

# Triennial Wellness Assessment 2020

June 2020

Lawrenceburg Sacred Heart Catholic School Wellness Policy is reviewed and modified as is appropriate. An assessment is completed every three years by the Principal and Cafeteria Manager. They then sign off on the updates along with a Parent or Staff Member.

The updated Wellness Policy and the Assessment is made available to the public on the school website: [shslburg.com](http://shslburg.com).

## **School Meals**

Meals are appealing and attractive with a variety of fresh fruits and vegetables served. Students who bring their lunch from home are encouraged to bring healthy and nutritious lunches. (Fast food is not permitted, such as McDonald's, Wendy's, etc.)

## **Snacks**

Students are encouraged to bring healthy snacks for break time.

## **No Carbonated Beverages**

Carbonated beverages are not allowed during school hours.

## **Reward Parties**

Sacred Heart School recommends non-food items for rewards, such as stickers, pencils or extra recess time.

## **Celebrations**

Celebrations should be limited to once a month. Food served should meet 50% of the food nutritional value, example: chips and fresh fruit.

## **School Sponsored Events**

Events held after school hours are encouraged to have nutritional food and drink items.

## **Bake Sales**

Foods and beverages sold outside of the cafeteria are done no more than once a month. There is no restriction on the food items sold. Nutritious items are encouraged.

## **Birthdays**

Snack items (cupcakes or cookies) may be brought from home to pass out to the class. (Due to the Covid-19 Pandemic celebrations are paused at this time).

## **Physical Activity**

Classroom education encourages an active life style (sports, running, etc.) outside of school.

## **Education and Promotions**

Nutrition education can be incorporated into classroom subjects to encourage and support healthy eating.

**Communication with Parents**

Menus and the Wellness Policy are on the school website. Physical Activity information, such as sports, is provided to parents.

**Goals for 2020**

Reinforcement of the importance of hand washing, sanitizing, and coughing/sneezing procedures in order to assure the health and well being of all students, teachers and staff.

Continue to promote a healthy life style our children will be able to carry with them throughout their lives.