

St. Bernadette School Wellness Policy

1. Goals for (a) nutrition education, (b) physical activity and (c) other school-based activities that promote wellness

a. Nutrition education

- St. Bernadette School will implement the health objectives relating to diet, nutrition and exercise as stated in the 2015 Diocesan Graded Course of Study for Health.
- Nutrition guidelines, food pyramid charts, suggestions for healthy snacks will be posted in the school cafeteria.
- School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the school day.

b. Physical activity

- All students in grades Kindergarten through five will participate in the school's physical education program.
- Physical education programs will implement the objectives of the 2015 State Standards for Physical Education.
- All classes will have access to recess according to the school's schedule.
- Whenever possible, discipline will be administered in ways other than depriving a student of recess or physical education class.
- Students will be encouraged to participate in school and community sports programs, and to be physically active outside of school.

c. Other school-based activities

- St. Bernadette School encourages the use of non-food rewards for student behavior.
- St. Bernadette School further encourages teachers and parents to provide healthy snacks, and to minimize sugary treats for classroom celebrations.
- St. Bernadette School will provide parent education on nutrition and the benefits of physical activity through newsletters and parent meetings during the course of the school year.

- Teachers will be offered training in nutrition as needed, and in physical activities conducive to learning and appropriate for classrooms.

2. Nutrition guidelines for all foods available on school campus during the day

- St. Bernadette School program will follow nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services.
- Drinking fountains and/or water coolers will be available.

3. Guidelines for reimbursable school meals

St. Bernadette School will continue to follow the state and federal guidelines and procedures for reimbursement for the school lunch program. (Guidelines are posted on the ODE website.

https://education.ohio.gov/getattachment/Topics/Other-Resources/Food-and-Nutrition/National-School-Lunch-and-Breakfast/2015_NSLP_Fact_Sheet.pdf.aspx

4. Plan for measuring implementation of the local wellness policy

- St. Bernadette School will track the weight of students through the school nurse. Students will be weighed once per year.
- Students in grades K through 5 will monitor heart rate as part of their physical fitness program.
- St. Bernadette School's wellness committee will revisit the wellness policy annually to revise, update, and amend as needed.

5. Community involvement in the development of the plan

- Wellness plan will be implemented through the involvement of parents, students, administration, faculty and staff.

Pamela A. Eltringham

Principal

July 3, 2017

Date