

Saint Catharine of Siena School

Wellness Policy

Mission Statement

Saint Catharine of Siena School is a small parish elementary school in the Archdiocese of Cincinnati. Our mission is to provide a Catholic education to a diverse community of learners through prayer, service and strong academics. The Catholic traditions of our school have been building the Kingdom of God for over one hundred years.

Wellness Policy

A. Nutritional Education

1. Saint Catharine School will implement the health objectives relating to diet, nutrition, and exercise as stated in the 2002 Archdiocesan Graded Course of Study for Science and Health in grades K-6.
2. Programs relating to proper nutrition, tobacco education, and drug-alcohol education will also be presented to the seventh and eighth grade students as an extension of their basic curriculum.
3. Appropriate materials, reminders, and programs will be prepared and presented to parents regarding proper nutrition, appropriate in-school snacks and lunches, and encouragement for each child to eat a healthy breakfast each morning.
4. Nutrition guidelines, good pyramid charts, suggestions for healthy food choices, and other messages related to health and nutrition will be posted in the school cafeteria.
5. Each students' amount of seated eating time in the cafeteria will be twenty (20) minutes per day to allow for sufficient time to eat a lunch.
6. Students in grades K-5 will be provided with a 5 minute break each morning to eat a healthy snack.
7. At the discretion of each teacher, students may have containers of water at their desks, especially when temperatures are in the 80s and 90s.

B. Physical Activity

1. All students will participate in the school's physical education program.
2. Physical education programs will implement the objective of the 2006 Archdiocesan Graded Course of Study for Physical Education.
3. Teachers will be encouraged to integrate physical activities into the class time (stretch break, activities which involve movement).
4. All students will have access to recess after lunch each day. Primary students in grades K-2 will have morning recess at the teacher's discretion.

5. Discipline will be administered in ways other than depriving a student of physical education class.
6. Families will be encouraged to participate in parish and community sports programs, and to be physically active outside of school.

C. Other School Based Activities

1. The Saint Catharine of Siena School staff will be encouraged to use non-food items or healthy food items for student rewards.
2. Saint Catharine School encourages teachers and parents to provide healthy snacks and to minimize sugary treats for classroom celebrations as outlined in our Healthy Snack Guidelines. These guidelines are attached to this document.
3. Hand washing equipment and supplies are available in each restroom, and students will wash their hands before coming to the cafeteria to eat lunch.
4. Fully operational and clean drinking fountains will be available throughout the school.
5. Saint Catharine School will provide parent education on nutrition and benefits of physical activity through newsletters and at parent meetings.

D. Nutritional guidelines for all foods available in school during the school day

1. The school lunch program will follow the nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services.
2. No vending machines are available for student use.
3. Student birthday treats will be passed out in the cafeteria after students have eaten their hot or packed lunch.

E. Guidelines for reimbursable school meals

1. Saint Catharine School will continue to follow state and federal guidelines for school lunch program.

F. Plan for measuring the implementation of the Saint Catharine Wellness Program Policy

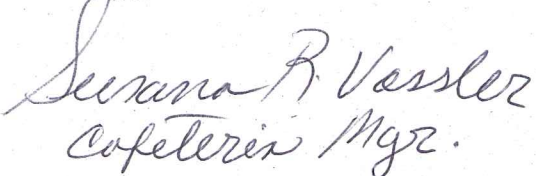
1. Saint Catharine School will establish a Wellness Committee consisting of parent, administration, teacher and cafeteria manager. This committee will implement and monitor the Saint Catharine School Wellness Policy.
2. The Saint Catharine Wellness Committee will meet at least once a year and at other times as necessary in order to implement and monitor the Saint Catharine Wellness Policy and make periodic reports to the Saint Catharine School Committee.

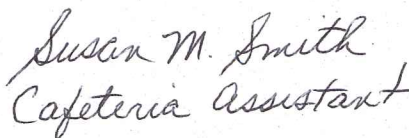
Revised
August 30, 2016

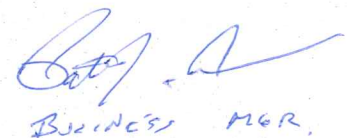
Mr. Metz


Principal


Administrative Assistant


Cafeteria Mgr.


Cafeteria Assistant


BUSINESS MGR.

Healthy Snack Guidelines

Rationale: Part of our mission at St. Catharine of Siena School is to provide a Christ-centered education in an atmosphere, which provides optimal learning. It has been determined that a policy is needed to establish guidelines for the types of food used for snacks and classroom parties. What we know about proper nutrition, brain friendly fuel and student health, needs to be applied to school snacks as well.

This policy addresses: Student snacks and Birthday Treats

Snacks

Frequency of Snacks

One snack period per day for grades K through 5

Food for Snacks

1. No FMNV's (Foods of Minimal Nutritional Value – soda pop, candy, chips).
2. Fresh, Dried Fruits (i.e. raisins, etc.), Fruit Cups – with spoon only (no fruit snacks)
3. Vegetables
4. Pretzels (plain...any shape ok), whole grain crackers, rice cakes
5. Trail Mix (without candy)
6. Yogurt/Gogurt – no sprinkles/topping
7. Cheese
8. Nuts – unless there are class allergies

Birthday Treats

Foods for Parties

1. No FMNV's
2. Child-size servings
3. Any snack listed in "Foods for Snacks" is recommended
4. ~~Only~~ one serving per child if high sugar, high fat treats are used
5. Only enough food to allow students to have normal meals following the party/treat

Please provide napkins when needed