



# St. Rose School Wellness Policy

## Physical Activity and Nutrition

### Purpose

St. Rose School is committed to creating a school environment that promotes lifelong wellness practices, healthy eating, and regular physical activity. This policy ensures compliance with federal and state requirements, supports student health, and fosters academic achievement.

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### Goals for Nutrition Promotion and Education

1. Nutrition education shall be provided as part of a comprehensive health curriculum aligned with the Washington State Health and Physical Education K–12 Learning Standards.
  2. Instruction will emphasize the relationship between nutrition, health, and learning.
  3. Schools shall promote healthy eating through:
    - Encouragement of fruits, vegetables, whole grains, and low-fat dairy.
    - Limiting the marketing of foods and beverages that do not meet USDA Smart Snack standards.
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### Goals for Physical Activity

1. Schools will provide students with opportunities to develop the knowledge and skills for lifelong physical activity.
2. In accordance with **RCW 28A.210.365**, elementary schools shall provide at least **30 minutes of physical education per school day**. Students in K-5 receive 45 minutes of recess each day and 60 minutes of PE each week. Students in grades 6-8 receive 30 minutes of recess each day and 120 minutes of PE each week.
3. Classroom teachers will incorporate physical activity breaks, movement-based learning, and recess into the school day.
4. Physical activity (PE and recess) will not be withheld as a form of punishment.
5. Students will participate in annual events such as our Jog a thon and Field Day that promote lifelong physical fitness for recreation.

# Nutrition Standards for Foods and Beverages

1. All meals served through the **National School Lunch and School Breakfast Programs** shall meet or exceed the nutrition standards set by the USDA per contract with Longview School District Nutrition Services.
  2. Parents are encouraged to provide a balanced lunch and snack for students each day.
  3. Celebrations and classroom parties should encourage healthy options and limit sugary snacks.
  4. Fundraisers conducted during the school day shall offer only foods and beverages that comply with nutrition standards.
  5. Drinking water will be made available throughout the school day and students are encouraged to bring their own water bottle from home to refill.
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## School Environment and Wellness Promotion

1. Schools shall create safe and inclusive environments that support healthy eating and physical activity.
  2. Marketing of foods and beverages that do not meet Smart Snacks standards will not be permitted on school property.
  3. The district will encourage staff to model healthy eating and active lifestyles.
  4. Partnerships with families and community organizations will be promoted to support healthy behaviors outside of school (recreational sports, Scouts, etc)
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## Implementation, Monitoring, and Evaluation

1. St. Rose School has a School Commission composed of parents, administrators and community members that can oversee policy implementation.
  2. The policy and its implementation will be reviewed at least once every three years, with updates posted publicly on the St. Rose School Website.
  3. Schools shall assess compliance through meal program reviews, surveys, and feedback from stakeholders.
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## Legal References

- **Healthy, Hunger-Free Kids Act of 2010**
- **USDA Smart Snacks in School Standards**
- **RCW 28A.210.365 – Physical education requirement**
- **Washington State Health and Physical Education Learning Standards**
- **OSPI Child Nutrition Services Guidelines**