

Christ the King School Wellness Policy

Christ the King School is committed to providing a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Christ the King School that goals be achieved in the following areas:

1. Nutrition Promotion:

- Qualified nutrition professionals will administer the school meal programs.
- The school food service program will provide foods and beverages meeting the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Food pricing strategies will encourage students to purchase nutritious items and/or reimbursable meals.
- Food service personnel will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
- Students will have access to hand washing or hand sanitizing before they eat meals.
- To the extent possible, foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for foods and beverages sold individually.

2. Nutrition Education:

- Nutrition education will be integrated within the health education program. It will focus on developing healthy eating behaviors is based on theories and methods proven effective by research and is consistent with Vermont's health education standard 3.5.
- Continuing professional development for food service personnel will be provided.

3. Physical Activity:

- Christ the King School offers bi-weekly physical education classes to all students.
- Teachers incorporate health and wellness topics in curricular areas to support the relationship between wellness and academic achievement.
- Christ the King School provides opportunities for physical activity throughout the school day to the extent possible.

4. Promotion of Student/Staff Wellness:

- Christ the King School encourages participation in an employee wellness program.
- Christ the King School encourages a culture of wellness throughout the building, which includes, but is not limited to a clean and safe building and a positive psychosocial climate.
- Physical conditions such as temperature, noise and lighting will be conducive to a positive learning and eating environment.
- Christ the King School promotes community-based events/learning experiences that promote health as deemed appropriate.

Implementation and Review

- Christ the King School will establish a coordinated school health team (CSHT), with an identified coordinator, to meet regularly to update and monitor the wellness policy.
- The CSHT will conduct periodic assessments of the wellness policy to identify and prioritize needs.
- The wellness policy will be posted to the school website to provide access for families and the community.
- The CSHT will develop a summary report of compliance to be reviewed on a regular basis and shared with the school community

References:

16 V.S.A. § 216. Wellness program

Child Nutrition Reauthorization 2010: Local School Wellness Policies

Dietary Guidelines for Americans 2005

Vermont Nutrition and Fitness Policy Guidelines revised October 2008