



Wellness Policy

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 nutrition education is to positively impact eating behaviors.

Nutrition Education

1. Wellness objectives concerning nutrition are supported through the Diocesan Health Course of Study (2005) grade level indicators relating to diet, nutrition and exercise. Additionally, similar grade level indicators are included in the Science Course of Study (2010).
2. Nutrition guidelines, My Plate, 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 in the classrooms during the nutrition unit of instruction.
3. Snack breaks, if applicable, will be scheduled as necessary to maintain energy levels. Additionally, school policy will outline what types of healthy snacks may be eaten during this time.

The primary purpose of Physical Education is to provide physical fitness and to have students develop habits that will be beneficial throughout their lives.

Physical Education:

1. Physical fitness is supported through the Diocesan Physical Education Course of Study (2010).
2. All elementary students and the designated grade levels in high school shall participate in Physical Education.
3. All appropriate grade levels will have scheduled recess times.
4. Discipline should not include loss of recess time except in rare instances.
5. Students will be encouraged to participate in school and community sports programs and to be physically active outside of school.

The school has activities in which both nutrition and physical education are inherent parts of the activities. Therefore, the school must be mindful of these connections when planning activities.

School Based Activities

1. The Religion Course of Study (2006) supports reverence for life, self respect and respect for others, which are foundational concepts of wellness. All school based activities are also rooted in these Religion Course of Study concepts.
2. The school should use food in limited ways as a reward for behavior and minimize sugary treats for classroom celebrations.
3. Schools are encouraged to consider healthy food or non-food fundraisers.
4. Parent(s)/guardian(s), students and school community should be updated annually regarding the content and implementation of the policy.
5. Teachers will be offered professional development in nutrition as is needed and in physical activities that might be appropriate to incorporate in the classroom.

All schools with a lunch program must follow nutritional guidelines.

Nutrition guidelines

1. School lunch programs must follow nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services and Federal School Lunch Guidelines.
2. School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the school day.
3. Schools should evaluate food and beverage products sold and determine nutritional guidelines for all foods and beverages that are available.
4. Drinking fountains are available in all buildings.

All schools are required to periodically measure and evaluate the implementation of their wellness policy.

Measurement and Evaluation

1. The policy shall be reviewed regularly to evaluate school wide compliance and effectiveness.
2. Based on the regular reviews, the school will determine and revisions necessary to support wellness in the school.
3. Whatever applicable, students could monitor wellness through activities such as monitoring their heart rate, or keeping a food and/or exercise journal.