

## GOOD SHEPHERD SCHOOL WELLNESS POLICY

Good Shepherd School participates in the school lunch program through the United States Department of Agriculture. The USDA requires that all participants follow the guidelines and rules of the Healthy, Hunger-Free Kids Act of 2010.

The Goals of the Good Shepherd Wellness Policy are:

1. The School lunch program will provide nutritious meals for all students.
2. The School Curriculum will include instructions on healthy eating.
3. The School Curriculum will include Physical Education classes at all grade levels.
4. The School will provide extracurricular activities which encourage healthy eating and physical activity.

These goals are addressed and met in the following ways.

### **FOOD SOLD OR PROVIDED DURING THE SCHOOL DAY**

1. The meals served in our school cafeteria and snacks provided by the school are consistent with Federal regulations for nutrition standards and Smart Snacks in School nutrition standards.
2. Parents and Teachers who provide snacks for classroom parties receive a copy of the guidelines and are expected to adhere to them.

### **EDUCATION**

1. Classroom lessons emphasize the relationship between good health and successful academic performance.
2. Lessons are based on current research and are in compliance with Federal laws and regulations.

### **PHYSICAL ACTIVITY**

1. Physical Education classes are held one day each week for each grade level. Classes are designed to provide for physical activity and to teach the students how to use their 20 minute outdoor recess period constructively.
2. Classroom teachers are required to provide 15 minutes of exercise each day. These sessions include dance, creative movement, workouts to music, etc.
3. Homework assignments frequently involve activities which encourage family participation in physical activities.

### **EXTRACURRICULAR ACTIVITIES**

1. Students are encouraged and assisted in participating in athletic activities, including soccer and basketball, softball and baseball or volleyball.
2. An after-school program is provided which includes activities in dance, drama, exercise and nutrition education.
3. All members of the school community are encouraged to participate in the after-school program.

## **INFORMATION FOR PARENTS**

Snacks provided by parents for classroom parties must adhere to the following:

- Less than 35% of calories from fat
- Less than 10% of calories from saturated fat
  - Less than 35% sugar by weight
  - 175 or fewer calories per serving

## **ACCEPTABLE AND SUGGESTED SNACKS**

-fresh, dried, or canned fruits                      -carrot sticks                      -yogurt  
-yogurt covered raisins                      -cheese                      -graham crackers  
-pretzels                      -goldfish crackers                      -popcorn  
-low fat bakery items

**Home made items are not permitted. All snacks and beverages must be prepackaged and individually wrapped.**

## **ACCEPTABLE AND SUGGESTED BEVERAGES**

-water with no sweetener added  
-fruit juice containing no added sugar and at least 50% fruit juice  
-milk which is 1% or nonfat

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## **RESOURCES**

Nutrition.gov

Usda.gov/MyPlate/MiPlato

Letsmove.abamawhitehouse.archives.gov

Youtube.com (Search exercise for children)

## **Evaluating the Effects of the Local Wellness Program**

This group meets 4 times a year with the school board

The local wellness has become very important within the pandemic

They discuss the Local Wellness quarterly they evaluate what is working and what improvements would help the program.

The results will be evaluated on the last meeting of the year and will be measured and implemented and put out on the website in August of each year.