

# **Nutrition and Wellness Plan**

## **Statement of Purpose:**

All Saints' Episcopal Day School is committed to providing a healthy school environment that promotes and enhances student well-being and the ability to learn. We believe that we are responsible for providing ample opportunities for students to have physical activity and education, learn about nutrition and wellness, and to be provided with appropriate food choices throughout each school day that will nourish their growing bodies and minds.

### **Nutrition and Wellness Council**

#### **Council Members**

**Joan Pennstrom, Headmaster**

**Belle Zeigler, Director of Development**

**Michelle Benson, Director of After School and Summer Programs**

**Claire Copeland, PE Teacher/Athletic Director**

**Ann Mullins, Faculty and Staff Representative**

**Emily Tinsley, Faculty and Staff Representative**

**Marilyn Tatum, Parent Guild Representative**

**Dr. Jimena Burnett, Parent Representative**

**Angela Lorenz, Parent Representative**

**Steven Derrick, Food Services Representative**

## **PREAMBLE**

*Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;*

*Whereas, good health fosters student attendance and academic success;*

*Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;*

*Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;*

*Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;*

*Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;*

*Whereas, faculty, staff, parent, and community participation is essential to the development and implementation of successful school wellness policies;*

*Thus, All Saints' Episcopal Day School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the school that:*

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All students in grades 3K-6th will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the outlined nutrition recommendations. The school will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

## Nutrition and Wellness Plan

### SNACKS:

You may send the snack of your choice with your child. We encourage you to send a healthy snack if possible.

### LUNCH:

You may order lunch every day or the days of your choice through our lunch program, **Crusaders' Café**. Menus rotate monthly and you may choose the Hot Line option or the Smart Market option (both options include a drink). You may send in lunch on any day.

### REWARDS/TREATS:

Our teachers may offer treats or rewards to their students as they achieve certain academic or behavioral successes. These items will be non food. If *you* choose to send in treats for distribution to the students in your child's class, please be sure to send non food items like stickers and pencils, or foods such as fresh fruit or sugar free Jell-O.

### BIRTHDAY CELEBRATIONS:

*We love to celebrate birthdays!* If you wish for your child's birthday to be celebrated at school, please communicate with your child's teacher about when and how this will be done. We encourage you to come up with an idea for a class activity that you or your child can do with the class. Recess is a great time to enjoy birthday fun. "Show and tell" or "story time" is another great way to celebrate birthdays! If you wish to send in items to be distributed to the class, please be sure that they are non food items or foods such as fresh fruit or sugar free Jell-O.

### CLASS PARTIES:

We have four school approved parties planned for the year: Christmas, Valentine's, Easter, and End of the Year. The parties are held during the last hour of the school day, and are organized by Classroom Coordinators, parents, and teachers. The activities and party menus will be chosen by the parents and teacher in charge of the particular party.



## Nutrition and Wellness

Thank you for your support of a healthy school environment! Parents will play a critical role in the success of our new Nutrition and Wellness plan. We appreciate your contributions to this important aspect of school life!

This brochure is a brief overview of our goals and guidelines for the Nutrition and Wellness Plan. As we work together to achieve these goals, we know that there will be areas that need improvement and adjustment. Thank you for patience and continued support as we implement this new plan.

There are many reasons that we want to provide a healthier campus atmosphere. Of course, one of the number one reasons is the prevention of childhood diseases which includes obesity. Additionally, we are concerned about food allergies and specific nutrition needs that many of our students have. **Our number one concern is the overall well-being, good health and safety of every student!**

One of the biggest changes related to our Nutrition and Wellness Plan is the introduction of our new lunch program, **Crusaders' Café**. The food service is being provided by Sodexo, and all menu choices are USDA approved. We are excited about the many nutritious options that this new menu offers. We encourage you to participate by ordering lunch for your child. We will invite you to join us for lunch as soon as we move into our new facilities.

All of our teachers, staff, Board members, and Parent Guild Board members have endorsed the Nutrition and Wellness plan, and are committed to its full implementation. We encourage you to join us, and we welcome your questions and suggestions at any time!

Please look for emails and website updates on Nutrition and Wellness throughout the school year! We will continue to communicate with you as we make improvements and additions.