**St. Nicholas Academy Wellness Policy**

***Committee***

St. Nicholas Academy will convene a wellness committee that meets four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of our wellness policy.

The committee will consist of four representatives (2 being the principal and the food service director) and will represent all school levels. Each will welcome comments and suggestions from staff, students and parents

***Leadership***

The principal will be the committee leader

Below is the contact information for all committee member. All members will assist in the evaluation and implementation of the wellness policy.

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Title / Relationship to St. Nicholas Academy** | **Email address** | **Represents** |
| Kathy Delozier | Principal | kdelozier@sna-panthers.org | Leader |
| Gwen Wheatley | Food Service Director | gwheatley@sna-panthers.org | food service |
| Steve Finch | Teacher Jr. High | sfinch@sna-panthers.org | jr. high |
| Lindy Buckman | Teacher P.E. | lindybuckman@gmail.com | p.e. and elementary |

St. Nicholas Academy will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan consists of goals and objectives for nutrition standards for all food and beverages sold on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

***Recordkeeping***

This wellness policy can be found at: [*www.sna-panthers.org*](http://www.sna-panthers.org) A hard copy will be kept in the food service office and the school office.

***Annual Notification of Policy***

St. Nicholas Academy will inform all families of any changes made to this policy and where copies of the wellness policy can be found via the beginning of the school year email blast.

***Triennial Progress Assessments***

At least once every three years, St. Nicholas Academy will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

St. Nicholas Academy is in compliance with the wellness policy; St. Nicholas Academy’s wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy; andA description of the progress made in attaining the goals of St. Nicholas Academy’s wellness policy.

The principal will be responsible for managing the triennial assessment.

St. Nicholas Academy will notify families of the availability of the triennial progress report via email blast.

***Revisions and Updating the Policy***

The committee will update or modify the wellness policy based on findings from the 4 annual meetings and the triennial assessment.

1. **Nutrition**

***School Meals***

***St. Nicholas Academy*** is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer’s specification); and to meeting the nutrition needs of school children within their calorie requirements.

St. Nicholas Academy participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). St. Nicholas is committed to offering school meals through the NSLP and SBP programs that:

* Are accessible to all students;
* Are appealing and attractive to children;
* Are served in clean and pleasant settings;
* Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (St. Nicholas Academy offers reimbursable school meals that meet [USDA nutrition standards](http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals).)
* Menus will be posted on St. Nicholas Academy’s website.*.*
* *St. Nicholas Academy will accommodate students with food allergies.*
* *Students will be scheduled to have 15 minutes to eat breakfast and 20 minutes to eat lunch.*
* *Students eat breakfast and lunch at appropriate times.*
* *Recess will be before or after lunch depending on schedules.*
* *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school.*

***Staff Qualifications and Professional Development***

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](http://www.fns.usda.gov/sites/default/files/CN2014-0130.pdf).

***Water***

To promote hydration water fountains are available to students in all buildings including the cafeteria.

Students will be allowed to bring and carry (approved) water bottles that may be refilled throughout the school day.

***Competitive Foods and Beverages***

St. Nicholas Academy is committed to ensuring that all foods and beverages sold to students on the school campus, through the service of lunch, support healthy eating. All snacks purchased at lunch will meet the smart snack calculation found at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>

All snacks sold to students during the school day outside of the lunch period should be approved by the principal and meet the smart snack calculation.

***Celebrations and Rewards***

All treats given to students for celebrations or rewards should be given after lunch.

***Nutrition Promotion***

St. Nicholas will promote healthy nutrition with the use of signage and activities.

Goals

Set up a lunch committee consisting of students and cafeteria manager.

***Nutrition Education***

St. Nicholas Academy will have a myplate poster in the cafeteria.

Goals

Work with teachers in each grade level to incorporate nutrition in lesson plans

***Food and Beverage Marketing in Schools***

All food and beverages sold to students in the school building during the school day need to be approved by the principal and will meet the USDA Smart Snacks in School nutrition standards.

1. **Physical Activity**

***Physical Education***

St. Nicholas Academy will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.

All students at St. Nicholas Academy will receive physical education for at least 50 minutes per week throughout the school year. All students will also have at least a 10 minute recess per day.

***Goals***

***Have a t.v. put in cafeteria so students may enjoy exercise programs while waiting to go to classrooms.***

***Start a before school walking club.***

***Classroom Physical Activity Breaks***

***Teachers give students short breaks as needed.***

***Goals***

***Have weekly 3 to 5 minute get up and move breaks announced over intercom.***

***After School Activities***

***St. Nicholas Academy offers a variety of sports programs to students. They include but are not limited to:***

***Basketball, Football, Baseball, Cheerleading and Socc******er***

ST. NICHOLAS ACADEMY WELLNESS POLICY