

Wellness Policy

**St. Mary's Cathedral School
Amarillo, Texas**



ST. MARY'S
CATHEDRAL SCHOOL

(revised September 2011)

ST. MARY'S CATHOLIC SCHOOL LOCAL WELLNESS POLICY

St. Mary's Catholic School is committed to providing an environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating, physical activity, and other school-based activities.

Nutrition guidelines and wellness goals have been developed with involvement from representatives of the school food service, school administration, staff, School Board, community and parents. A survey was administered to students in grades 3-5 to determine healthy snacks consumed away from school, beverages consumed with meals, and free time activities to determine physical activity.

Nutrition Guidelines:

The school nutrition guidelines for all foods and beverages available on campus during the school day shall be at least in compliance with any applicable state and/or federal regulations including but not limited to nutrition standards and the adoption of an appropriate food safety program.

Activity: Each school year, room mothers will be made aware of FMNV restrictions as they apply to class parties and other activities that occur within the school day.

The school will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth by the applicable state and/or federal regulations.

Nutrition Education Goals:

The school shall implement a coordinated health program with a nutrition education component that includes an emphasis on the importance of proper nutrition.

Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Activity: Teachers will instruct students on the food pyramid and the importance of each of the food groups. The physical education teacher will reinforce healthy nutrition to maintain a healthy body.

Activity: The food service manager will visit classrooms once each year to talk with students about healthy food choices. Students will have the opportunity to visit the cafeteria to learn about healthy foods and cafeteria sanitation and safety.

Activity: As part of a language arts assignment, 4th grade students will create their own cereal box, researching nutrition values for fats, carbohydrates, calories, vitamins and minerals, etc.

Nutrition education will be integrated into other areas of the curriculum as appropriate.

Educational nutrition information will be shared with families to positively influence the health of students and community members.

Physical Activity Goals:

The school shall implement a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

Activity: Students will have a minimum of 30-40 minutes of physical education two times per week. Students will participate in swimming one time per week for an instructional period of 30-40 minutes.

Activity: Students will annually participate in a pre-test and post-test physical fitness evaluation to be administered by the physical education teacher.

The school will provide an environment that fosters safe and enjoyable fitness activities for all students.

Activity: Students in grades K-5 will have the opportunity (voluntary) to participate in the daily before-school Mileage Club. Walking and/or running will help to promote physical fitness.

Activity: Students will participate annually in Jump Rope for Heart.

Physical education classes will regularly emphasize moderate to vigorous activity.

The school will encourage students, parents, staff, and community members to use the school's recreational facilities that are available outside of the school day.

Activity: The school will encourage students and parents to participate in the annual Carnival Fun Run.

Goals for Other School-based Activities Designed to Promote Student Wellness:

The school will create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities.

Sufficient time will be allowed for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Wellness for students and their families will be promoted at suitable school activities.

Employee wellness education and involvement will be promoted at suitable school activities.

Measurement and evaluation:

The Principal or designee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

The school will have an annual committee meeting to discuss wellness goals and to evaluate the impact of those goals.