



SS. Andrew-Thomas School  
100 Hwy. 61 S.  
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### School Wellness Policy

#### Philosophy

SS. Andrew-Thomas School strives to develop the intellectual, emotional, spiritual, and physical growth of all students.

To develop physically, SS. Andrew-Thomas School recognizes the role of proper nutrition, as well as, physical activity. Research supports the correlation between health and learning. Students who practice healthy nutritional habits come to school with minds and bodies that are ready to learn. The administration and staff at SS. Andrew-Thomas School encourages and promotes a healthy lifestyle for all members of our school community.

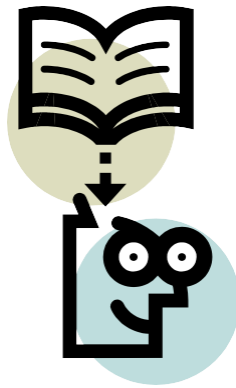
The policy developed by the staff at SS. Andrew-Thomas School includes the following four aspects:

- Food Service
- Health Curriculum
- Physical Education Curriculum
- Healthy Alternatives

#### Food Service

Our food service program endeavors to follow all guidelines established by the Wisconsin Department of Public Instruction and the U.S. Government Nutrition Standards.

- Hot Lunch/Breakfast Program will:
  - ❖ Ensure that all children have access to adequate and healthy food choices at reasonable prices.
  - ❖ Ensure that all food sales and school/classroom parties for students will not conflict with the breakfast and lunch schedule.
  - ❖ Promote the consumption of milk and milk products. Milk is provided at breakfast and lunch and is available to students who choose to bring sack lunches.
  - ❖ Monitor fat and sugar content as outlined by federal mandates.
  - ❖ Prohibit the consumption of soda/pop as part of breakfast and lunch
  - ❖ Exclude products containing caffeine during mealtimes. An exception will be made in the case of chocolate.
  - ❖ Be sensitive to foods containing dyes, sulfites, MSG, sodium, and other additives and limit the use whenever possible, or find alternative products that have fewer additives.
  - ❖ Encourage the use of nutrient rich foods
  - ❖ Provide students with a relaxed, enjoyable lunchroom environment.

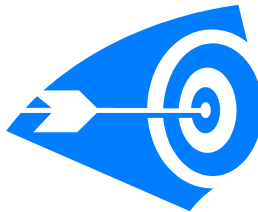


## Health Curriculum

Our health curriculum is a comprehensive approach to positive, healthy lifestyle choices. Integrated in the curriculum, is an emphasis on well balanced, healthy nutritional habits that will last a lifetime.

Our health curriculum will emphasize:

- ❖ Knowledge of healthy snack choices
- ❖ Information on a healthy diet
- ❖ Awareness of proper sanitation and hand washing skills
- ❖ Familiarity with the food guide pyramid
- ❖ Proper eating habits
- ❖ Awareness of information available on food nutrition labels
- ❖ An awareness of junk food items and the need to limit their consumption
- ❖ An understanding of calories
- ❖ A comprehension of the correlation between food choices and diseases
- ❖ Multicultural influences on our food choices
- ❖ Various sources and variety of foods
- ❖ The importance of water consumption for healthy living



### Physical Education Curriculum

Our physical education curriculum will help students recognize the importance of physical exercise, expose students to a wide range of physical activities, and develop an understanding of the connection between physical education and health. Students will develop the skills and knowledge to be physically active for life.

Our physical education curriculum will include:

- ❖ Exposure to many and varied games, activities, sports, and physical activities.
- ❖ Cardiovascular endurance activities
- ❖ Muscular endurance and muscular strength activities
- ❖ Flexibility activities
- ❖ Knowledge of body composition which includes proper diet and eating habits

## Healthy Alternatives

Whenever possible, our school will focus on instructing students and families about healthy food choices and snack alternatives. Whenever possible, our school will expose students and families to these healthy alternatives. This includes the school day, as well as, after school activities and sporting events.

Students and families will be exposed to the following healthy alternatives:

- Water, fruit juices, milk
- Raw vegetables with low-fat dip
- Fresh fruits
- Frozen fruit pops
- Dried fruits (raisins, apples, banana chips, etc.)
- Trail mix
- Nuts
- Yogurt
- Cheese, string cheese, etc
- Baked chips
- Jello and pudding cups

All staff members at SS. Andrew-Thomas School will support the policies outlined here to promote knowledge and behavior that improve health, intellectual development, and overall quality of life. Students, parents, teachers, administrators, and the community are called upon to be active promoters of a school environment that promotes good health.

