



## **Blessed Sacrament School**

605 Central Avenue  
Albany, New York 12206  
(518) 488-5054

**Sr. Patricia Lynch,**



### **LOCAL WELLNESS**

### **POLICY**

**ESTABLISHED MARCH 2017**

Our school wellness policy at Blessed Sacrament is a program meant to encourage a healthy lifestyle for our students and staff. In order to do this we will hold regular informational meetings open to all interested. These meetings will include all aspects of maintaining a healthy lifestyle for students, staff and our school families.

For students in grades K-6, the curriculum for healthy eating and habits is included in their science curriculum. Students in grades 7 & 8 receive the information through their health classes.

To promote not only nutrition, we will also advise maintaining daily physical activity. Students receive regular gym classes of 45 minutes in addition to after lunch recess for another 20 minutes.

Blessed Sacrament kitchen staff will provide students with standard and nutrition guidelines for food served or sold in the school. Each month with the new menu, parents find attached the Food Guide Pyramid.

To promote healthy eating habits, the kitchen will send home a list of suggested healthy snack selections.

Food service director must attend at least 2 faculty meetings per school year. Kitchen director will also inform school board members of existing lunch requirements or new procedures. A public notice will be sent to the media with our updated wellness policy each year.

The lunch program will be overseen by its school principal and food service director. A committee of students and staff will meet once a month for updates to the lunch program for suggestions.

The policy will be available to everyone and will be sent to our diocesan office for review

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