

Our Lady of Lourdes Regional School Wellness Policy

Adopted: May 11, 2006

Revised: September 9, 2020

<p>1. PURPOSE</p>	<p>A. The purpose of this policy is to provide a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and 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.</p>
<p>2. GENERAL STATEMENT OF POLICY</p>	<p>A. Our Lady of Lourdes Regional School’s Board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.</p> <p>B. Our Lady of Lourdes Regional School’s environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.</p> <p>C. Our Lady of Lourdes Regional School encourages the involvement of students, parents, teachers, food service staff and other interested persons in implementing, monitoring, and reviewing the school’s nutrition and physical activity policies.</p> <p>D. All students in grades PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.</p> <p>E. Food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet their health and nutritional needs.</p> <p>F. Our Lady of Lourdes Regional School will accommodate the religious, ethnic, and cultural diversity and special dietary needs of the student body</p>

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	<p>in meal planning.</p> <p>G. Our Lady of Lourdes Regional School will provide clean, safe, and pleasant settings for dining and assure an adequate time for students to eat.</p>
<p>3. NUTRITION EDUCATION</p>	<p>A. PK-12 students receive nutrition education within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Healthy, Safety and Physical Education. It is interactive and teaches the skills they need to adopt healthy eating behaviors.</p> <p>B. Students receive consistent nutrition messages throughout the school.</p> <p>C. Our Lady of Lourdes Regional School’s curriculum standards and guidelines include both nutrition and physical education.</p> <p>D. Staff who provide nutrition education have appropriate training.</p> <p>E. Our Lady of Lourdes Regional School encourages parents, teachers, school administrators, students, food service professionals and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.</p>
<p>4. SCHOOL MEALS PROGRAM</p>	<p>A. Our Lady of Lourdes Regional School provides a clean, safe, enjoyable meal environment for students and staff.</p> <p>B. Our Lady of Lourdes Regional School will provide students access to hand washing or hand sanitizing before they eat meals or snacks.</p> <p>C. Our Lady of Lourdes Regional School provides enough space and serving areas to ensure all</p>

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	<p>students have access to school meals with minimum wait time.</p> <p>D. Our Lady of Lourdes Regional School makes drinking fountains available so that students have access to water throughout the school day.</p> <p>E. Our Lady of Lourdes Regional School encourages all students to participate in the school meals program and protects the identity of students who eat free and reduced-price meals.</p> <p>F. Our Lady of Lourdes Regional School will ensure adequate time for students to enjoy eating healthy foods with classmates in school.</p> <ul style="list-style-type: none">• Our Lady of Lourdes Regional School will provide healthy and safe school meal programs that strictly comply with all federal, state and local statutes and regulations.• Our Lady of Lourdes Regional School shall designate an appropriate person to be responsible for the school's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available at Our lady of Lourdes Regional School.• ensure food and beverage choices are consistent with current USDA nutrition requirements.• Offer a variety of fruits and vegetables on the monthly menu.• Serve low fat (1%) and fat free milk, except when whole or 2% milk is recommended for students with special nutritional needs.• Ensure grains are whole grains when preparing lunch and breakfast choices.• Continue to replace menu items that contain trans fats with foods that do not contain trans fats.• Portion sizes will meet National School Lunch Program requirements.
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<p>5. PHYSICAL ACTIVITY</p>	<p>A. Students are given opportunities for physical activity during the school day through physical education classes (weekly for 40 minutes), and daily outdoor or indoor recess for elementary students {20-30 minutes) daily.</p> <p>B. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, physical & health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television or playing video games.</p>
<p>6. PHYSICAL EDUCATION</p>	<p>A. Our Lady of Lourdes Regional School provides a sequential physical education program consistent with curriculum regulations for all students in grades K-12.</p> <ul style="list-style-type: none">• The Physical education classes will be a means by which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, healthy enhancing physical activity.• It will provide students the skills, knowledge, and confidence to participate in lifelong, health-enhancing physical activity.• It will promote both team and individual activities and leads to students becoming and remaining physically active for lifetime.• Students will be moderately and vigorously active as much time as possible during physical education classes. Documented medical conditions and disabilities shall be accommodated during class.• Safe and adequate equipment, facilities and resources shall be provided for physical education courses.• Physical Education will have a teacher student ratio comparable to those of other courses for safety and effective instruction.

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<p>7. OTHER SCHOOL BASED ACTIVITIES</p>	<p>A. Our Lady of Lourdes Regional School encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.</p> <p>B. Drinking water shall be available and accessible to students, without restrictions and at no cost to the student, at all meal periods and throughout the school day.</p> <p>C. Nutrition professionals administer the school meals program and professional development opportunities are available to them.</p> <ul style="list-style-type: none">• Adequate space is available for eating and serving school meals.• Students, faculty, and staff are provided a clean and safe meal environment.• Students are provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down for lunch.• Students will have access to hand washing and sanitizing before meals and snacks.
<p>8. Nutrition Guidelines for all foods/beverages at School</p>	<p>A. All foods and beverages available in the schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity.</p> <p>B. Food and beverages provided through the National School Lunch or School Breakfast Program shall comply with established federal nutrition standards.</p> <p>C. <u>Fundraiser Exemptions:</u></p> <ul style="list-style-type: none">• Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards unless an exemption is approved in accordance with applicable Board policy and administrative regulations.• The school may allow a limited number of exempt fundraisers as permitted by the Pennsylvania

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	<p>Department of Education each school year: up to five (5) exempt fundraisers for elementary schools and up to ten (10) for the high school. Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.</p> <p>D. <u>Non-sold competitive foods</u> available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared snacks, shall meet or exceed the standards established by Our Lady of Lourdes Regional School.</p> <ul style="list-style-type: none">• Classroom parties and celebrations shall offer a minimal amount of food containing added sugar as the primary ingredient.• Classroom parties/celebrations with food shall be limited to no more than one (1) per month in each classroom.• Fresh fruits/vegetables, water, 100 percent juice, 100 percent juice diluted with water should be offered. <p>E. <u>Management of Food Allergies</u></p> <ul style="list-style-type: none">• Our Lady of Lourdes Regional School will protect the rights of students by providing them, through the necessary accommodations when required, the opportunity to participate fully in all school programs and activities.• Our Lady of Lourdes will ensure rapid response in any case of a severe or potentially life-threatening allergic reaction.
<p>9. Safe Route to School</p>	<p>Our Lady of Lourdes Shall cooperate with our local municipalities, public safety agencies, police departments and community organizations to maintain safe routes to school.</p>