

Notre Dame Academy Wellness Policy

Mission Statement: The mission of Notre Dame Academy is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our school wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

The school offers a free/reduced lunch program funded by the federal government.

The school employs 3 staff members for daily food service.

The school has a contract with Belleville District 118 for a cooperative venture in the school lunch program.

#1 Nutrition Education Goals

#2 Physical Activity Goals

#3 Nutrition Guidelines for all foods available at school

#4 Other School based activities designed to promote student wellness

#5 Evaluation of policy

Nutrition Education

- Offer students sequential and interdisciplinary nutrient education.
- Include interactive activities such as contests, promotions, taste testing, field trips, school gardens, or other like activities in nutrition education programs.
- Work with parents to assist in providing a healthy diet and daily physical activities for their children, which may include information to help the incorporate healthy eating and physical activity and disseminating a list of healthy party foods ideas to parents and teachers.

Physical Activity

- Make sure that each student participates in regularly schedule formal and informal physical activity programs.
- Provide all elementary students with daily, supervised recess periods.
- Offer some extracurricular activity programs (intramural sports, interscholastic sports, physical activity clubs or other like activities.
- Do not withhold participation in recess or physical education class as a punishment.
- Provide reasonable accommodations for students with disabilities and/or limitations.
- Ensure all school physical activity facilities and equipment are safe.
- Work with the community to create a safe and supportive environment for students walking or biking to school.

Nutrition Standards Guidelines

- Offer a variety of fruits and vegetables.
- Serve low fat (1%) and fat free milk.
- Ensure whole grain products are served
- Make every effort to provide nutritious and appealing foods and beverages, such as fruits, vegetables, low fat dairy foods and whole grain products whenever food is sold or otherwise offered at school.
- Meal periods will be scheduled at appropriate time for students to eat.
- Ensure all food and beverages provided by the school comply with federal, state, and local food safety and sanitation regulations.
- Encourage food providers to share information about the nutritional content of school meals and/or individually sold food with student, family, and school staff.
- Ensure food service personnel have adequate pre-service training.
- Will not withhold food or beverages as a punishment.
- Restrict access to food preparation and service areas to authorized personnel.
- No vending machines will be available on the school property.

Other School Based Activities Guidelines

- After-school programs will encourage physical activity and promote healthy habits.
- Encourage families to participate in 5K's sponsored by the city or diocese.
- No vending machines will be available
- Closely monitor and regulate items sold for fundraisers ensuring they are consistent with the nutritional goals.
- Closely monitor and regulate the frequency and nature of school sponsored fundraisers

Plan for Evaluating Policy

The Principal will select a team to implement and continue development of our Wellness Policy. An annual review will be completed and a report will be submitted to the Diocesan Office of Education annually.

Adopted 2015