

Sacred Heart Catholic School
220 Berger St.
Lawrenceburg, TN 38464
931-762-6125

Wellness Policy

Sacred Heart is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

School Meals

Meals served through the National School Lunch Program will

-Be appealing and attractive to children;

-Meet at a minimum and maximum the nutrition requirements set by the National School Lunch Program

Students who bring their lunch are encouraged to bring healthy and nutritious lunches, that follow the USDA guidelines. (Fast food is not permitted, such as McDonalds, Wendy's, etc.)

Snacks

Students are encouraged to bring healthy snacks from home to have a break time. Beverages brought from home are to be 100% juice packs or prepackage water bottles only. Our goal is to teach students how to lead healthy lives.

No Carbonated Beverages

No carbonated beverages are allowed on school campus for students during school hours.

Reward Parties

SHS should limit the use of food and beverages as rewards. Non-food items are recommended such as stickers, pencils, extra recess time...Reward parties may include food items that include nutritional items.

Celebrations

Celebrations should be limited to once a month. Each party that includes food should meet with 50% of the food with nutritional value. Example - chips and cupcakes with fresh fruit and fruit juice. We have a No Carbonated Beverage Policy, so soft drinks cannot be used as a non-nutritional food item.

School Sponsored Events

Events after school hours that offer or sell food items are encouraged to have nutritional food items or beverages available also.

Bake Sale

Foods and Beverages sold during the school day outside of the cafeteria should be no more than once a month. There is not a restriction on the selling of the food items but please keep in consideration of the No Carbonated Policy and include nutritious items for sell also.

Birthdays

Student's birthdays may be celebrated. Snack items may be brought in along with napkins to pass out to the class. Individual wrapped items are recommended. The school or cafeteria does not supply the paper products.

Physical Activity

Students need physical activity beyond P.E. class. Classroom education can encourage an active life style outside of school. Students are also encouraged to participate in our annual Labor Day Festival, basketball, cross country, soccer programs, and field day events.

Nutritional Education and Promotion

SHS aims to teach, encourage, and support healthy eating by students. Nutrition education can be incorporated into classroom subjects.

Communication with Parents

Nutrition information, nutrition tips, wellness policy, and monthly menus will be on the schools web site. The school will provide information for opportunities to be physically active outside of school such as being involved with sports.

Goal

This is a process that will grow and change throughout the years. Our goal is to promote a healthy lifestyle for our children that they can carry throughout their lives.

Sacred Heart Wellness

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This institution is an equal opportunity provider