



Wellness Policy

St. Anthony Tri-Parish School is dedicated to the health and wellness of each individual member of the St. Anthony Tri-Parish School community, including students, faculty and staff. This policy establishes goals for personal, academic, developmental, and social success.

Nutrition

Participate in the National School Lunch Program	Meet or exceed current nutrition requirements with the best food available and affordable to the program. Meals will be low in sodium, low in saturated fat, zero grams trans fat per serving, and within the calorie requirements.	Ongoing
	Utilize to the fullest extent the commodity products available through the program.	Ongoing
Introduce and reinforce healthy eating.	Offer healthy fruits and vegetables, whole grains, meats and meat alternates, and lowfat and non-fat milk.	Ongoing
	Make meals attractive, appealing, colorful.	
	Serve fresh fruits and vegetables 25% - 40% of all school meals, and more if possible.	
	One day per week (always Friday) the meat requirement will be met with a meat alternate.	
	Provide a healthy menu that reinforces moderation in a healthy diet. Offer a wholesome balance of homestyle meals with "fast food" type meals, which also utilizes economical, commodity foods like chicken chunks, popcorn chicken, rippers, French fries, and sweet potato products.	
Create excitement for the school lunch program.	All menus will be colorful and exciting.	Ongoing

Promote school lunch by urging teachers to promote the next day's menu, daily announcements, posted to website, other opportunities like Facebook, and distribution of menu at school events.

Make information available to students and parents concerning nutrition content of foods

Menus and nutrition content information posted to website.

Ongoing

Distribute monthly to teachers and staff.

Special Dietary Needs

Forms/Medical Statements for special meal accommodations and milk substitutes available.

Ongoing

Nutrition Education in the Classroom

Provide nutrition education in the classroom. Middle School elective class.

Three weeks of nutrition teaching in the classroom. Use USDA MyPlate and MyPyramid. Teach food groups, healthy portions, healthy food combinations.

Ongoing

Provide home economics to Middle School.

Provide activities and hands on learning of skills.

Emphasize home cooking over eating out.

Ongoing

Menu planning.

Semester of cooking and semester of baking. Class prepares homemade foods. Teach cooking and baking skills: food preparation, measuring, choice of ingredients based on nutrition and taste.

Keep a food diary. Compare week of eating as one normally does with week of eating making healthier choices. Recognize that healthy eating makes one feel better, sleep better, do better in school.

Physical Education

Provide physical activity for all students.

PE classes 2 times a week for 30 minutes in each session for a total of 60 minutes weekly for students in Grades K-5.

Ongoing

Provide 225 minutes of Physical Education and Health classes weekly for students in Grades 6-8.

Provide excellent health curriculum, based on Fitness, Movements, and Lifetime Sports and Personal and Social Growth.	Locomotor and Motor movements for all ages. Introduce fitness and activity during class time. Engage in Lifetime sports and teach skills in basketball, volleyball, football, soccer, pickleball, tennis, hockey, badminton, cooperative games.	Ongoing
Provide multiple opportunities for After School Athletics.	Grades K-3: facilitate off campus teams for soccer, t-ball, baseball, flag football, basketball, gymnastics and dance. Grades 4-8: Form School Teams for volleyball, basketball, golf, cross country. Football offered at other Middle Schools.	Ongoing
Require students to set goals at the beginning of each semester and analyze fitness results and strategies (K-8th grade)	Participate in the Presidential Fitness Program and Fitness Gram. Track success with test scores and analyze goals set with comparing scores twice per year.	Ongoing
Provide workout weekly.	One workout per week. Run Mile or Mile and a Half – 1x/month Pacer Run – 1x/month Missions Workout Archangel Workout 20 set workouts Plyometrics and Circuits	Ongoing

School Based Wellness

Nurse's Office

Obtain information from parents regarding student's emergency contact information and health concerns:	All parents required to have Emergency Contact Card on file. Card to contain emergency contact(s), physician and hospital preferences, health concerns, and allergies. Medications, Epi pens, and confidential student information stored in Nurse's office in locked cabinet.	Ongoing
Use of Medication:	Severe health concerns, example: allergies requiring Epi pen, kept in emergency packet in each classroom, school office, kitchen. All medications, OTC or prescribed, will be received in the Nurse's office unless special arrangements made in advance. Example: teacher giving medication during a field trip.	Ongoing

All medication, OTC or prescribed, will be dispensed only with a written order from a healthcare provider.

Exclude ill individuals from School:

Any person with the following conditions will be excluded from School until the condition has resolved: diarrhea, vomiting, contagious disease, fever at or greater than 100 degrees F, rash of unknown origin, lice infection.

Ongoing

Immunization Compliance per State Statute 14-4-116:

Perform annual Immunization Assessment in autumn of the School Year.

Ongoing

Unless a student has filed with the School a Wyoming state issued Certificate of Exemption, all students must have official proof of immunizations. Immunization records to be kept with student's medical record at the School.

Conduct hearing screenings:

With the Audiology Department of Natrona County School District, conduct hearing screenings on students in grades K-6.

Ongoing

Notify parents/guardians of abnormalities. Perform follow up screenings.

Vision:

Vision screenings are not performed at School. Notify parents if a teacher has suspicions of a student's difficulty in seeing.

Ongoing

Ensure the proper care and well-being of all students.

Keep a current medical file on students, to include healthcare provider correspondence, dietary needs, injuries, and all healthcare related items. Communicate information with teachers, staff, kitchen, sports teams, appropriate individuals. Examples: special dietary needs/School Kitchen; exclusions from physical activity due to injury, chronic health conditions or recovery from procedures/Teachers, appropriate Staff, team Coach.

Ongoing

Administration

Provide recess time.

Two recesses of 15 minutes every day - Grades K-5.

Ongoing

One additional recess of 20 minutes daily after lunch - Grades K-8.

Separate recesses daily - Preschool

Provide a hot lunch program

Participation in the National School Lunch Program accessible to all students.

Ongoing

	Provide free and reduced meals,. Make applications available.	
No competitive foods offered	<p>Lunches allowed: daily hot lunch program; lunch from home.</p> <p>Do not allow soda pop and sugary drinks, including sports drinks.</p> <p>Do not allow vended products or sales of food of any kind during school hours.</p> <p>Food fundraisers allowed outside of school hours only.</p> <p>Parties will not be held in place of school lunch. Classroom parties will include healthy snacks.</p>	Ongoing
Make water available during the school day	Potable water available during school day and meal time.	Ongoing
Inform the public of the School's Wellness Policy	Post the Wellness Policy on the School website. Distribute at school events.	Ongoing
Maintain a Wellness Policy committee	<p>Permit all stakeholders to participate in the Wellness committee; staff, school nurse, teachers especially physical education, general public.</p> <p>Meet once per year to analyze and update the Wellness Policy</p>	Ongoing

Wellness Committee Members:

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