

Wellness Policy  
Saints Peter & Paul Catholic School  
2017-2018

Wellness Committee:

Ricky D. White, Principal & Food Director

Judy Martin, Cafeteria Manager

Kristy Humphrey, Lunch Financial Coordinator

Lenny Keaveny, Physical Education Teacher

### **Area 1: Setting Nutrition Education Goals**

- Students will receive nutrition education within the regular curriculum.
- Students will receive additional nutrition education in Health classes for grades PK – 8.
- Teachers will promote “healthy lifestyle” within their classroom with activities and appropriate materials.
- Nutritional information will be shared with parents and guardians within the school
- Saints Peter & Paul staff will use community resources such as speakers, etc., to promote “healthy lifestyle” with faculty, students, and parents.

### **Area 2: Setting Physical Activity Goals**

- Students will be given the opportunity for physical activity through: the Physical Education classes for grades K – 8 and with daily recess for grades K – 5.
- Saints Peter & Paul will sponsor extra curricular activities such as basketball, soccer, & cheerleading for students in grades 5- 8.
- Saints Peter & Paul will distribute information for other sports activities available within the local community such as YMCA or UPWARD basketball and soccer.
- Saints Peter & Paul will provide opportunities for physical activity for all students staying in “After School Care.”
- Students will also have the opportunity to participate in “Race for Education.”

### **Area 3: Establishing Nutrition Standards for Foods Available on School Grounds**

- Saints Peter & Paul does not have vending machines within the school building and will not acquire any in the future.
- Saints Peter & Paul will use “Team Nutrition” guidelines for foods and beverages sold at school sponsored events.
- PTO will assist school in setting guidelines for healthy snack choices at all school parties and celebrations.
- No marketing or advertising of non-nutritious foods or beverages will be displayed in the school or cafeteria.
- Water will be available to students on each classroom floor of the school and in the cafeteria

#### **Area 4: Setting Goals for Other School Based Activities to Promote Student Wellness**

- Saints Peter & Paul will encourage students to participate in the hot lunch and breakfast programs by posting monthly school menus in each classroom, on hall bulletin boards, and on the school web site.
- Saints Peter & Paul will provide a clean, safe, enjoyable environment during each of the lunch periods.
- Students will have 20 – 30 minutes in which to eat their lunch and will be allowed to talk to fellow students using normal indoor voices.
- Students will have access to water during the lunch period.
- Students will be encouraged to bring a nutritious snack to school for consumption in the classroom during a time that does not interfere with lunch times.
- Saints Peter & Paul teachers and cafeteria staff will have continuing education opportunities pertaining to “healthy lifestyle” choices.

#### **Area 5: Setting Goals for Measurement and Evaluation of Wellness Policy**

- The committee will maintain records of number of students participating in the Federal hot lunch and breakfast program.
- Copies of all nutrition educational information distributed to parents will be kept in the “Wellness Program” file.
- A copy of the agenda for any wellness educational opportunities for faculty, staff, or parents will be kept in the school office.