



School Wellness Policy

Nutrition and physical activity are known to influence a child's development, potential for learning, overall sense of well-being, and risk of illness through adulthood. Students who practice good nutrition and engage in daily physical activity attend school with bodies and minds ready to take advantage of the learning environment. Nutrition education will be integrated into classroom subject areas. Students will be offered opportunities to participate in physical activities in addition to physical education.

Seton Catholic Schools is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All meals shall be accessible to all students and meet or exceed current nutrient requirements established under the [Healthy Hunger-free Kids Act of 2010](#).

All food and beverages sold outside of the school meal programs shall meet the [USDA Smart Snack standards](#). Seton Catholic Schools encourages foods offered on school campuses to meet or exceed the USDA Smart Snacks in School standards, including those provided at celebrations, parties and classroom snacks. Schools will restrict food and beverage marketing to only those foods and beverages that meet USDA Nutrition Standards for All Foods Sold in Schools rule.

Students will be offered opportunities to provide feedback (informal or formal) to inform menu development. The monthly menu will be provided to students, families, teachers and administrators. Seasonal fruits, vegetables or recipes will be highlighted on the menu.

Various stakeholders will be given the opportunity to participate in the development, implementation, and periodic review and updating of Seton's Wellness Policy. Seton's Senior Leadership Team shall review and has authority to approve, reject and modify the content of the School Wellness Policy, including any recommendations for future changes to the Policy. Seton shall maintain, implement, and inform the school community and general public about a local school wellness policy that meets the requirements of federal law.

The Chief Finance and Administrative Officer shall implement and ensure compliance with the policy by leading the review, update and evaluation of the policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

Nothing in this policy shall prohibit Seton schools from undertaking additional school-level wellness initiatives, provided that such initiatives (1) do not either conflict with the formal Wellness Policy or unilaterally supplant or replace portions of the Policy; and (2) have otherwise been properly authorized within Seton Catholic Schools. However, the administration and staff at individual schools must coordinate their student wellness initiatives with the formal Wellness Policy for the benefit of documenting such efforts and sharing ideas across all schools.

Adoption Date: May 11, 2021