

St. Hubert School Wellness Policy

I. Purpose

The purpose of this policy is to ensure a School environment that promotes and protects student's health, well-being and ability to learn by supporting healthy eating and physical activity.

II. General Statement of Policy

St. Hubert School is committed to providing a school environment that enhances learning and development of lifelong health and wellness practices. Our School Community believes that:

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;
- Good health fosters student attendance and the ability to learn;
- It is imperative for the School and Community to work together to create a better environment so that we might reverse this trend.

III. Guidelines

Because of the commitment of the staff and faculty of St. Hubert School, we are taking these steps to accomplish our goals:

1. The St. Hubert School Lunch Program will comply with or exceed all federal, state and local nutrition guidelines.
2. All cafeteria menu items and ala carte items will be consistent with the current USDA Dietary Guidelines for Americans.
3. The School will provide students access to hand washing or hand sanitizing before meals or snacks. Instruction and re-enforcing the importance of hand washing will also be provided.
4. St. Hubert will make every effort to provide students with sufficient time to eat after sitting down for meals and will schedule meal periods at appropriate times during the school day.
5. The School will include healthy snack and beverage alternatives to those items sold in the ala carte program, vending machines, fundraising events, and concession stands.
6. The School will encourage students, parents, and staff to support healthier birthday/class treat choices including fruits, vegetables, whole grains, and non- food and beverage items.
7. Age appropriate and interdisciplinary nutrition education will be provided by the School and promoted as an integral part of the total learning experience at St. Hubert.
8. The School will develop enjoyable, developmentally appropriate and participatory activities such as contests, promotions, taste testing and field trips to support the Wellness Program.
9. The School will minimize the use of food or beverages as rewards for academic performance, contest prizes or good behavior, and will not withhold food for negative behavior.
10. Since students need opportunities for physical activity and to understand the need for physical activity as a personal behavior, physical activity will be integrated across curricula and throughout the school day.
11. The School will provide a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically gifted.
12. The School will encourage families and community members to institute programs that support ongoing physical activity.

IV. Parent's Role

St. Hubert Catholic School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. As part of the Wellness Program:

1. The School will support and encourage parents' efforts to provide a healthy diet and daily physical activity for their children.
2. The School will encourage parents to pack healthy lunches and snacks as well as encourage healthier alternative for special treats sent for birthdays or other in-school events.

The St. Hubert School Wellness Committee
May 29, 2007

Please sign and return at the Meet and Greet

We understand the purpose and guidelines of the Wellness Program that St. Hubert School is trying to incorporate and will, in conjunction with the school, strive to achieve the outline of the policy.

Student Signature

Homeroom

Date

Student Signature

Homeroom

Date

Student Signature

Homeroom

Date

Student Signature

Homeroom

Date

Parent Signature

Homeroom

Date