

St. Paul Catholic School

Wellness Policy

It is the belief of St. Paul Catholic School that we must strive to make a significant contribution to the general well-being, mental and physical capacity, and learning ability of each student and afford them the opportunity to fully participate in the education process. St. Paul Catholic School supports the adoption and implementation of a comprehensive school health program. We will work in cooperation with parents, who are the primary teachers and caregivers for their children.

At the center of a thriving school is a healthy, resilient, successful learner. We recognize that a well functioning comprehensive school health program will improve the safety and health of all school community members and improve the academic achievement of students.

The components of our wellness policy are:

1. Nutrition Education
2. Physical Activity
3. Health Education
4. Food Service Guidelines
5. Measurement and Evaluation

Component 1: Nutrition Education

Nutrition Education's primary goal is to influence students' eating behaviors.

School based nutrition education goals include:

1. All students 4K – 8 will be exposed to nutrition education throughout the school year through classroom based instruction.
2. Students will also be exposed to nutrition education through cafeteria based nutrition education.
3. Teacher training regarding nutrition will be ongoing.

Component 2: Physical Activity/Education

The purpose of Physical Activity/Education is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long term benefits of a physically active and healthy lifestyle.

School based physical education and activity goals include:

- Every student in each grade, 4K through eighth, shall participate in daily physical activity for the entire school year, including students with disabling conditions and those in alternative education.

- Our 4K – 8 students will participate in at least 150 minutes of physical activity per week. This will include recess and physical education time.
 - Daily morning recess of 15 minutes for 4K – 3 and a 20 minute afternoon recess for 4K - 2
 - Daily noon recess of 30 minutes for 4K – 8
 - Physical Education classes of 30 minutes, 2 to 3 times per week for grade K – 8. One to two times per week for 4K
- A sequential 4K – 8 developmentally appropriate curriculum shall be designed, implemented, and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives.
- The curriculum will include a student assessment plan.
- Specific learning goals and objectives for physical education will be developed.

Component 3: Health Education

The purpose of health education is to promote healthful living and discourage health-risk behaviors.

Health is taught one quarter per year for grades 4K -8.

- Integrating Health Education into science, social studies, and physical education classes.
- Health Education will be reviewed and revised every 3 years using current national guidelines and the Wisconsin Health Education Standards.

Component 4: Food Service Guidelines

Two areas are included in the Food Service Guidelines: Nutrition Standards and School Environment. The purpose of having Nutrition Standards for all foods available on school campus during the school day is to make certain foods served in the hot lunch program and foods available during the day are nutritionally sound.

Nutrition Standard Goals:

1. Nutritional value of lunch program foods will be closely monitored to provide nutrient dense, low fat and sugar meals.
2. Portion sizes will be adhered to according to age/size of child.
3. Vending company to include water or juice as a choice in the pop vending machine.
4. Children are limited in their use of the pop machine.
5. Field trips going over the lunch period will use cold lunches from home. Weather permitting outside eating.
6. Teachers and parents will be encouraged to provide healthy snacks for children's parties, etc.

7. Food Service staff is trained.

Establishing School Environment guidelines mandates that we look at the atmosphere in which children are eating. School environment plays an important part in a child's desire to be healthy, physically active person.

School Environment Goals:

1. No child will be denied food or food that they require because of a health condition.
2. 4K and Kindergarten students will have their morning snack earlier so that they are appropriately hungry at lunch time.
3. Students in 4K – 8 are allowed up to 30 minutes for eating.
4. Tables are arranged in small groups which allows for smaller groups and more conversation.
5. Food and beverages are served in as attractive, pleasing way as possible with throw away containers/utensils use kept to a minimum.
6. The parish community uses the cafeteria and kitchen area for funeral dinners and fundraising activities during the weekends and summer.
7. Communications to parents on health and nutrition topics.

Component 5: Measurement and Evaluation

The principal of the school will be responsible for overseeing the policy, monitoring and evaluation implementation.