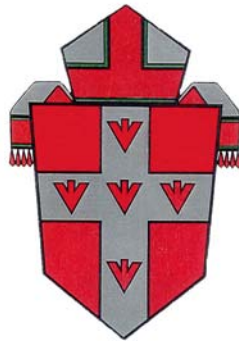


Archdiocese of Oklahoma City



Wellness Policy For Catholic Schools

Archdiocese of Oklahoma City Wellness Policy

Rationale:

Catholic schools are dedicated to the education of the whole child, spiritual, emotional, intellectual and physical. However, so much of our energy is focused upon the spiritual, intellectual, and safety of children, that issues of nutrition and exercise do not receive the attention they deserve. Our mission is to balance all of those needs for the good of each child entrusted into our care.

The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity are essential for healthy weight, are also linked to reduced risk for many chronic diseases, such as Type 2 diabetes. Schools have the responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

Goals:

Schools in the Archdiocese of Oklahoma City are committed to providing a school environment that enhances learning and development of lifelong wellness practices.

All students in the Archdiocese of Oklahoma City are encouraged to adopt healthful eating and physical activity choices for a lifetime.

All staff in the Archdiocese of Oklahoma City are encouraged to model to students healthful eating and physical activity as a valuable part of daily life.

To meet these goals, Catholic schools in the Archdiocese of Oklahoma City adopt this wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing and implementation. The intent of this policy is to effectively use school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

To Accomplish these goals:

Catholic Schools in the Archdiocese of Oklahoma City will:

- offer school meal menus (lunch, breakfast, snack) that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Oklahoma Department of Human Services, School Nutrition Programs;
- provide and promote sequential and interdisciplinary nutrition education;
- provide physical education and physical activity in all 20 elementary schools and 2 high schools.
- encourage school-based activities that foster spiritual well being
- provide substance abuse and violence prevention resources.
- provide medical wellness in the form of health screenings and educational programs.
- provide emotional health resources and activities,
- provide and promote safety activities and resources that prevent injuries to children and young adults.

Other School Based Activities:

Catholic Schools in the Archdiocese of Oklahoma City will:

- teach students that their bodies are a gift from God, and we are all are called to take care of ourselves through healthy eating and exercise;
- promote health and nutrition education in after-school programs;
- promote health and nutrition in other school-based activities (such as school events, field trips, dances, assemblies, fundraisers, and sports events).
- promote care for our bodies by hosting fairs, theme weeks, and guest speakers promoting a healthy lifestyle;
- organize and participate in a local health committee comprised of families, teachers, administrators, and students to plan, implement, and improve nutrition and physical activity in the school environment.

Nutrition Guidelines for All Foods on Campus

Catholic Schools in the Archdiocese of Oklahoma City will:

- establish guidelines for all foods available on campus during the school day with the objective of promoting student health and reducing childhood obesity;
- promote healthy and nutritious foods offered by vending machines, a la carte, beverage contracts, fundraisers, concession stands, student stores, and school parties.

**Nutrition Guidelines for All Foods on Campus Cont.
Catholic Schools in the Archdiocese of Oklahoma City will:**

- add nutritious and appealing options (such as fruits, vegetables, nuts, trail mix, beef jerky, reduced-fat milk, reduced fat-yogurt; reduced-fat cheese, 100% juice, and water whenever foods/beverages are offered at the site;
- request from food vendors healthy and nutritious alternatives to current food products such as snack and beverage choices;
- provide healthy options to current snack and beverages found on the lunch line, in vending machines, in student stores and concession stands;
- request from food vendors information to determine which foods are high in total fat and saturated fat;
- involve parents and staff in identifying nutritional and healthier food options;
- promote healthier food items by advertising in classroom and cafeteria lines;
- follow USDA, Child Nutrition Programs policies on competitive foods and extra food sales.

Implementation:

The Archdiocese of Oklahoma City will:

- use the accreditation standards to assess implementation of the school wellness policy;
- principals will review lesson plans to insure students are receiving instruction in the areas of nutrition and physical fitness.
- encourage school participation in the Wellness Coalition through Change to Change to address issues of wellness, nutrition and health;
- through the wellness coalition offer a yearly assessment with regard to school progress in the areas of nutrition, health, and wellness;
- assessment data collected through the Wellness Coalition, will be used to generate a yearly report that will be submitted to the Catholic School office for the purpose of insuring implementation and progress in the areas of nutrition and prevention of childhood obesity;

Wellness Coalition / School Health Committee Membership

Catholic Charities / St. Joseph Counseling Center

Chance to Change

Mercy Hospital

St. Antony's Hospital

COAD-HI

Oklahoma Department of Human Services

Oklahoma Department of Mental Health

Public Strategies

Principals, teachers and counselors from schools in the Archdiocese of

Oklahoma City

Student Representatives from Catholic Schools of the Archdiocese of Oklahoma
City

Associate Superintendent of Catholic Schools

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