

ST. CLEMENT WELLNESS PLAN

2026-2027

St. Clement School is committed to providing a school environment that promotes physical and spiritual well-being through a holistic approach. Our goal is to provide education, motivation, and actively cultivate opportunities to improve well-being, mindfulness, fitness and overall quality of life for our students. Therefore, the goals for the school are:

- Students, parents, teachers, nurse, and food service workers will be involved in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All students in grades Pre-K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served at school will meet the nutrition guidelines and recommendations of *U.S. Dietary Guidelines for Americans*.
- School cafeteria personnel will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students.
- Clean, safe, pleasant settings and adequate time for students to eat will be provided.
- The school will participate in available federal school meal programs.
- Nutrition education and physical education will be provided to foster lifelong habits of healthy eating, healthy habits, and physical activity.

TO ACHIEVE THESE POLICY GOALS;

School Meals

Meals served through the National School Lunch Program (NSLP) and Breakfast Programs will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by state and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent on-dairy alternatives (as defined by USDA)
- Students with medical conditions such as anaphylaxis to certain foods be allowed alternatives or be allowed to bring their lunch.

Breakfast

In order to provide all children with a proper start to the learning process each day, the school will:

- Operate a school breakfast program
- Provide adequate time before the beginning of class and encourage families to participate
- Notify families of the availability of the breakfast program

Meal Times and Scheduling

St. Clement School will:

- Provide students with time for breakfast and lunch
- Schedule appropriate times for meals

- Be mindful when scheduling tutoring, meetings, practices, etc. to allow ample time for meals
- Provide access to hand washing or hand sanitizing before eating meals and snacks
- Allow for tooth-brushing or other oral health needs as needed by students

School Food Service Staff Programs

St. Clement may offer continuing professional development opportunities for school nutrition managers and cafeteria workers as applicable to their level of responsibility.

Sharing of Food and Beverages

Students are not allowed to share foods or beverages with one another during meal or snack times, due to concerns regarding food allergies, diet restrictions, illness, etc.

Snacks

Snacks served during the school day or in after-school programs will make a positive contribution to children's diets and health, with an emphasis on healthy snack options. All snacks will be provided by the school in order to adhere to all dietary needs/restrictions. The school nurse will monitor all food and snacks provided to students and oversee adherence to dietary restrictions.

Celebrations

The school will limit celebrations during the school day in an effort to be more health and food safety conscious. The school has implemented a "No Food Treats" policy, prohibiting any foods from being brought to school by students. Refer to the Parent and Students Handbook for specific guidance.

OVERALL HEALTH

Nutrition and Health Promotion

St. Clement School provides informative and educational lessons that support good mental and physical health practices. These lessons cover such topics as:

- dental and heart health
- hand hygiene
- illness prevention
- nutritional education
- fire safety
- outdoor safety
- Diabetes education
- Vision/hearing screenings
- Sports injury

Mental Wellness

St. Clement School recognizes that health and wellness pertains to the whole person. The school offers counseling services with parents' permission through an outsourced agency.

Health Screening Services

Vision, Hearing and Dental screenings may be held during the school year to students for possible concerns.

Medication During School Hours

St. Clement has a registered nurse who oversees the administration of all medication. Specific guidelines can be found in the parent/students handbook.

Tobacco and Drug Use

St. Clement provides information regarding tobacco and drug use through programs such as D.A.R.E.

Communications with Parents and Students

St. Clement School will strive to support and promote parents' efforts to provide a healthy diet and daily physical activity through posting menus, displaying posters, and nutritional education in the classroom.

Staff Wellness

St. Clement School supports personal efforts by staff to maintain a healthy lifestyle in part, through the nurse's office by promoting good health practices.

MONITORING AND REVIEW

Monitoring

The principal or designated wellness committee members will ensure compliance with established school nutrition and physical activity wellness policies.

- School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the principal.
- The principal will monitor schedules for physical activities during the school day.

Policy Review

The following procedures will be conducted to maintain and prioritize nutritional and physical activity practices:

- Review and assessment of the Wellness Policy will be repeated every three years to help determine areas in need of improvement or modification.
- Nutrition and physical activity policies will be reviewed.
- St. Clement School will, as necessary, revise the wellness policies and develop plans to facilitate their implementation.

ST CLEMENT SCHOOL WELLNESS POLICY

COMMITTEE MEMBERS

**Linda Henderson, Principal
Debbie Akers, Food Service Manager
Susan Orf, Food Service Bookkeeper
Elizabeth Schroeder, Parent/Faculty member
Dr. Casey Jennings, Parent
Nichi Orf, Parent/Advisory Council Member
Kayla Pfeifer, Parent/School Nurse**