

St. Louis Catholic School Wellness Policy

Created September 2009

The Archdiocese of San Antonio Catholic Schools is committed to providing school environments that promote and protect children's health, well-being, and the ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of St. Louis Catholic School that:

- All students in grades Pre-School – 5th Grade will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- The school will provide nutrition, health and physical education to foster lifelong habits of healthy eating and physical activity.

School Meals

Meals served through the SLCS lunch program will:

- be appealing and attractive, and served in clean and pleasant settings.
- at a minimum, meet the nutrition requirements of local, state and federal statutes.
- offer a variety of seasonal fruits and vegetables.
- serve a low fat milk or juice.
- ensure that portions of grains served are whole grains.
- provide students access to hand washing or hand sanitizing before they eat meals/snacks.

Students are discouraged from sharing their foods or beverages with one another during meal or snack times, due to the concerns about allergies and other restrictions on some children's diets. Lunches brought in by parents for students may not be shared for similar reasons and may not contain a carbonated beverage.

Snacks brought to school as enrichment, rewards or for parties will make a positive contribution to children's diets and health and should emphasize at least one serving of fruits or vegetables as the primary snacks and water as the primary beverage. Please see the list of pre-approved snacks and party foods for parents and teachers.

Parents are encouraged to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutritional standards.

In each school, the principal or designee will ensure compliance with these policies and report on the school's compliance. Assessments and review of the policy compliance will occur annually to revise the wellness policy and develop work plans to facilitate its implementation.

Health and Wellness Curriculum

Pre-K to Second Grade

Good food choices vs. Bad food choices
Good eating habits vs. Bad eating habits
Exercise: proper form and importance
Heart rate
Heart health
Food pyramid (basic ideas)
Hydration
Self image and emotions
Inter-personal interactions
Safety
Drug awareness
Personal choices
Safe and harmful substances

Third Grade to Fifth Grade

Eating habits
Food pyramid
Heart rate and recovery times
Safety
Self image and emotions
Conflict resolution
Team building
Food selection and nutritional value
Exercise
Drug Awareness
Personal choices
Safe and harmful substances
Peer pressure
Bullying and refusal skills

LIST OF PRE-APPROVED SNACK AND PARTY FOODS

Low fat milk or a light juice

Fresh fruit of any kind

Fresh vegetables of any kind

Yogurt dip for fruit or vegetables

Fruit or cheese kabobs

Any 100% fruit snack (fruit roll ups, frozen fruit bars, etc.)

Veggie tray with low-fat dip

String cheese

Cheese cubes or slices

Low-fat pretzels or popcorn

Graham or animal crackers

Pizza with lower fat toppings (lean ham, lean meats, veggies)

Sandwiches: ham, turkey, cheese with low-fat condiments

Low-fat pudding cups

Low fat yogurts, yogurt drinks or Go-Gurts

Quesadillas

Angel food cake with fresh fruit toppings and whipped cream

Yogurt parfaits or Yogurt banana splits

Low-fat breakfast bars or low-fat cereal bars (no nuts)

Party mix or cereals, pretzels, dried fruit (no nuts)

Low sodium crackers: preferable whole grain or whole wheat (Triscuits/Wheat Thins etc.)

Baked corn chips

Rice Krispie treats (commercially prepared)