

St. Patrick School recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for our students. St. Patrick School will continue to support and reinforce health literacy through health education, physical education, health services, nutrition services, counseling services, health promotion for staff, a safe and healthy school environment, and parent involvement.

INVOLVEMENT OF SCHOOL AND COMMUNITY STAKEHOLDERS IN DEVELOPING THE WELLNESS POLICY

The Diocese of San Diego has a comprehensive Health Curriculum in place that is implemented by St. Patrick's School. Students receive consistent nutrition messages throughout schools, classrooms, homes, community and media.

ESTABLISHMENT OF GOALS FOR NUTRITION EDUCATION, PHYSICAL ACTIVITY, AND OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).

All students in kindergarten through eighth grade are provided the opportunity, support, and encouragement to be physically active on a regular basis through education and physical activity programs.

All K-8 students (including students with disabilities and/or special health-care needs) receive physical education instruction as designated.

Temporary exemptions from physical education is limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program.

A teacher trained to teach physical education delivers physical education instruction.

Class size is consistent with the requirements of good instruction and safety.

Teachers and other school and community personnel will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

St. Patrick School provides a safe and healthy school environment that supports health literacy and successful learning and ensures that students and adults are physically and

emotionally safe. In addition to physical safety, the school environment reflects a sense of community and mutual support among staff and students.

NUTRITION GUIDELINES FOR FOOD AND BEVERAGES (AVAILABLE OUTSIDE THE SCHOOL MEAL PROGRAMS)

Students in grades K-8 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

Individual food items sold outside the federal reimbursable meal programs shall meet local, state, and federal requirements.

St. Patrick School shall follow the nutrition standards for kindergarten through eighth grade including before and after school programs.

We shall continue to encourage all school-based organizations to use nonfood items for fundraising.

Parents will be discouraged to bring unhealthy snacks or meals for class parties, birthday parties and other celebrations. No snack or meal will be served in competition with the federal reimbursable meal program.

NUTRITION GUIDELINES FOR CHILD NUTRITION REIMBURSABLE MEAL PROGRAMS

School meals will meet or exceed nutrition requirements established by local, state, and federal requirements.

Food and beverages sold or served, as part of federally reimbursed meal programs will meet the nutrition recommendations of the current United States Dietary Guidelines for Americans.

Lunch will be served at appropriate intervals from other meals, in accordance with current USDA guidelines.

St. Patrick School will do everything possible to prevent overt identification of our low-income students and to ensure that those students are not stigmatized or otherwise treated differently because they avail themselves of free and reduced-price meals and snacks.

St. Patrick School will meet safety and sanitation requirements, as outlined in current USDA guidelines.

Students are given at least 20 minutes to eat after sitting down for lunch.

Recess is scheduled after lunch.

MEASURING IMPLEMENTATION OF A LOCAL SCHOOL WELLNESS POLICY AND DESIGNATING RESPONSIBILITY FOR IMPLEMENTATION AND ENFORCEMENT

Representatives of the School Board shall develop a plan for implementing the school's wellness policy and measure implementation of that policy.

The Principal will designate at least one person within the school that is charged with operational responsibility for ensuring that the school implements the adopted local wellness policy.

St. Patrick School shall post the district's policies and regulations on nutrition and physical activity in public view within the central eating area.

DIRECT CERTIFICATION PROCEDURE

St. Patrick School will implement direct certification using the Local Data Matching system.

Prior to the beginning of the school year, St. Patrick School will send the Eligibility Notification Letter to the households of directly certified children. Eligibility materials will be done by individualized packets or by direct mail.

Records will be updated as the school is notified by parents of changes in eligibility information.

Documentation will be maintained of the households notified of direct certification of eligibility and of the children directly certified to receive free meals or milk.

St. Patrick School will maintain documentation on households eligible for free meals or milk that decline to participate. This documentation will be obtained in writing or by verbal contact with the household. If contact is verbal, documentation will include the name of the person declining benefits, the phone number of that person, the date the household declined benefits, and the name of the school official who received the verbal decline.

St. Patrick School will conduct certification with CalFresh at or around the start of the school year, then at three months and six months after the beginning of the school year.