

# St. Gerard's Catholic School

## Wellness Policy

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### WELLNESS

As required by law, St. Gerard's Catholic School establishes the following wellness policy for the school as a part of a comprehensive wellness initiative.

St. Gerard's Catholic School recognizes that good nutrition and regular physical activity affect the health and well - being of the students. Research suggests that there is a positive correlation between a student's health and well – being and his or her ability to learn. Schools can play an important part in the developmental process by which students establish their health and nutrition habits by providing nutritious meals through the schools meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school. St. Gerard's school cannot do this without the help of the staff, parents, teachers, food service professionals, and other interested community members. It takes a community wide effort to promote, support, and model healthy behaviors and habits.

#### I. Nutrition Education at St. Gerard School shall:

a. To the extent possible, St. Gerard's School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

b. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities

c. Nutrition education shall extend beyond the classroom by engaging and involving the schools food service staff.

d. Nutrition education posters will be displayed in the school cafeteria.

e. Health and physical education, whenever possible, shall be integrated in the other curriculum areas

f. Nutrition education will involve the school children whenever possible to help design healthier meals.

## II. Physical Activity at St. Gerard School shall:

- a. All students in grades P-K through 8<sup>th</sup> grade will have opportunities, support, and encouragement to be physically active on a regular basis.
- b. A physical education program shall be provided for the students.
- c. The physical education curriculum shall provide instruction related to knowledge, attitudes and skills necessary to participate in lifelong, health enhancing physical activity.
- d. The physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor and social skills as well as knowledge.
- e. Comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- f. St. Gerard School shall include instruction in physical education as well as opportunities to participate in competitive and / or non - competitive team sports which encourages life - long physical activity.
- g. Properly certified teachers / licensed in the subject area of physical education shall provide all instruction in physical education.
- h. Responsible participation, playing fair, and cooperation among peers shall be a part of the planned physical education instruction.
- i. Physical education instruction shall meet the needs of all the students.
- j. Planned instruction in physical education shall be done in a manner to help all students feel successful. Every effort will be made to provide experiences that are free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
- k. Physical education instruction will take into account gender and cultural differences.
- l. Physical education shall promote participation in physical activity outside the regular school day.
- m. Physical activity should not be used as a type of punishment.
- n. Physical activity outside the regular school day will be encourage by the school.
- o. Activities encouraged may include but are not limited to: playing outdoors at home,

Participating in organized sports, and in life-long physical activity such as bowling, swimming and tennis.

- p. All students shall be provided with a daily recess period.
- q. Students should be provided the opportunity to participate in extracurricular activities that emphasize on physical activity.

### III. School Based Activities:

- a. The school shall provide at least 20 minutes daily for students to eat breakfast and at least 30 minutes for lunch.
- b. Meal times shall be scheduled so there is minimal disruption by other school activities.
- c. An attractive clean environment shall be provided to students for eating.
- d. The School Principal shall determine the appropriateness of students being permitted to have bottled water in the classroom.
- e. No other activities shall be scheduled during a students meal time unless the student may eat during such activities.
- f. Schools may limit the number of celebrations involving serving food during the school day.
- g. St. Gerard School will promote healthy eating habits to students by encouraging staff, parents and other community members to dine with the students.
- h. All students shall be provided a balanced healthy lunch.
- i. All students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about food allergies and other restrictions on some student diets.

Any food or beverages marketed or promoted to students on school grounds, during the school day, will meet or exceed the USDA Smart Snacks in school standards. Students will also be encouraged to increase their consumption of healthy foods during the school day.

### IV. Nutrition Guidelines:

- a. Qualified Nutrition Professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs

- of students; and will provide clean, safe and pleasant settings and adequate time for students to eat.
- b. To the maximum extent practical, our school will participate in available federal school meal programs ( including the National School Breakfast Program, and the National School Lunch Program ).
  - c. Nutrition guidelines for all foods available at St. Gerard School during the school day will be followed in order to promote student health and reduce childhood obesity.
  - d. All foods made available shall adhere to food safety preparation, serving and security guidelines as specified by HACCP ( Hazardous Analysis and Critical Control Points ).
  - e. Foods and beverages sold at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

#### V. Evaluation of Plan:

- a. The Principal and Cafeteria Manager shall over- see the implementation and evaluation of this policy. This policy will be evaluated at least once annually by the St. Gerard Catholic School Administration.
- b. All guidelines for the 2023 – 2024 school year shall be followed.

Revised 7/20/2023

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