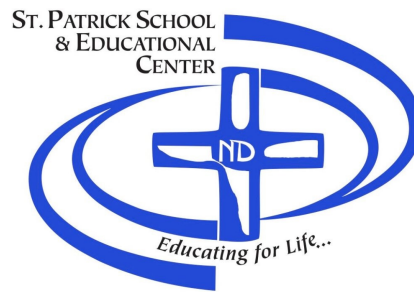
Records will be retained in accordance with applicable USDA, DESE, and school record-retention requirements.

## XXI. POLICY REVIEW AND UPDATES

The Local School Wellness Policy will be reviewed by the Wellness Committee **at least annually** to evaluate implementation, progress toward established goals, and any need for revisions.

The policy may be updated based on:

- Changes in federal or state requirements;
- USDA or DESE guidance;



- Results of the triennial assessment;
- Changes in school programs or operations;
- Wellness Committee recommendations;
- Student and family needs;
- Evidence-based wellness practices; and
- Progress toward measurable wellness goals.

Significant changes to the Local School Wellness Policy will be communicated to the school community and made available to the public.

A comprehensive triennial assessment will be completed at least once every three years as required by federal regulations.

## **XXII. USDA NONDISCRIMINATION AND CIVIL RIGHTS COMPLIANCE**

Saint Patrick School and Educational Center will administer its USDA Child Nutrition Programs in accordance with applicable federal civil rights laws, USDA civil rights regulations, and USDA Food and Nutrition Service requirements.

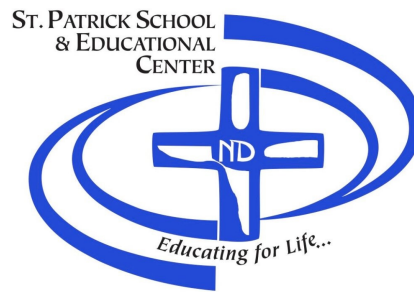
The School will use the **current USDA Nondiscrimination Statement** on program materials and communications when required by USDA.

The current USDA Nondiscrimination Statement will be maintained with the School's Child Nutrition Program civil rights documentation and will be updated when USDA issues revisions.

Saint Patrick School and Educational Center is committed to providing equal access to its Child Nutrition Programs in accordance with applicable federal law.

## **XXIII. WELLNESS POLICY ANNUAL GOALS**

To support implementation and provide measurable evidence of compliance, Saint Patrick School and Educational Center establishes the following minimum annual wellness goals:



### **Goal 1 – Nutrition Education**

Provide students with at least one documented nutrition education or nutrition awareness opportunity during each school year.

### **Goal 2 – Nutrition Promotion**

Conduct or participate in at least one school-wide or food-service-related nutrition promotion activity during each school year.

### **Goal 3 – Physical Activity**

Provide students with regular opportunities for physical activity through physical education, recess, classroom movement, school activities, or other appropriate opportunities.

### **Goal 4 – School Meals**

The Director of Food Services will periodically review school menus and meal service practices to support compliance with applicable USDA meal pattern requirements.

### **Goal 5 – Wellness Committee**

The Wellness Committee will meet at least once each school year to review implementation of the Local School Wellness Policy and progress toward wellness goals.

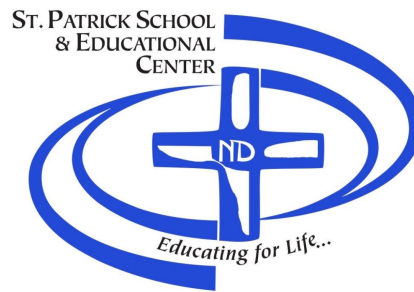
### **Goal 6 – Public Notification**

The School will provide information regarding the Local School Wellness Policy to families, staff, and the public at least annually.

Progress toward these goals will be documented and reviewed as part of the annual wellness policy review and triennial assessment process.

## **POLICY APPROVAL**

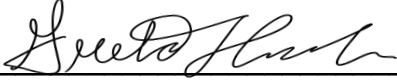
This Local School Wellness Policy has been reviewed and approved by Saint Patrick School and Educational Center.



**Wellness Policy Lead:**

Greta Hoehn

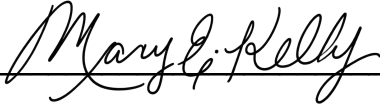
Office Manager/Director of Food Services

Signature: 

Date: 07/01/2026

**Principal:**

Mary Kelly

Signature: 

Date: 07/01/2026

**Wellness Committee Review Date:** 06/22/2026

**Policy Effective Date:** 07/01/2026