

**ST. AMBROSE ACADEMY**  
**31 EMPIRE BLVD.**  
**ROCHESTER, NY 14609**  
**585-288-0580**

*Learning Growing Sharing*

**St. Ambrose Academy**  
**Wellness Policy**

St. Ambrose Academy provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment works to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

**Nutritional Quality of School Food Meals**

Sarkis Meals Served in Accordance with National School Meals Programs

Meals served by Sarkis will:

- Meet, local, state and federal guidelines and regulations
- Restrict the fat content of meals as follows:
  - Total fat will be limited to 30% of the total calories per meal.
  - Saturated fat will be limited to 10% of the total calories per meal.
- Offer and promote the consumption of fresh fruit and a variety of vegetables daily.
- Offer varieties of reduced-fat milk.
  - Low-fat 1%
  - Fat-free chocolate milk.
- Serve bread and rolls that contain at least 50% whole wheat.

St. Ambrose Academy discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other dietary restrictions for some children.

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## **Nutrition Education and Promotion**

St. Ambrose Academy will provide nutrition education and engage in nutrition promotion that:

- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects
- promotes fruits, vegetables, whole-grain products, and the understating of dietary guidelines and healthy weight management
- emphasizes the benefits and components of healthy eating and making healthy choices when eating out and snacking
- promotes goal-setting and balancing food intake with physical activity and risks associated with poor nutrition and lack of exercise

## Communication with Parents

St. Ambrose Academy works to support parents' efforts to provide a healthy diet and daily physical activity for their children. Our school encourages parents to pack healthy lunches and snacks. Such support can include sharing information about special events, physical activity and physical education through a website, newsletter, or other take-home materials.

## **Physical Activity Opportunities and Physical Education**

### Physical Education and Health Class PreK-Grade 5

Physical education classes consist of two, 50-minute sessions a week. Health classes are taught to grades Kindergarten through 5<sup>th</sup> grade for 40 minutes once a week. In addition, students are given 15 minutes of recess daily. Students are spending more than 50 percent of their physical education class time participating in moderate to vigorous physical activity. Health education classes complement our physical education by reinforcing the knowledge and self-management skills needed to maintain an active lifestyle and reduce time spent on sedentary activities.

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Integrating Physical Activity in the Classroom

- Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate.
- Classroom teachers provide opportunities for physical activity as part of daily lessons such as Math and Movement

Fund Raising Activities

To support children's health and school nutrition education efforts, the School will be more creative in fund raising activities. We will encourage fundraising activities that promote physical activity and discourage sales of non-nutritious foods.

Snacks

Snacks served during the school day or during after school enrichment activities will make a positive contribution to children's diets and health with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

Our school disseminates a list of healthy snack items to parents that can be purchased and brought in for special celebrations.

Rewards

The school will limit the use of foods or beverages, especially those that do not meet the nutritional standards, as rewards. If food is used, teachers will be encouraged to offer only rewards of foods that meet the nutritional requirements outlined in this policy.