

## St. Constance School Wellness Policy

- Students will be provided access to a variety of age-appropriate, appealing food and beverage choices that are consistent with the current Dietary Guidelines for Americans.
- Students will be served in a clean, safe, and pleasant environment and will be provided with an adequate amount of time to eat.
- Students in grades Kindergarten through 8<sup>th</sup> will have opportunities, support, and encouragement to be physically active on a regular basis while in the school setting.
- Students will be provided with nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.