

St. Patrick's School

Student Health Wellness Policy

St. Patrick's School promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. St. Patrick's School supports a healthy environment where students learn and participate in positive dietary and lifestyle practices.

1. Nutrition Education and Promotion

- The school will provide nutrition education at each grade level as part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote their own health. Good nutrition will be promoted in the lunchroom with posters and signs.
- The lunch program will follow the regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act. Meals served through the National School Lunch Program will:
 - ✓ Be appealing and attractive to students
 - ✓ Be served in clean pleasant settings
 - ✓ Meet at a minimum, the nutrition requirements established by local, state, and federal law
 - ✓ Provide foods rich in fiber, including fruits and vegetables
 - ✓ Serve 1% milk with the option of fat free milk
 - ✓ Ensure that the served grains are whole grains

2. Physical Activity

- There will be at least 35 minutes of recess per day for students in grades K-4 and 120 minutes of physical activity per week for students in grades 5, 6, 7, and 8.
- St. Patrick's School will provide all students access to a physical education curriculum that follows an age appropriate sequence.
- School employees will not use physical activity (running laps, pushups) or withhold opportunities for physical activity in physical education class as disciplinary measures to correct student behavior.

3. School-Based activities to Promote Student Wellness

- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.
- Discourage sedentary activities, such as watching television and playing computer games
- Provide opportunities for physical activity to be incorporated into other subject lessons
- Encourage classroom teachers to provide short physical activity breaks between lessons or classes as appropriate
- Participate in the Presidential Physical Fitness Test

4. Communication with Parents

St. Patrick’s School will support parents’ efforts to provide a healthy diet and daily physical activity for their children. The school will:

- Encourage parents to pack healthy lunches and snacks
- Share nutrition news in the newsletters
- Provide parents with a list of foods that meet the school’s snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities
- Provide information about physical education and other school/community based physical activity opportunities before, during and after the instructional stay.

Staff Wellness – St. Patrick’s School values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle.

5. Plan for Measuring Implementation Monitoring

The principal will ensure compliance with established school-wide nutrition and physical activity wellness policies and will report on the school’s compliance to the school board. The food service staff at the school will ensure compliance with nutrition policies within food service areas and will report this matter to the principal.

The Presidential Physical Fitness Test will be the measurement of the implementation of this policy.

BOARD ADOPTED POLICY _____ October 2012 _____

REVIEWED _____ January 2017, October 2019, August 2022 _____

OTHER _____