

WELLNESS POLICY

The Archdiocese of Indianapolis in accordance with Section 204 of Federal Public Law 108-265 has established a school wellness policy. The Archdiocese of Indianapolis is committed to supporting school environments that promote and protect the health, well-being, and ability of students to learn by supporting access to healthy foods, nutrition education, and participation in physical activity. In order to be in compliance with the Archdiocese School Wellness Policy:

- Nutrition education will be integrated into all curriculum areas.
- Health education will be offered in all grades.
- Students will be offered a variety of fresh fruits and vegetables for lunch as often as possible.
- Whole grain bread and brown rice will be served when possible.
- Low fat milk will be served.
- Students will not be permitted to purchase soft drinks.
- Candy, soft drinks, and food snacks will not be used as rewards for academic performance, or good behavior.
- Celebrations that involve food will be limited. Healthy food choices will be encouraged as will other means of celebrating.

Parents are encouraged to include fresh fruits and other healthy items, rather than packaged chips, etc. in lunches brought from home. Soft drinks may not be brought to school.