



Saint Malachy Catholic School knows that good nutrition and learning go hand in hand!

The Shamrock Café is made up of a team of food and nutrition professionals that are dedicated to students' health, well-being and their ability to learn. We support learning by promoting healthy habits for lifelong nutrition and fitness practices.

Meals, foods and beverages sold or served at schools meet state and federal requirements which are based on the [USDA Dietary Guidelines](#). We provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students.

- WELLNESS POLICY

The School recognizes that good nutrition and regular physical activity affect the health and well-being of the students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The school believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The school designates the cafeteria manager as the individual charged with operational responsibility for measuring and evaluating the school's implementation and progress under this policy. The manager shall develop administrative guidelines necessary to implement this policy.

The manager shall report on the school's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the state.

Wellness- Administrative Guidelines

Section I:

Saint Malachy sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education and promotion:

1. Nutrition education shall be included in the Health curriculum where instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
3. The food service department will promote healthy food options so that students are aware of these food choices and motivated to try them.
4. Schools will aid in nutritional promotion at wellness events, in parent newsletters, and through media outlets.

B. With regard to physical education and activity, the school shall:

1. Provide a sequential, comprehensive physical education program for students in accordance with the standards and benchmarks established by the State.
2. Provide a sequential, comprehensive physical education curriculum that stresses the importance of remaining physically active for life.
3. Ensure physical activity is not routinely or excessively withheld as a form of discipline or punishment nor replaced by additional instruction and/or extended time for assignment completion.

C. With regard to other school-based activities, schools may:

1. Demonstrate support for the health of all staff by offering wellness related activities and/or the use of facilities.

Section II:

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.

Continuing professional development shall be provided for staff of the food service program.

- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals meet or exceed the regulations issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and learn well.
- D. In accordance with Senate Enrolled Act No. 111, all foods sold to students outside of the meal programs and during normal schools hours which is defined from midnight until thirty minutes after the school day must qualify under the USDA's "Smart Snack" guidelines.

E. Saint Malachy acknowledges the increasing prevalence of childhood obesity in the United States and diseases that accompany obesity in children (e.g., heart disease, Type 2 diabetes, asthma, sleep apnea, tooth decay, and social discrimination). Thus, it is the responsibility of all Saint Malachy employees to assist students in making healthy choices related to nutrition and physical activity.

Section III:

Of concern, too, is the use of food and beverages as incentives and rewards to motivate children to learn. The following principles are supported by current research on nutrition:

- A. Nutrition principles taught in the classroom are meaningless if they are contradicted by rewarding children with candy and other sweets.
- B. Food commonly used as rewards (like candy and cookies) can contribute to the health problems listed above and the development of eating disorders.
- C. Rewarding with food can interfere with children learning to eat in response to hunger and satiety cues.
- D. Schools can help promote a healthy learning environment by using non-food incentives and rewards.

Section IV:

All foods sold to students outside of the meal programs and during normal schools hours which is defined from midnight until thirty minutes after the school day will meet the USDA's "Smart Snack" standards with the following guidelines:

- A. Student birthdays will not be celebrated with food items on school grounds.
- B. The use of food and/or beverages as incentives and rewards for students should be used sparingly, and approved by the principal/designee.
- C. Food and beverage items used as part of an instructional lesson or unit, which do not meet the USDA's "Smart Snack" standards must be curriculum-based, used sparingly, and approved by the principal/designee.
- D. Soft drinks will not be sold to students during the school day.

