

## BISHOP HOGAN'S WELLNESS POLICY

Bishop Hogan has a Wellness Committee that evaluates our Wellness Plan yearly. Any parent wishing to serve on the Wellness Committee, please contact the school office. Bishop Hogan recognizes the relationship between student well-being and student achievement, as well as the importance of a comprehensive school wellness program. Therefore, we will provide nutritious meals and developmentally appropriate physical activity each school day.

Bishop Hogan will be following the School Lunch Meal Pattern Program set by the Department of Elementary & Secondary Education (DESE) for our school lunches.

### **School/Center Lunches:**

- A main dish with total fat  $\leq 16$  g. per serving is offered at least 3 times a week.
- Dark green or orange vegetables or fruits are offered 1 time a week.
- Fresh fruits or raw vegetables are offered 1 to 3 times a week.
- A food item containing whole grains is offered at least 5 time a week.
- At least one of the following will be offered daily: low Fat (1%, ½%) or skim (nonfat) milk.
- Reduced-fat and/or fat-free salad dressings are offered.

For classroom parties we ask that parents bring healthy snacks and drink items to ensure our students are following the DESE guidelines. Students will not be allowed access to the vending machine during school hours.

Our children are our top priority. To ensure that our students maintain a healthy life-style, our staff will follow the Healthy Standards set by the Dioceses of KC-St. Joseph and DESE.