



School Wellness Policy

WELLNESS (Diocesan Policy 5145.0)

Catholic schools recognize that it is essential to educate the whole child, spiritually, academically, physically, socially and emotionally. Similarly, wellness education must be multi-dimensional and encompass all the same areas in order to promote ultimate health. Catholic schools aid this emphasis on total wellness by embracing the reverence for life, self-respect, and respect for others.

The primary goal of nutritional education is to positively impact eating behaviors.

Nutrition Education

1. Wellness objectives concerning nutrition are supported through the Diocesan Health Course of Study grade-level indicators relating to diet, nutrition and exercise. Additionally, similar grade-level indicators are included in the science Course of Study. Lessons on reading labels and calculating nutrition and calorie levels included with health and Science class lessons.
2. Nutrition guidelines, food plate recommendations, charts, suggestions for healthy food choices, and other messages that support wise food choices will be displayed in or near the cafeteria as well as around the school.

Snack breaks, if applicable, will be scheduled as necessary to maintain energy levels. **Actions:**

Use of food as reward will be limited and minimizing sugary treats will be a focus for all groups.
We will limit Junk food based fundraisers to a minimum.

Student and parent/guardian education on wellness will be provided quarterly

School lunch program will work to offer more healthy lunch choices.

The primary purpose of Physical Education is to promote physical fitness and to have students develop habits that will benefit them throughout their lives.

Physical Education

All Students will participate in Physical Education class weekly.

All Students will be supported and encouraged to participate in the Diocesan and school sports teams and offerings

All students will participate in daily recess time of varying amounts of time with extra recess time offered as a Positive reinforcement behavior plan.

Measurement and Evaluation:

Annual review of the policy is done in the spring. Parents/Guardians are invited to participate through invitation to the meeting and input given. Based on reviews, revisions will be made as necessary.