

SETON CATHOLIC SCHOOL

LOCAL SCHOOL WELLNESS POLICY

2026-2027 SCHOOL YEAR

Adopted: 8-19-2026

Last Reviewed: 08-16-2025

Last Triennial Assessment Completed: 05-13-2023

Next Triennial Assessment: 08-01-2027

PURPOSE

Seton Catholic School recognizes that student wellness is an important part of a student's ability to learn, grow, and thrive. As a Catholic school, we seek to support the whole child, spiritually, intellectually, physically, socially, and emotionally.

This Local School Wellness Policy establishes goals and expectations that promote healthy eating, physical activity, student wellness, and a healthy school environment. The policy is intended to complement Seton's mission of forming the whole person and to comply with applicable federal and state requirements for schools participating in the National School Lunch Program.

WELLNESS LEADERSHIP AND COMMITTEE

School Wellness Committee

Seton Catholic School will maintain a School Wellness Committee to assist with the development, implementation, review, and modification of this Wellness Policy.

The School Wellness Committee will consist of the following school personnel:

- Principal or school administrator
- School food service director
- Physical education teacher
- School nurse or other designated school health professional

The committee will meet **at least once each school year** and more frequently as needed.

The Wellness Committee will conduct its work during the regular school workday. Seton Catholic School will permit parents/guardians, students, school food service personnel, physical education teachers, school health professionals, school board members, school administrators, and members of the general public to provide input regarding the development, implementation, review, and modification of the Wellness Policy.

Members of the school community may attend Wellness Committee meetings when possible, review the current Wellness Policy, and submit comments or suggestions as part of the policy review process.

Wellness Leader

The **Principal** will serve as the designated school official responsible for overseeing implementation of the Wellness Policy and ensuring that the school fulfills its responsibilities under the policy.

The Wellness Committee will assist the Principal in:

- Reviewing the Wellness Policy annually
 - Monitoring implementation of the policy
 - Identifying areas for improvement
 - Establishing wellness goals
 - Reviewing available information related to student wellness
 - Completing the required triennial assessment
 - Communicating wellness information to families and the school community
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NUTRITION EDUCATION

Seton Catholic School will support nutrition education that helps students develop knowledge and skills necessary to make healthy food choices.

Nutrition education may be incorporated into:

- Classroom instruction
- Science and health instruction
- Physical education
- School meal programs
- School-wide wellness activities
- Age-appropriate service learning or other activities

Nutrition education will be age-appropriate and encourage students to understand the relationships among food, physical health, energy, learning, and overall well-being.

NUTRITION PROMOTION

Seton will promote healthy eating habits and encourage students to make nutritious food and beverage choices.

The school will:

- Encourage the consumption of fruits, vegetables, whole grains, and other nutritious foods.
 - Encourage students to choose water and other appropriate beverages.
 - Encourage healthy snacks for classroom and school activities.
 - Promote a positive attitude toward food and healthy eating.
 - Avoid using food as a reward or punishment whenever reasonably possible.
 - Respect students with food allergies, medical dietary restrictions, or other dietary needs.
 - Encourage healthy choices without creating shame or embarrassment around food or body image.
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SCHOOL MEALS

Meals served through the National School Lunch Program will:

- Meet or exceed applicable federal and state nutrition requirements.
- Be appealing and attractive to students.
- Be served in clean and pleasant settings.
- Provide a variety of fruits and vegetables.
- Provide appropriate whole-grain options.
- Provide appropriate milk and non-dairy alternatives consistent with USDA requirements.
- Offer menu choices when feasible.
- Follow all applicable food safety and sanitation requirements.

Qualified food service professionals will administer the school meal program. Seton Catholic School will support appropriate professional development and required training for food service personnel.

FOODS AND BEVERAGES SOLD TO STUDENTS

All foods and beverages sold to students outside of the reimbursable school meal program during the school day will meet applicable USDA **Smart Snacks in School** nutrition standards.

This includes, as applicable:

- À la carte food and beverage sales
- Vending
- Student stores

- School-sponsored fundraising activities
- Other food or beverage sales to students during the school day

The school will make reasonable efforts to encourage fundraising activities that support student wellness.

FOODS AND BEVERAGES PROVIDED TO STUDENTS

Seton Catholic School recognizes that food is an important part of classroom celebrations, birthdays, special events, and community-building activities.

The school will encourage parents, teachers, and staff to provide nutritious food and beverage choices for classroom snacks, celebrations, and special events.

When food is provided at school:

- Healthy options should be encouraged.
- Student allergies and dietary restrictions should be considered.
- Food should be prepared, stored, and served safely.
- Students should not be pressured to eat or consume foods.
- Staff should avoid using food as a reward or punishment whenever reasonably possible.

The school may provide reasonable flexibility for occasional celebrations and special events while maintaining a general culture of healthy choices.

FOOD SAFETY

All food made available through Seton Catholic School will follow applicable food safety and security guidelines and comply with state and local food safety and sanitation regulations.

Hazard Analysis and Critical Control Points (HACCP) plans and procedures will be implemented as required to help prevent foodborne illness.

For the safety and security of students, staff, food, and facilities, access to food service operations will be limited to food service personnel and authorized individuals.

SHARING OF FOOD

Seton Catholic School discourages students from sharing food or beverages with one another during meal and snack times.

This expectation is intended to protect students with:

- Food allergies
- Medical dietary restrictions
- Other health-related dietary needs

Students and staff should respect individual dietary restrictions and should not pressure another student to consume food or beverages.

WATER

Students will have reasonable access to free, safe drinking water throughout the school day.

Students will be encouraged to bring appropriate water bottles to school when permitted.

Students will have access to drinking water during meal periods consistent with applicable federal requirements.

MEAL TIMES AND THE SCHOOL DINING ENVIRONMENT

Seton Catholic School will provide students with adequate time to receive and consume meals.

The school will:

- Provide a pleasant and orderly dining environment.
 - Schedule meals at appropriate times.
 - Avoid unnecessarily scheduling tutoring, club meetings, organizational meetings, or other activities during meal periods unless students are permitted to eat.
 - Provide access to hand washing or hand sanitizer before meals and snacks when reasonably available.
 - Encourage appropriate table manners and respectful behavior during meals.
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PHYSICAL ACTIVITY

Seton Catholic School recognizes physical activity as an important component of student health, learning, and development.

The school will support regular opportunities for physical activity through:

- Physical education

- Recess
- Age-appropriate classroom movement
- Athletics
- Outdoor activities
- School-wide wellness activities
- Other opportunities for movement throughout the school day

Students will be encouraged to participate in regular physical activity appropriate to their age and abilities.

Physical activity will not routinely be withheld as a form of punishment.

The school will make reasonable efforts to provide students with opportunities for movement and physical activity during the school day while maintaining appropriate instructional expectations.

PHYSICAL EDUCATION AND RECESS

Seton Catholic School will provide physical education consistent with applicable state requirements and the school's academic program.

Physical education will provide students with opportunities to:

- Develop physical skills
- Understand the importance of physical activity
- Participate in age-appropriate exercise
- Develop healthy lifelong habits
- Practice cooperation, sportsmanship, and responsibility

Recess will provide students with opportunities for physical activity, social interaction, and outdoor play when weather and other conditions permit.

OTHER SCHOOL-BASED WELLNESS ACTIVITIES

Seton Catholic School will support a school environment that promotes student wellness and the development of healthy lifelong habits.

Wellness activities may include:

- School-wide wellness initiatives
- Health and nutrition education
- Physical activity opportunities
- Outdoor activities

- Mental and social-emotional wellness activities
- Community service
- School gardens or environmental activities
- Wellness challenges or special events
- Activities that promote healthy relationships and responsible decision-making

The school recognizes that student wellness includes physical, social, emotional, and spiritual well-being.

As a Catholic school, Seton will seek to promote wellness in a manner consistent with Catholic teaching and the school's mission.

FOOD AND BEVERAGE MARKETING

Food and beverage marketing to students during the school day will be consistent with the goals of this Wellness Policy.

To the extent reasonably within the school's control, food and beverage products marketed to students during the school day should meet USDA Smart Snacks nutrition standards.

This provision applies to school-sponsored marketing, advertising, signage, promotional materials, and other forms of school-controlled food and beverage promotion.

STAFF WELLNESS

Seton Catholic School recognizes that staff members serve as important role models for students.

The school will encourage staff wellness by:

- Promoting healthy food and beverage choices.
- Encouraging regular physical activity.
- Providing wellness information and opportunities when practical.
- Supporting a positive and healthy school environment.
- Encouraging staff members to model healthy behaviors for students.

Staff wellness activities may be incorporated into professional development, staff meetings, school events, or other appropriate activities.

IMPLEMENTATION AND MONITORING

The Principal and School Wellness Committee will oversee implementation of this policy.

The Wellness Committee will review the policy **at least annually** and will consider:

- Progress toward wellness goals
- Compliance with the policy
- Feedback from staff, students, parents, and other stakeholders
- Changes in federal or state requirements
- Opportunities to strengthen student wellness

As part of its annual review, the Wellness Committee will establish or update annual wellness goals. Annual wellness goals may be maintained as an appendix to this Wellness Policy and may be revised from year to year without requiring revision of the entire policy.

The school will maintain appropriate records documenting implementation, review, and assessment of the Wellness Policy.

When appropriate, the Wellness Policy will be revised to reflect changes in school needs, regulations, or best practices.

TRIENNIAL ASSESSMENT

At least once every three years, Seton Catholic School will complete a formal assessment of the Wellness Policy.

The triennial assessment will include:

1. An assessment of Seton's compliance with the Wellness Policy.
2. A comparison of the Wellness Policy with an applicable model wellness policy.
3. An assessment of progress toward achieving the goals established by the Wellness Policy.

The results of the triennial assessment will be made available to the public.

PUBLIC PARTICIPATION AND NOTIFICATION

Seton Catholic School will permit parents/guardians, students, school food service personnel, physical education teachers, school health professionals, school board members, school administrators, and members of the general public to participate in the development, implementation, review, and modification of the Wellness Policy.

At least annually, the school will make the following information available to the school community:

- The current Wellness Policy

- Any updates or revisions to the policy
- The position title of the designated wellness leader
- Information about how members of the school community and general public may provide input or participate in the Wellness Policy process
- The most recent triennial assessment and progress toward wellness goals, when applicable

The Wellness Policy and applicable assessment information will be made available through the school office, school website, or another method accessible to families and community members.

COMPLIANCE WITH LAW

Nothing in this Wellness Policy is intended to supersede applicable federal or state law, regulations, or requirements governing the National School Lunch Program, School Breakfast Program, or other federally funded nutrition programs.

If a provision of this policy conflicts with applicable federal or state requirements, the applicable law or regulation will govern.

REVIEW AND APPROVAL

This Wellness Policy will be reviewed annually by the School Wellness Committee and updated as necessary.

Approved by: _____

Title: _____

Date: _____

APPENDIX

2026-2027 ANNUAL WELLNESS GOALS

As part of its annual review of the Local School Wellness Policy, the Seton Catholic School Wellness Committee has established the following goals for the 2026-2027 school year.

1. Develop a School Technology and Screen Policy

Seton Catholic School will develop a comprehensive technology and screen-use policy addressing appropriate student use of technology at both the elementary and middle school levels. Development and implementation of the policy will take place during the 2026-2027 school year.

2. Incorporate the Presidential Physical Fitness Test

Seton Catholic School will incorporate the Presidential Physical Fitness Test into the physical education program across all grade levels during the 2026-2027 school year.

3. Develop Health and Wellness Curriculum

Seton Catholic School will develop and implement age-appropriate curriculum addressing health and wellness topics, including:

- **Grades 1-6:** Communicable diseases, physical fitness, and nutrition
- **Grades 7-8:** Physical fitness and sexually transmitted diseases

4. Phase Out State-Designated Food Dyes

Seton Catholic School will work toward phasing out state-designated food dyes from foods served through the school's nutrition program and from additional food provided or delivered to students at school.

5. Provide 40 Minutes of Physical Activity Daily

Seton Catholic School will work to ensure that students receive **at least 40 minutes of physical activity each school day** through physical education, recess, classroom movement, athletics, and other appropriate opportunities.

Annual Review and Assessment Timeline

The Wellness Committee will meet on or about **April 1, 2027**, to review progress toward the 2026-2027 wellness goals and consider whether changes to the Wellness Committee's composition, including the potential addition of parent members, would be appropriate.

The next formal **triennial assessment** of the Local School Wellness Policy is scheduled for **August 1, 2027**.