



Nutrition, Health, and Physical Fitness

Wellness Committee

Our Lady Star of the Sea Catholic School will convene a wellness committee to establish goals for the school's wellness policy and to oversee its development, implementation, periodic review and updating. The membership of the committee will represent all school levels (elementary and middle school). The following parties will be invited to participate as committee members:

- Parents and caregivers;
- Representatives of the school nutrition program
- Physical education teachers;
- School Commission

The wellness committee is responsible for:

- Understanding wellness policy compliance requirements;
- Assist in developing an implementation plan for the wellness policy;
- Recordkeeping;
- Triennial progress assessments;
- Assist with the community involvement, outreach and communications initiatives regarding the wellness policy.

Annual Notification

Our Lady Star of the Sea Catholic School will notify families and the public, on an annual basis, of the availability of the wellness policy and provide information that would enable interested households to obtain more information.

Recordkeeping

The District will maintain and make available for public inspection records documenting compliance with the wellness policy. Information can be obtained from the school office.

Nutrition and Food Services Program

Meal Applications and Eligibility for School Meals

As a sponsor of the National School Lunch Program and School Breakfast Program, the District will provide free and reduced-price lunches to students who qualify in accordance with the

programs. The District will distribute the Letter to Households and Free and Reduced Price Meal Applications to all households at the beginning of each school year. Our Lady Star of the Sea Catholic School will protect the identity of students eligible for free and reduced-price meals in accordance with USDA guidelines for confidentiality and disclosure of student eligibility for such meals.

Meal Patterns and Menu Planning

The District will follow the USDA meal patterns for the National School Lunch Program for all food and beverages sold to students on school campus during the school day.

Meal Times

Our Lady Star of the Sea Catholic School will set meal times to allow breakfast to be served as close to the start of the school day as possible and lunch to be served between 10:00 am and 2:00 pm unless otherwise approved by the Office of Superintendent of Public Instruction (OSPI).

Food Safety Plan

Our Lady Star of the Sea Catholic School will establish a Food Safety Plan based on Hazard Analysis and Critical Control Points. Because of the potential liability of the Our Lady Star of the Sea Catholic School, the food services program will not accept donations of food other than as provided in this policy without approval.

Meal Pricing

The committee shall determine paid meal prices annually and for the National School Lunch Program and follow Paid Lunch Equity regulations. Adult meal prices shall be set to allow teachers, administrators, and parents to demonstrate their support for school meal programs by occasionally eating with students. The price must be the price charged to students paying the full meal price plus the value of federal reimbursement for paid meals and the USDA Food Value.

Meal Charge Policy

In order to allow students to receive nutritious meals, prevent over-identification of students with insufficient funds to pay for school meals, and maintain the financial integrity of the nonprofit school nutrition program, the District will establish a written meal charge process for students eligible for reduced price meals and students that are not eligible for meals. The meal charge policy will be communicated to households each year so that school district employees, families and students have a shared understanding of expectations regarding meal charges.

Unpaid Meal Charges

Our Lady Star of the Sea Catholic School's Meal Charge Policy will also address unpaid meal charges. Students who qualify for free meals will not be denied a reimbursable meal, even if they have accrued a negative balance from previous purchases. Our Lady Star of the Sea Catholic School will provide alternate meals meeting federal and state requirements to students who have charged the maximum amount allowed to their student account and cannot pay out of pocket for a meal.

In accordance with the National School Food Service Lunch account (NSFSA) funds, Our Lady Star of the Sea Catholic School will make reasonable, discrete efforts to notify families when

meal account balances are low or delinquent. Parents will receive communication through the use of written communication such as a letter (that may be sent home with the student) or an email to the parent to resolve the charges.

District employees may use a charge account for meals, but may charge no more than two (2) meals to their account unless prior arrangements have been made. When an account reaches this limit, the employee will not be allowed to charge additional meals or a la carte items until the negative account balance is paid.

Children with Special Dietary Needs

The District will establish procedures to accommodate children with special dietary needs when a diet prescription form is signed by a licensed medical authority. Child Nutrition Services will work with the school 504 Coordinator to accommodate student special dietary needs.

Civil Rights

The District will follow USDA Food and Nutrition Civil Rights and nondiscrimination policies.

Procurement

Our Lady Star of the Sea Catholic School will follow all state and Federal guidelines when procuring food for the Federal School Meal Programs and as part of Our Lady Star of the Sea Catholic School procurement procedures, establish a procurement plan and Code of Conduct consistent with the Uniform Grant Guidance; 2 CFR 200. Food specifications shall be written in a manner to procure food products that meet the school meal pattern requirements.

Best Practices for Meal Service

Our Lady Star of the Sea Catholic School will make reasonable efforts to ensure:

- Student participation in the lunch programs is encouraged;
- Any student may eat in the school cafeteria or other designated place;
- Schools provide varied and nutritious food choices consistent with the applicable school meal program guidelines;
- Healthy foods are competitively priced;
- Meal prices are conspicuously posted in each cafeteria or designated meal area;
- Alternate breakfast may be implemented so that students have access to breakfast meals;
- The District allocates funds to provide snacks on testing days.

Water

To promote hydration, free, safe, and unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring with them and carry throughout the day approved water bottles (filled only with water).

Celebrations and Rewards

Due to food allergies and special diets amongst children we ask that families do not bring any special food or drink to be shared with other students for birthdays or other celebrations. This includes sugar

treats/beverages which are not permitted at Our Lady Star of the Sea Catholic School. There will still be a few special days where the school may provide “treats” for the kids (for ex., Valentine’s Day, Culture Fair, Field Day); in general, however, teachers will not be supplying any sugary food or snacks in their classrooms.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#).

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in schools:

- Nutrition education materials lunch menus are made available to parents;
- Parents are encouraged to promote their child’s participation in the school meals program.

Health and Physical Education

Our Lady Star of the Sea Catholic School will provide students with physical education, using an age-appropriate, sequential physical education curriculum. The physical education program will promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.

Physical Activity Before and After School

Our Lady Star of the Sea Catholic School offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods (e.g., physical activity clubs, intramurals, sports, etc.).

Recess

Staff will encourage students to actively participate in recess.