Sacred Heart School Nutrition/Wellness Plan

2014-2015

1. Nutrition Guidelines

**Goal # 1 School meal programs are consistent with State and U.S. Department of Agriculture**

**(USDA) requirements and Healthier US Schools criteria.**

**Activities:**

1.1 Inform appropriate constituencies (parents, teachers, school administrators, community, etc.)

about this key element of the Wellness Policy.

1.2 Plan and prepare menus to comply with established nutrition standards.

1.3 Provide food service personnel with regular professional development on school meal programs,

nutrition/health education, and wellness.

1.4 Share nutrition information about foods and beverages with school constituencies to the extent

possible.

1.5 Promote participation in and application for locally or nationally-recognized awards programs.

**Goal # 2 Use non-food rewards for school accomplishments.**

**Activities:**

2.1 Inform appropriate constituencies about this key element of the Wellness Policy.

2.2 Provide the school system and Parent Teacher Association/Organization (PTA/PTO) with

alternatives for food rewards.

2.3 Provide training to teachers on non-food related incentives.

**Goal # 3 Students will have adequate space and time to eat in a pleasant dining environment.**

**Activities:**

3.1 Inform appropriate constituencies about this key element of the Wellness Policy.

3.2 Provide facilities that are easy to access and adequate to meet demand.

3.3 Provide meal schedules that support healthy meal patterns.

3.4 Provide recess before lunch whenever possible

1. Physical Education

 **Goal 1#: Schools will have a Physical Education (PE) program that is consistent with national and state standards.**

**Activities:**

1.1 Inform appropriate constituencies about this key element of the Wellness Policy.

1.2 Provide a dedicated space for PE that meets the needs of the instructional program.

1.3 Provide instruction in PE that is aligned with the national and state PE standards.

1.4 Employ PE teachers who are trained in PE classrooms.

1.5 Assess students in PE for fitness, movement concepts, and skill development for program

improvement and student goal setting.

1.6 Offer programs that are individualized for students with disabilities in PE and athletics.

1.7 Provide instructional time in PE at the elementary and middle school levels that meets the

national standards of 150 minutes for elementary school and 225 minutes for middle school.

1.8 Align the nutrition and fitness content of the PE and health education curriculums.

Goal #2: **Schools will participate in regular professional development activities to effectively**

**deliver PE and adapted PE instructional programs.**

**Activities:**

2.1 Plan yearly high-quality professional development to address current curricular instructional

Initiatives

* 1. Provide materials to support professional development.

Goal #3: **Goal #3 Schools will collaborate with community agencies to enhance PE and physical education efforts.**

**Activities**

 3.1 Provide increased physical activity opportunities to students before and after the school day and

during school vacations to allow students to accumulate 60 minutes of daily physical activity.

3.2 Collaborate with existing physical activity programs to provide increased physical activity

opportunities for the community.

3.3 Collaborate with other state agencies and organizations to develop programs to encourage

students and staff to walk or bike to and from school