

# ST. CATHERINE OF SIENA SCHOOL

**POLICY NUMBER: 11.0      SUBJECT:      WELLNESS POLICY**

1<sup>st</sup> Reading: 10/02/07

Board Approval:

Pastor Approval

This document establishes the policy for the Wellness as dictated by the Federal Child Nutrition and WIC Reauthorization Act of 2004. The new law mandates that local wellness policies include:

1. Goals for nutrition education, physical activity, and other School-based activities.
2. Nutrition Guidelines for all foods selected by the school.
3. A plan for measuring implementation of the local Wellness Policy.
4. Designation of a responsible person(s) for ensuring the Wellness Policy Guidelines are met.
5. Involvement of parents, students, school administrator, and the public in the development of the policy.

**Goals** – The following goals have been established to promote a healthy lifestyle in and out of school.

1. Physical Education classes for all students will contain a nutrition component that educates students on proper diet and exercise.
2. Physical education classes for all students will include a daily activity that includes proper stretching and some form of aerobic exercise.
3. Science teachers will include and teach all aspects of the food pyramid and nutrition as stated in the Diocesan Curriculum Guidelines.
4. All snacks or birthday treats eaten during the school day must be healthy in nature and not contain excessive amounts of fat or sugar.
5. The school PTO will include a nutritional food orientation for all parents to encourage good nutrition including a healthy breakfast and examples of healthy snacks.
6. The school cafeteria will serve menus that are nutritionally balanced and follow standards recommended by the Dietary Guidelines for Americans (the new food pyramid).

## **Nutrition Guidelines**

All food\*consumed during the school day must meet the nutrition standards recommended by the Dietary Guidelines for Americans (the new food pyramid). This information will be printed on the school menus for parents and students.

- Exceptions to this are the classroom parties for Holidays such as Halloween and Christmas.

## **Person(s) Responsible**

The responsibility of ensuring the wellness policy guidelines are followed is the responsibility of the school administrator and the school cafeteria manager.

## **Involvement**

All stakeholders in the school environment have been included in the creation of this policy and will help in promoting and following the guidelines. Junior High Student Council and the School PTO will provide educational opportunities for students and parents on proper nutrition and fitness.