

WELLNESS POLICY

St. Peter Catholic School is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

Goals

Nutrition Education

- The Principal will make sure that the health objectives relating to diet, nutrition and exercise as stated in the Archdiocesan Graded Course of Study for Science and Health are implemented.
- Nutrition guidelines, food pyramid charts, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in or near the school cafeteria.
- Students may have water bottles at their desks.
- School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the school day.
- Recess or snack breaks will be scheduled for students as needed to maintain energy levels.

Physical Activity

- All students will participate in the physical education program.
- Physical education will implement the objectives of the Archdiocesan Graded Course of Study for Physical Education.
- All classes will have access to recess.
- Students will be encouraged to participate in school and community sports programs, and to be physically active outside of school.

Other School-Based Activities

- The school encourages the use of non-food rewards for student behavior.
- The school further encourages teachers and parents to provide healthy snacks, and to minimize sugary treats for classroom celebrations.

- The school will provide parent education on nutrition the benefits of physical activity through the school newsletter.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

Nutrition guidelines for all foods available on school campus during the school day

- The school lunch program will follow nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services
- The school will evaluate food products sold during lunch and set guidelines for available food and beverages (no soda pop or candy will be sold).
- Drinking fountains and water coolers are available in the building.

Guidelines for reimbursable school meals

- The school will follow the state and federal guidelines and procedures for reimbursement for school lunch, breakfast and special milk programs.

Plan for measuring implementation of the wellness policy

- The school will survey parents and students annually regarding eating choices and behavior and physical activity outside of school.

Community involvement in the development of the plan

- Input for the plan will be obtained from parents, students, and staff annually as part of the above survey