

Sacred Heart Nativity Schools
WELLNESS POLICY
Revised 2016

Student Wellness

The Sacred Heart Nativity Schools' Board of Directors, empowered as the governing body of the organization, believes that good health fosters student achievement and student attendance. Thus, the Board is committed to ensuring that a school environment exists at SHNS that promotes and protects children's health, well-being, and ability to learn through nutrition, health education, physical education, counseling services, a healthy and safe school environment, and parent/community involvement.

The SHNS wellness policy will apply to all activities on school grounds, including Saturday School and Summer Programs.

Wellness Policy Development and Review

The Board believes that the partnership of the community, school food service professionals, school administrators, physical education and health educators, staff, and students is essential. The President or Principal will appoint a committee consisting of representatives of the above group to review and monitor the implementation of the School Wellness Policy.

The SHNS wellness policy will be posted in print as well as on the school website, and included in the Parent Handbook given to school families.

Wellness Policy Goals

The overall goal of the SHNS Wellness Policy is to encourage a healthy lifestyle and to discourage behaviors that can harm students' well-being. Our stated goals are:

Nutrition and Nutrition Education

Every student shall be provided food and beverage that promotes optimal health, and meets the nutrition requirements established by state and federal agencies.

Physical Activity and Physical Education

Every student shall be provided opportunities to be physically active on a regular basis.

Social and Emotional Wellness

Every student will be provided access to resources that strengthen and nurture their social and emotional well-being.

Positive and Safe School Environment

The School shall ensure a safe and healthy school environment to ensure physical safety, emotional safety, and a sense of community and mutual support among staff and students.

Nutrition and Nutrition Education

The Board believes that foods and beverage available to students at school should support the health curriculum and promote optimal health.

Sacred Heart Nativity Schools will participate in available federal and state school meal programs and meet the nutrition requirements established by state and federal agencies. (BP 3550 Child Nutrition Program; BP 3554 Free and Reduced Price Meals)

The school nutrition program will accommodate the diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

The school will promote healthy food and beverage products at all school-sponsored events.

School staff will avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support the school's nutrition education program by considering nutritional quality when selecting any snack, which may be donated.

The school nutrition education program shall be based on the California Framework for Health Education.

Nutrition education shall be provided through health education programs in grade spans 6-8. The school nutrition education and physical education programs shall be based on and consistent with the California Department of Education curriculum and framework and standards for the subject.

Physical Activity and Physical Education

All students in grades 6-8 will have opportunities, support, and encouragement to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs and other activities.

Social and Emotional Wellness

All students will have access to social and emotional wellness programs designed to maintain and/or improve student's mental, emotional, behavioral and social health.

Students shall have access to school or external counselors who will provide students with support and assistance in managing emotions, making healthy decisions, coping with crises/stress and who will provide referrals as necessary.

The Board recognizes that it is not always practicable or possible to have nurses, psychologists, and counselors on site to address mental health issues: However, it is the school's goal to identify and access resources that are responsive to its members' needs.

SHNS will offer school programs that promote a positive, respectful, and collaborative school environment.

School staff, students, and families will interact with each other in a manner that promotes mutual respect and understanding.

Positive and Safe School Environment

Sacred Heart Nativity Schools holds student safety as its first priority. The school will implement and monitor a Comprehensive School Safety Plan that will address multiple aspects of student safety to promote a safe school environment.

Appropriate school personnel will be trained on emergency response procedures, basic first aid and CPR, and on administering medications that students are required to take during school hours.

School personnel will monitor and maintain the physical facility to ensure student safety.

Staff Wellness

Sacred Heart Nativity Schools values the health and well being of every staff member and encourages all staff to maintain a healthy lifestyle. Sacred Heart Nativity Schools encourages all staff members to model a healthy lifestyle for its students.

Communication with Parents

Sacred Heart Nativity Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. Sacred Heart Nativity Schools will support parents' efforts by sending home nutrition information, and providing school menus. The school will provide parents a list of foods that meet the school's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

Sacred Heart Nativity Schools will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

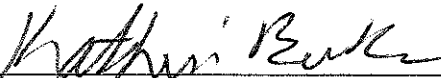
Policy Review and Accountability

The President or Principal and the Wellness Committee will periodically review and revise the Student Wellness Policy to ensure that it supports healthy eating, physical activity, and student wellness and that it is based on the best available research in the area

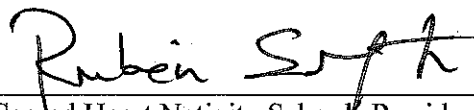
of student wellness. The President, Principal or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies.

School food service staff will ensure compliance with nutrition policies within the school food service program and will report on this matter to the President or Principal.

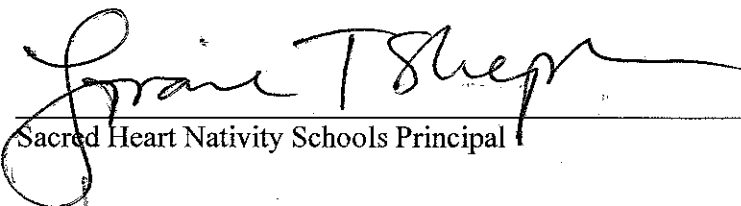
The President or Principal shall report to the Board at least every two years on the implementation of this policy and any other Board policy related to nutrition and physical activity.



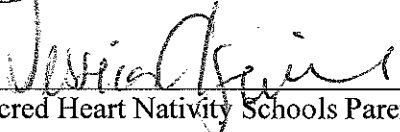
Sacred Heart Nativity Schools Board Chair



Sacred Heart Nativity Schools President



Sacred Heart Nativity Schools Principal



Sacred Heart Nativity Schools Parent Group President (2016-2017)