

St. Patrick of Heatherdowns
CATHOLIC SCHOOL

St. Patrick of Heatherdowns' Wellness Policy

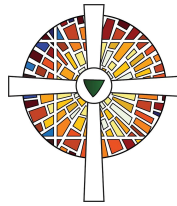
Philosophy – St. Patrick of Heatherdowns School is committed to providing a healthy learning environment in order to maximize the academic, physical, emotional, and spiritual growth of its students. Healthy students are better learners. This policy encourages the formation of student wellness habits and provides opportunities for students to grow, learn, and succeed.

1) **Nutrition Education** – Improved nutrition in the classroom

- Nutrition education will be taught in every grade level.
- Nutrition concepts should be included in science, math, social studies, etc.
- Teachers will decrease the use of food/candy as a reward in the classroom as this undermines nutrition education and encourages poor eating habits.
- Healthy snacks are allowed on a daily basis in the classroom. “Treats” are permitted on birthdays and special days (Halloween, Christmas, St. Valentine’s day, St. Patrick Day etc.)

2) **Physical Activity** – Increased daily activity & motion.

- All students will be provided with opportunities to be physically active on a daily basis. Physical activity includes instruction and activity in a physical education class, recess, and co-curricular activities.
- Students K-8 will participate in Physical Education a minimum of 25 minutes, two days per week or the equivalent. Students will be encouraged to set and meet personal fitness goals. Students will be introduced to a variety of activities that will lead to a physically active lifestyle. Students will not be restricted from physical education class as part of a classroom behavior or academic modification plan.
- Teachers will be encouraged to integrate activity with the academic curriculum, as research has indicated a relationship between physical activity and learning.
- Elementary students will participate in a daily 10 minute recess (brain breaks) in addition to their lunchtime recess period. This activity time may be inside or outside the classroom, monitored and scheduled by the homeroom teacher.
- Students should not be restricted from recess as part of a classroom behavior or academic modification plan.

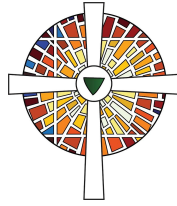


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3) **Nutrition Standards** – Improved nutrition in the cafeteria

- The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption and disposal of food and beverages as well as the fiscal management of the program.
- The guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the USDA.
- The food service program will strive to be financially self-supporting: however, if it is necessary to subsidize the operation, it will not be through the sales of food with minimal nutritious value.
- The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- All meals available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to students a la carte or from vending machines.
- All food service personnel shall receive pre-service training in food service operations.
- A la carte items will have less than 35% calories from fat and less than 35% weight from sugar.
- Beverages will be milk, 100% fruit juice, and water.

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Total Sugars	35% by weight or less	35% by weight or less



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4) Other school-based activities – Incorporate wellness in one's daily lifestyle.

St. Patrick of Heatherdowns will continue to promote activities which foster physical, emotional, and spiritual growth. These activities include, but are not limited to:

- Participation in Mass and the sacraments
- CYO sports
- Sports camps
- Diabetes Camp
- Asthma Camp
- Maumee Recreation activities
- STAMP program
- Bicycle safety
- Stranger Danger
- Special Needs awareness programs
- Boy Scouts
- Girl Scouts
- Adult and Child support groups

Information will be disseminated in a timely manner as it becomes available.