

Shepherd of the Hills Catholic School WELLNESS POLICY

The administration and staff of Shepherd of the Hills support a school environment that promotes and encourages life long, nutritious eating habits and healthy, active lifestyles. Shepherd of the Hills shall:

- Promote positive eating behaviors and healthy food choices in the school hot lunch program and in the classroom.
- Promote physical activity and fitness

School Hot Lunch Program, Food & Beverages at School, Food Allergies

- The Shepherd of the Hills hot lunch program uses good menu planning principles and features a variety of healthy choices consisting of fruits, vegetables, whole grain, and dairy foods that are low in fat, sugars, and salt, that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- Monthly hot lunch menus are provided for parents and posted in the school and online.
- Convenient access to hand washing/sanitizing before and after meals.
- Shepherd of the Hills encourages parents to provide nutritious food in their children's bag lunches.
- Adequate time for meals is provided. Twenty-five minutes are currently allowed for students to sit and eat lunch.
- Chilled, clean water is available at conveniently placed water fountains for students. Water bottles are allowed in the classroom and cafeteria.
- Free and Reduced Hot Lunch applications are made available to families in the school office and online at any time.
- School food service workers are properly trained.
- The use of candy or other non-nutritious food as rewards in the classroom is discouraged.
- Nutritious morning snacks are encouraged.
- Milk is available for purchase to accompany morning snack.
- Shepherd of the Hills does not have vending machines.
- While Shepherd of the Hills cannot guarantee the elimination of any and all food products served (in the hot lunch program, at school parties, and in the classroom) that may cause students to have an allergic reaction, the school will make reasonable accommodations to assist students with food allergies.
 - ⇒ **School:** Parents will provide an EpiPen for the student. A Food Allergy Action Plan will be posted in the classrooms and common areas of the school. Student must be accompanied to office if suspected of having an allergic reaction.
 - ⇒ **Classroom:** Parents of students with food allergies should be advised of any planned parties or projects involving food as early as possible. A safe alternative must be provided for the students with food allergies. An informational sheet will be prepared for substitute teachers.
 - ⇒ **Cafeteria:** The student will be allowed to sit at any table in the cafeteria. Tables will receive an extra cleaning daily to prevent cross allergen contamination. Students use hand sanitizer after depositing lunch trays for cleaning.

Shepherd of the Hills hot lunch program meets nutritional standards established by the US Department of Agriculture and the Wisconsin Department of Public Instruction.

Physical Activity

- The Physical Education curriculum and instruction will emphasize lifelong fitness and wellness as a personal goal for each student.
- Provide opportunities for physical activity during the school day through daily recess, weekly physical education classes, and the integration of physical activity into the academic curriculum.
- Promote opportunities for and encourage participation in community, private, and school-based physical activities such as teams, events, camps, etc.
- Encourage students to be active and to include physical activity as an enhancement of instruction when appropriate.
- In the classroom, age appropriate lessons for health and nutrition are part of the curriculum.
- Discourage situations that deny physical activity to a student, such as taking away recess.
- Provides all students with a lunch recess. Twenty minutes are currently allowed for a lunch recess.

Archdiocese of Milwaukee Health Care Accommodation Plan
Campbellsport School District Wellness Plan
Wisconsin Child Nutrition Programs
www.schoolwellnesspolicies.org

Wellness Policy Adopted 9/2006
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