

November 2006

Dear KCSS Families,

Thank you to all parents for your support of the new Wellness Policy this school year. The intent of this policy is to instill healthy habits in our children. The Diocese has recently implemented more guidelines which have been passed on to us.

As mandated by Diocesan Policy, KCSS has adopted Diocesan Wellness Regulations and Diocesan Nutritional Standards. Both documents have been posted to our website; [kcssonline.org](http://kcssonline.org) for your information. Several areas will/have been affected by this change:

- Our Hot Lunch Program is evaluated annually and is in compliance with the Federal/Wisconsin/Diocesan Dietary Guidelines for nutritional content. Hot Lunch follows the School Lunch Pattern recommended under the Enhanced Food-Based Menu Planning which requires portion control in the food categories of Milk, Meat/Meat Alternate, Vegetable/Fruit and Grains/Breads. Dessert is offered with the meal to meet the Grains/Breads requirement. Sandwiches are offered if a child does not take the Meat/Meat Alternate, as part of certain menus as decided by the Food Service staff, and one time after the child finishes the main lunch offered.
- All snacks must meet the Diocesan Nutritional Standards. Please continue to use the snack list provided earlier this year for both daily and special occasion snacks during the school day.
- The Physical Education program is aware of the Physical Activity Goals contained in the Regulations. KCSS is in compliance with these goals.
- Some scheduling changes for recess will need to be made in the 2007-2008 school year in order to meet Physical Activity Goals.
- Fundraising will be affected by these new Regulations, as well. In some cases, contracts have been signed into the future. If the items being sold do not meet the Diocesan Nutrition Standards, contract will not be renewed upon expiration.

We appreciate your support as we continue to implement these positive changes for the children of KCSS. Together we can help make positive changes in the lives of our children.

Sincerely,

Policy and Personnel Committee  
KCSS School Board