St. Timothy School Wellness Policy

St. Timothy's Catholic School recognizes the important connection between healthy living and a student's ability to learn effectively. STCS also acknowledges that schools play a vital role in student nutrition and fitness, as well as having the responsibility to promote family health and a strong foundation for our children's future health and wellbeing.

Section One: Nutrition Education

- Nutrition topics are integrated into the science and health curriculum throughout preschool through eighth grade. Teachers are encouraged to integrate health topics into broader curriculum.
- The entire school environment strives to be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
- STCS will use curriculum from MDE to teach one lesson each year per grade level.

Section Two: Standards for breakfast and lunch Program

- STCS will provide school lunches that meet the nutritional standards required by the National School Lunch Programs.
- Lunch alternate items are chosen by the food service manager with the main consideration being nutritional value.
- STCS provides school breakfast that meets or exceeds School Breakfast Program Standards.
- USDA Child Nutrition Programs require all food served to children to be free from trans fat and to limit saturated fats to no more than 10% of meal calories.
- Lunch menus are chosen with consideration to students' taste preferences.
- Students will be provided adequate time(minimum 20 minutes (seat time)) for lunch.
- School personnel will encourage all students in developing the healthy practice of washing hands before eating. This includes signage on proper handwashing by all sinks used for handwashing.
- All food service personnel will have the required training in food service operations and continuing education.

Section Three: Nutrition Guidelines for outside food service program

- STCS **encourages** healthy snacks at classroom celebrations (birthdays).
- STCS will encourage and/or provide healthy snacks for field trips and other special events.
- STCS **encourages** non-food and healthy foods to be used for the purpose of student rewards.

- Free water is always available.
- We do not sell food outside of our reimbursable food program.
- When we do sell any food items outside of our RFPs, we will follow Smart Snacks standards.

Section Four: Physical Education

- Students attend physical education class regularly.
- Physical education programs promote an active lifestyle.
- A quality physical education program will be provided to all students.
- The physical education program will meet the needs of all students, including those who are not athletically gifted, and teach cooperation, fair play and responsible participation.
- The physical education program will be provided with adequate space and equipment to maintain safety during class.
- Physical education will be taught by a specialized instructor.

Section Five: Physical Activity

- STCS will provide regular physical activity, which includes daily recess(pre-k- 5th grade), physical education class and opportunities for extra-curricular activities.
- STCS promotes physical activity for faculty and staff.
- Teachers are encouraged to incorporate, where possible and appropriate, short breaks which include physical activity.
- Activities will be appropriate to grade level ability.
- All elementary students will have daily supervised recess, during which school shall provide space, equipment, and an environment conducive to safe and enjoyable activity.

Section Six: Communication and Nutrition Promotion

- St. Timothy's Wellness Policy was developed by parents, school administrators and teachers
- STCS strives to align the school environment, including classrooms, with nutrition and wellness goals.
- STCS food service will provide families with monitoring of their child/ren's food purchases at the pre-k - 8th grade level.
- STCS considers students' needs in planning for a healthy school nutrition environment. Feedback from students will be taken into consideration.
- STCS will occasionally provide parents with nutrition information through newsletters, publications and other channels.

- STCS will provide parents with a list of healthy snack ideas.
- STCS will only market our school meal program.
- Any additional marketing of foods/ beverages will be limited to those that meet Smart Snacks in School nutrition standards.

Section Seven: Description of Public Involvement

- We have posted our Wellness Policy on our school website and included it in our weekly newsletter.
- The Wellness Policy is in our Family Handbook.
- The School Advisory Council was invited to provide a representative to sit on the committee.
- Dates of upcoming meetings are posted on the school website.

Section Eight: Wellness Policy Assessment

- STCS will use the WellSAT 3.0 Assessment Tool to evaluate our policy.
- Staff and community members will be invited to participate in the assessment process.
- Assessment will be completed annually in June.
- Summary of results will be posted annually on the STCS website.

Saint Timothy's School Wellness Policy Committee

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