

Wellness Policy

Christ the King Catholic School
1918 S. Greenwood Ave. Fort Smith, AR 72901
479-782-0614

Food Service Director: Myndi Keyton
Cafeteria Manager: Janice Tran

- I. Setting Nutrition Education Goals
 - A. Students are exposed to healthy eating information i.e. the “My Plate” charts, Food Plate, Five a Day and Color Eating through the use of posters in the cafeteria and throughout the school.
 - B. Fresh or frozen fruits and vegetables will be served daily during the school week.
 - C. Whole grain products are served.
 - D. Students are served a minimum of $\frac{3}{4}$ cup orange or red vegetables, $\frac{1}{2}$ cup dark green vegetables, $\frac{1}{2}$ cup beans, $\frac{1}{2}$ cup starchy vegetables, and $\frac{1}{2}$ cup other vegetables weekly per the NSLP guidelines.
- II. Setting Physical Activity Goals
 - A. Students are given opportunities for physical activity during the school day through physical education (PE) classes (50 min. per week) and daily recess periods (20 min. per day).
 - B. The student to teacher ratio is not to exceed the guidelines recommended for the student/teacher ratio listed in the Diocesan Policy Manual (Policy 4.11).
 - C. The school encourages parents/guardians to support their children’s participation in physical activity to be physically active role models, and to include physical activity in family events.
- III. Establishing Nutrition Standards for All Foods Available on School Campus during the School Day
 - A. The school offers no al la carte sales in the food service program on campus.
 - B. There is no soft drink machine present on the campus.
 - C. Students who bring their lunch are not allowed to bring soda.
 - D. The school sets guidelines for food beverages sold as part of school-sponsored fundraising activities
 - E. Any foods sold for fundraisers will be sold outside, after lunch.

IV. Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

A. Dining Environment

1. The school provides a clean, safe, enjoyable meal environment for students.
2. The school provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
3. The school encourages all students to participate in the school meal program and protects the identity of students who eat free and reduced price meals.

B. Time to Eat

1. The school will ensure adequate time for students to enjoy eating healthy foods with friends in school.
2. The school will schedule lunch times as near to the middle of the school day as possible.

C. Consistent School Activities and Environment

1. The school encourages parents, teachers, school administrators, students, food service professionals, to serve as role models in practicing healthy eating and being physically active, both in school and at home.
2. The school encourages all students to participate in the National School Lunch Program.

D. Setting Goals for Measurement and Evaluation

1. Teachers, parents, and students are asked for feedback, on a regular basis on how well they see the school meeting the various components on the Wellness Plan.
2. The school will ensure that the student numbers participating in the National School Lunch Program remain steady at a minimum or increase over time.