

**Wellness Policy**  
**St. Francis de Sales School**  
**2019-2020**



**Wellness Committee:**

Mary Grace DePolo-Peck, Principal

Corey Lacy, Hot Lunch Coordinator

Mary Hall, Cafeteria Staff

Lynn Olsen, Physical Education Teacher

Current member of the School Board

### **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 newsletter.
- St. Francis School 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.
- St. Francis School will sponsor extra curricular activities such as basketball, volleyball, & cheerleading for students in grades 3 – 8. Students in grades 6 – 8 will also have the opportunity to participate in WVSSAC-sponsored sports.
- St. Francis School will distribute information for other sports activities available within the local community such as YMCA or UPWARD basketball and soccer.
- Middle school students will have an additional opportunity for physical activity during “Fun Friday.”
- St. Francis School will provide opportunities for physical activity for all students staying in “After School Care.”
- Students will participate in the “President’s Physical Challenge” program as part of their Physical Education class.
- Students will also have the opportunity to participate in “Jump Rope or Hoops for Heart” and “Race for Education.”

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

- St. Francis School does not have vending machines within the school building and will not acquire any in the future.
- St. Francis School will use “Team Nutrition” guidelines for foods and beverages sold at school sponsored events.
- Home-School Association will assist school in setting guidelines for healthy snack choices at all school parties and celebrations. They will use and distribute the “Let’s Party” booklet to all Home Room Coordinators.
- 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, in the cafeteria, and in the gym.

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

- St. Francis will encourage students to participate in the hot lunch and breakfast programs by posting monthly school menus in each classroom, on hall bulletin boards, in newsletters to parents, and on the school web site.
- St. Francis 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.
- St. Francis School will not use food as a reward or punishment.
- St. Francis School 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.
- The Physical Education teacher will submit the names of students meeting the various levels in the “President’s Physical Challenge” program and these students will be recognized.
- 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 “Wellness Program” file.
- An assessment of this wellness policy will be conducted every 3 years and updated annually.
- The assessment will determine:
  1. Compliance with the USDA policy
  2. Attainment of goals
  3. Comparison to model wellness policies