

Holy Rosary School Wellness Policy

The goal for all students at Holy Rosary is to gain the knowledge and skills necessary to make wise and nutritious food choices and enjoyable physical activity choices for a lifetime. We hope all students will be nurtured toward spiritual growth and will respect their bodies as temples to do God's work.

Component # 1 **Nutrition Education – Influencing students to develop positive eating behaviors.**

1. The health curriculum shall teach positive nutritional practices, including the healthful value of foods and drink.
2. The curriculum shall teach the causes and long term effects of obesity.
3. Holy Rosary school staff members are encouraged to be good role models.
4. Parents shall be encouraged to provide healthy and nutritious snacks and beverages in the classroom.
5. The school shall provide information and literature to parents regarding health dietary choices and the consequences of a poor diet.

Component # 2 **Physical Activity – Providing students the knowledge, skills and opportunity to be physically active and to understand the short and long-term benefits of physical activity and a healthy lifestyle.**

1. Students in grades K – 8 shall have access to daily recess.
2. Physical Education classes should also incorporate wellness activities.
3. The Physical Education curriculum shall introduce and teach lifelong activities.
4. The curriculum shall teach students the benefits if physical fitness, wellness and a healthy lifestyle.

Component # 3 **School Wellness Activities – Creating an environment of Consistent Wellness Messages.**

1. Students shall have adequate time to eat lunch.
2. Students shall be provided a clean, safe and enjoyable dining environment.
3. School staff are encouraged to serve as role models in practicing healthy eating habits and being physically active.
4. School fund raisers that include candy should be discouraged or limited

Component # 4 Nutritional Guidelines – For Food and Beverages Available in the School Building during the School Day.

1. The school lunch shall contain healthy and nutritional choices and follow USDA guidelines. Foods high in fat and sugar should be avoided as choices in lunches.
2. The school shall encourage healthy and nutritious snacks in the classroom.
3. Vending machines selling candy shall not be permitted in the school.
4. The school will encourage parents to provide a variety of nutritious foods if students bring lunch from home.
5. Staff shall not engage in selling candy to students.

Component # 5 Implementation/ Monitoring/Measurement

1. All school staff, including the principal, food service staff and teachers, are responsible for implementing this policy.
2. The principal shall provide an annual report to teaching staff and the superintendent summarizing the success and challenges of the food service program.
3. The principal shall, on an annual basis, solicit input from students, teachers and parents regarding the effectiveness of this policy and the food service program. Input shall be shared with food service staff, teachers and the superintendent.
4. **Measurement indicators Shall be comprised of:**
 - a. **A documentation of the student participation level in the food service program.**
 - b. **Percentage of students participating in extra-curricular activities**
 - c. **School ADA (average daily attendance) during the school year.**

Updated: 8/27/2015