

School Wellness Policy

Sister Thea Bowman Catholic Academy Wellness Policy	Dated for: 08-2022
--	---------------------------

Section 1:**Purpose**

Sister Thea Bowman Catholic Academy recognizes that student wellness and proper nutrition are related to students' physical wellbeing, growth, development, and readiness to learn. The wellness board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and promotion of regular physical activity as part of the total learning experience.

In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

2. Authority SC 1422.1 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31

The school adopted this policy based on the recommendations of the Wellness Committee and in accordance with federal and state law regulations.

To ensure the health and well-being of all students, the school shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs for grades K – 8 that are designed to educate students about proper nutrition and lifeline physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

School Wellness Policy

3. Delegation of Responsibility 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31

The principal shall be responsible for the implementation and oversight of this policy to ensure that programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.

7 CFR

Sec. 1758b

Staff members responsible for programs to school wellness shall report to the principal regarding the status of such programs.

The principal or designee and the established Wellness Committee shall conduct an assessment at least once every three years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation is occurring correctly. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which the school is following the laws and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the district in attaining the goals of this policy.

At least once every three years, the school shall update or modify this policy as needed, based on the results of the most recent triennial assessment and or as a school and community needs and prioritizes change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

The school shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the school website, students handbooks, newsletters, posted notices and other efficient communication methods. The annual notification shall include information on how to access the School Wellness policy, information about the most recent triennial assessment; information of how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting the Wellness Committee leadership/team.

School Wellness Policy

4. Guidelines – 7 CFR Sec 210.12, 210.31

Recordkeeping:

The school shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness policy.
2. Documentation demonstrating that the school has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.
3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the school to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the school wellness policy and notification of the assessment results to the public.

42 U.S.C. Sec. 1758b

Wellness Committee

The school shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one of each of the following: school administrator, school food service rep, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will reflect the diversity of the community.

7 CFR Sec. 210.31

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing, and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Diocese for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school-based activities that promote student wellness as part of the policy development and revision process.

SC 1422

School Wellness Policy

References:

School Code – 24P.S. Sec. 504.1, 701, 742, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec 1751 et seq.

School Breakfast Program- 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010- P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations –
7 CFR Part 210, Part 220

Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808