

St. Patrick's Academy
(Formally HSCS and OLL)
Wellness Policy

St. Patrick's Academy 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 to include:

1. Community involvement, including input from parents, students, schools' food service, the school board, educators, and the public in the development of the school wellness program.
2. Goals for nutrition education designed to promote student wellness including:
 - a. All students shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors.
 - b. Nutrition education shall be integrated into the curriculum.
 - c. Nutrition information and education shall be offered throughout the school based on the U.S. Dietary Guidelines for Americans.
3. Nutritional guidelines for all foods available at school during the school day with the objective of promoting student health and nutrient-rich meals and snacks including food and beverages used for classroom rewards and fundraising efforts.
4. A plan for measuring implementation of this policy.

Health Enhancement and Physical Activity Opportunities

St. Patrick's Academy shall offer health enhancement opportunities that include the components of a quality health enhancement program. Health enhancement instructions shall be aligned with the Montana Health Enhancement Content Standards and Benchmarks. All students shall have the opportunity to participate regularly in supervised, organized or unstructured physical activities to maintain physical fitness, and to understand the short and long-term benefits of a physically active and healthy lifestyle.

Nutrition Standards

St. Patrick's Academy shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulation. The school shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs (classroom rewards and fundraising efforts). The school shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

Maintaining Student Wellness

The School Board shall develop and implement procedures consistent with this policy utilizing school community involvement before implementation. The School Board shall implement measures to determine how well this policy is being implemented, managed, and enforced. The principal shall report to the Board, as requested on the school's programs and efforts to meet the purpose and intent of this policy.

Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004

Policy History: Revised August 17, 2022