

## **Wellness Policy**

### Rationale

Catholic education has as its goal the total development of the individual as a responsible member of the family, the Catholic faith community and the global community in which we live. Good health is essential to wholesome growth through the spiritual, mental, physical and social development of the individual as well as the community. A major theme of Catholic social teaching, Human Dignity and the Value of All Life, carries the responsibility to care for the health and well-being of not only oneself, but of others. The concept of wellness is a core principle supporting both health and physical activity. The parable of the talents indicates that we are expected to develop our potential and our gifts. Another of the justice themes call us to Care for God's Creation. There is a direct relationship between the health of the planet and the health of its human inhabitants. Wellness is compatible with limitations. We must be patient with our own limitations and tolerant of the limitations of others. Proper nutrition, health practices and physical activities involve respectful and responsible collaboration. It is expected that students will learn to make choices related to health and fitness based on Christian values. Thus each student will develop as "a healthy person who is respectful of life, practicing good health habits, committed to reaching one's full potential and a good sport." (Profile of a Catholic School Graduate)

### Statement of Policy

In accordance with the Diocese of Cleveland, St. Angela Merici Parish School is committed to the goal that all students and staff shall possess lifelong knowledge and skills necessary to make nutritious food and enjoyable physical activity choices through effective use of school and community resources and attentiveness to student and staff needs and interests, taking into consideration differences in culture.

### Commitment to Nutrition

- Administer Child Nutrition Programs by school food service staff members that are properly qualified according to current professional standards.
- Offer school meal programs using the traditional meal pattern that meet the nutrition standards established by the U.S. Department of Agriculture (USDA) and the Ohio Department of Education, Office of Child Nutrition Programs.
- Provide nutrition education programs for students in grades kindergarten through 8 that are interactive and teach skills needed to adopt healthy eating behaviors.
- Encourage increased participation in the available federal Child Nutrition programs (e.g. school lunch and milk programs).
- Establish food safety as a key component of all school food operations based on Food Code requirements for licensed facilities.

- Encourage students to make healthy food choices by emphasizing menu options that feature baked items, whole grains, fresh fruit and vegetables, and reduced-fat dairy products.
- Provide consistent nutrition messages throughout the school including classrooms, cafeteria, and extracurricular activities.
- Encourage school-based organizations to use non-food items and/or healthful foods for contests and fundraising programs.
- Link nutrition education activities to health programs through St. Angela Merici Parish School Wellness initiatives.
- Promote nutrition education activities involving students, staff, parents, and community.
- Provide school food service staff routine professional development training opportunities.
- Follow USDA Child Nutrition Program Smart Snacks in School criteria.

#### Commitment to Comprehensive Health Education

Offer comprehensive health education in grades K-8. Include in each grade level, as stated in the Graded Course of Study, the five strands related to real life choices; nutrition, growth and development, disease prevention and control, safety and first aid, and health issues and dangerous substance.

#### Commitment to Physical Activity

- Provide physical education opportunities for all students in grades K-8.
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Create wider opportunities for students to voluntarily participate in physical activity programs.
- Incorporate physical activity such as stretching before classes and at appropriate intervals during the day.
- Provide recess after the lunch period as scheduling permits.
- Promote school-wide challenges in conjunction with charitable events such as Jump for Heart.
- Encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family functions.
- Provide training to enable teachers and other school and community staff to promote enjoyable, lifelong physical activity among students and staff.
- Encourage wellness initiatives for students, staff and school families.

#### Commitment to Healthy School Environment

- Provide a clean, safe, enjoyable meal environment for students.
- Provide positive, motivating messages, both verbal and non-verbal relative to healthy lifestyle practices throughout the school setting.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teacher, administrators, and the community at school

- events, e.g., parent-teacher conferences, open houses, health fairs, book fairs, teacher in-services, sporting and other events.
- Ensure adequate time for students to enjoy eating healthy foods with friends. Following the National Association of State Boards of Education recommendations, every effort will be made to provide students with at least 20 minutes after sitting down to eat lunch.
  - Schedule lunchtime as near the middle of the school day as possible, preferably between 11:00 AM and 1:00 PM.
  - Make available drinking fountains or other accessible drinking water so that students have access to water at meals and throughout the school day.
  - Refrain from using food as a reward or punishment for student behaviors.
  - Promote an awareness of mental health impacting overall wellness of students.

#### Commitment to Implementation & Evaluation

- Conduct a review of the progress toward Health and Wellness Policy goals each year to identify areas for improvement.
- Review implementation of the wellness policy in conjunction with the ongoing OCSAA accreditation process.

DURING THE COURSE OF THE YEAR POLICIES MAY BE  
ADDED, REVISED, OR DELETED BY THE ADMINISTRATION.  
PARENTS AND STUDENTS WILL BE DULY NOTIFIED OF ANY CHANGES.

#### Wellness team members

*Mrs. Danyelle Anderson, BSEE, St. Angela Merici School Nutrition Services Supervisor*

*Mr. Dan Barnhart, BA Physical Education, St. Angela Merici School Physical Education Teacher*

*Mrs. Carey Krayner, BS, St. Angela Merici School Monitor, SAT & PTC Committee Member*

*Mrs. Marybeth McCormick, BS, RN, LSN, St. Angela Merici School Nurse*

*Mrs. Barbara Sangiacomo, BA Music Education, Orff Specialist, St. Angela Merici School General Music Teacher*

*Mrs. Patricia Schultz, BS Elementary Education, St. Angela Merici School Monitor & Café*

*Mrs. Shannon Webb, BSN, RN, PTC Committee Member*

St. Angela Merici School is an equal opportunity provider.