



## Seneca Wellness Policy, NSLP

Seneca Family of Agencies recognizes the link between student health and learning, and desires to provide a program promoting healthy eating and physical activity in children at Seneca Family of Agencies.

### 1. Nutrition

- (a) Guidelines for reimbursable school meals shall not be less restrictive than USDA regulations and guidance
- (b) Foods selected shall be minimally processed, using minimally processed meat whenever possible, whole grains or converted grains that retain most of their whole grain nutrients, minimal dyes, sodium and added sweeteners.
- (c) All students will receive school meals at no cost. Caregivers will be notified of the availability of breakfast and lunch and will be encouraged to determine eligibility to determine reduced or free meals.
- (d) The monthly school menu will be sent home with students.
- (e) Staff is strongly encouraged to model healthful eating habits
- (f) Nutrition education must be emphasized for the children to be capable of making wise lifelong food choices. Emphasis should be on proteins, fruits, vegetables, whole-grain products and low-fat dairy products, and appropriate serving sizes.
- (g) Food used as a reward or punishment
  - i. Food plays a role in how we celebrate students and special events. Food is provided at celebrations i.e. birthdays, transition parties, and behavioral contracts as a tool to build community. Food will only be used to compliment relationship-building and celebration rather than as a reinforcement for behavior.
  - ii. The use of food (or the action of withholding food) as a punishment is strictly prohibited.
  - iii. Non-food and healthy food celebrations will be promoted and regularly reinforced to all staff members and families.
- (h) Water
  - i. Students shall have access to free, safe drinking water throughout the school day.
  - ii. Water is promoted as a substitute for sugary drinks.
  - iii. Staff will be encouraged to model drinking water consumption and will encourage students to use water to help them regulate, and to use as a coping skill.
- (i) Information will be provided to students and families to raise awareness of children's health issues.



- (j) Site administrators and staff will promote a school environment that is supportive of healthy eating. Employees are encouraged to model healthy eating by offering healthier choices at school meetings and events, and to refrain from using candy and snacks of minimum nutritional value as rewards to students.
2. Physical Activity:
    - (a) Staff should actively encourage child movement during break/recess, physical education periods and throughout the day.
    - (b) Non-public school sports league participation is open to all students age 12 and up.
  3. Other School-Based Activities:
    - (a) Students will be involved in the process of selecting menu items at school.
    - (b) The School Wellness Committee will evaluate the environment where the students eat lunch. We can enhance the setting inside the classroom, eat outside, or eat in the multi-purpose room.
  4. Measurement and Evaluation:
    - (a) The School Wellness Committee will review the School Wellness Policy annually. Changes will be made based on feedback received.

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