



Wellness Policy

St. Christine School

3125 S. Schenley Ave. Youngstown, Oh 44511 office: (330) 792-4544

Federal Public Law (PL 108.265 Section 204) states that by the first day of the school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Mission Statement: The mission of St. Christine School is to promote a healthy lifestyle for students, parents and staff, which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy, which will incorporate nutrition education, and standards, physical activity and any other school related activities.

Nutrition Education Goals

#1 St. Christine will educate encourage and support healthy eating by all students of all ages.

Physical Education Goals

#1 St. Christine will provide opportunities for students to maintain physical fitness.

#2 St. Christine will adopt or exceed the state standards for physical activity.

Nutrition Standards

Goal #1 St. Christine will comply with the current USDA Dietary Guidelines for Americans and Nation School Lunch Program.

Goal #2 St. Christine will comply with the current USDA Dietary Guidelines for Americans, as well as adhere to the following restrictions.

*A SCHOOL MAY OPT TO BE MORE RESTRICTIVE

- A la carte
- Vending machines
- Fund raisers
- Class parties
- Others

Other School Related Activities

#1 St. Christine will create a total school environment that is conducive to being physically active.

Nutrition Education Guidelines

Goal #1 St. Christine will educate, encourage and support healthy eating all students of all ages.

Guidelines:

- Will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- The school cafeteria serves as a teaching tool to all students to apply critical thinking skills taught in the classroom.
- Nutrition Education will involve sharing information with families to positively impact students and the health of the school community.
- Will promote enjoyable, developmentally and culturally appropriate participatory activities.
- Will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

Physical Activity Guidelines

Goal #1 St. Christine will provide opportunities for students to regularly participate in physical activity and maintain physical fitness.

Guidelines:

- Children should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours.
- Will encourage classroom teachers to provide short activity breaks between lessons or classes.

Goal #2 Will adopt or exceed the state standards for physical activity.

Guidelines

- Policies ensure that state physical education classes have student teacher ratio similar to others.
- Policies ensure state-certified physical education instructors.
- Time allotted consistent with research and standards, 30 minutes per day or 135 minutes per week, kindergarten thru sixth grade.
- Schools will provide opportunities for activity through physical education classes, recess and integration in curriculum.

Nutrition Standards Guidelines

Goal #1 St. Christine will comply with the current USDA Dietary Guidelines for Americans.

Goal #2 School will comply with the current USDA Dietary Guidelines for Americans as well as adhere to the following restrictions.

*A SCHOOL MAY OPT TO BE MORE RESTRICTIVE

Attach School Nutrition Policy plus record restrictions:

A la Carte

- Food providers will be sensitive to the school environment (logos on campus).
- Nutrition information for products offered is readily available near the point of purchase.

Vending machines

- Nutrition information for products offered is readily available near the point of purchase.

Fundraisers

- Food and beverages sold at fundraisers include healthy choices and provide age appropriate selections for all school levels.

Class parties

- Room parents are encouraged to provide healthy food choices for students
- Sensitivity to food allergy is also to be designated for each classroom

Others

- Promotional activities to encourage physical activity, academic achievement in compliance with local guidelines.
- Promotional activities connected to healthy lifestyles.

Other School Based Activities Guidelines

Goal #1 School will create a total school environment that is conducive to being physically active.

Guidelines:

- After-school programs will encourage physical activity and promote healthy habits.
- Schools will not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time.
- A recommendation will be made that each school's weekly newsletter will provide information about healthy eating and the benefits of physical activity.