

**Prairie Catholic School** promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. Our School supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. All foods available on school grounds and activities during the instructional day should meet or exceed nutrition standards and in compliance with the state and federal law. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high quality meals. Prairie Catholic School has developed a local wellness policy including Teacher, staff, parents, leaders in food/exercise authority. Any changes or updates to the policy will be available online and announced at the next Education committee meeting.

### **Daily Physical Education**

**Prairie Catholic School will provide physical education that:**

1. Is for all students in grades Pre K-8th for the entire school year
2. Physical Education taught by a certified physical education teacher: includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and, engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

**Daily Recess Elementary schools should provide recess for students that:**

1. Is at least 20 minutes a day; is preferably outdoors; encourages moderate to vigorous physical activity.
2. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

### **School Meals**

Meals served through the National School Lunch Programs will meet the guidelines established by USDA and DPI.

#### **Free and Reduced-Priced Meals**

Prairie Catholic School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Prairie Catholic promotes the availability of meals to all students. If you feel you have been treated unfairly Prairie Catholic can provide you with the USDA Program Discrimination Complaint Form or you may also contact:

USDA Office of the Assistant Secretary for Civil Rights

1400 Independence Ave, SW Stop 9410

Washington, DC 20250-9410

Or email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

Or call: (866) 632-9992

Spanish Relay: (800-845-6163)

## **Qualification of Food Service Staff**

SFA (School Food Authority) will administer the meal programs. As part of Prairie Catholic School responsibility to operate a food service program, SFA's and all nutritional staff will take part in continue education through DPI summer classes, webinars and other courses provided by DPI of WI.

## **Sharing of Foods**

Prairie Catholic discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about communicable diseases, allergies and other restrictions on some children's diets.

## **Snacks**

Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving whole grain items, fruits and vegetables as the primary snacks. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. All Prairie Catholic parents will be provided a list of healthful snack items in the beginning of each school year.

## **Rewards**

Prairie Catholic School will not candy as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through meals) as a punishment.

## **Celebrations**

A list of approved birthday treats will be provided along with snack information to parents in the beginning of each school year.

## **Food Safety**

All foods sold or prepared on campus adhere to food safety and security guidelines. All foods made available on school grounds will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.

Student serving food items will be instructed in proper food handling according to HACCP guidelines

## **Policy Review**

To help with the initial development of the wellness policies, Prairie Catholic wellness policy will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. Prairie Catholic encourages staff members, parents and students to assist in new and creative ways to update our wellness policy. As part of that review, Prairie Catholic will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity.