

Wellness Policy

Policy Highlights

- ✓ Seneca Family of Agencies recognizes the link between student health and learning.
- ✓ Seneca’s wellness policy is reviewed and developed annually by a variety of stakeholders.
- ✓ Each school has a School Wellness Committee (SWC), one of whom serves on the Seneca NPS Wellness Committee (SNWC).
- ✓ These committees review the wellness policy at least annually and support its implementation at each NPS.
- ✓ School staff, parents/guardians, student, and other members of the school community are encouraged to participate in SWC and provide feedback regarding the wellness policy.

Wellness Goals	School Nutrition Standards	Physical Activity
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Nutrition Promotion

Increase student awareness of balanced meals and snacks at school and in their communities.

Non-food and healthy food celebrations will be promoted and regularly recommended.

Schools will provide movement breaks to students throughout the school day.

Nutrition Education

Provide supplemental wellness education at least monthly through classroom visits by a variety of health professionals.

Caffeinated foods and/or beverages are not permitted to be served or distributed to students at any time.

Schools will incorporate at least one physical activity that can include families during school events.

Physical Activity

Incorporate into physical education classes regular sets of physical activities targeting strength-building, endurance, and flexibility.

Foods and/or beverages distributed outside the school meal program that are high in sugar, sodium, and/or saturated and trans fat shall be limited to one serving.

Elementary-aged students will be offered at least two recesses per day. Students 12 years and older will have the option to participate in Seneca’s NPS sports league.

Other Wellness Activities

Increase family engagement and communication through monthly web site updates and providing electronic submission options for appropriate school documents.

All reimbursable school meals will meet the school nutrition standards specified by the USDA¹, Department of Agriculture, and CDE^{2,3}.

Schools will connect students to physical activities in their communities and, as needed, use dedicated funds to remove financial barriers.

¹ https://www.dietaryguidelines.gov/sites/default/files/2019-05/2015-2020_Dietary_Guidelines.pdf

² <https://www.cde.ca.gov/ls/nu/he/nfbmpbreakfast.asp>

³ <https://www.cde.ca.gov/ls/nu/he/newfbmplunch.asp>