



St. CATHARINE SCHOOL

Love of **God**. Love of **Learning**. Love of **Neighbor**.

ST. CATHARINE WELLNESS POLICY

St. Catharine recognizes the importance to educate its students spiritually, academically, physically, socially and emotionally. Our wellness policy encompasses all these aspects to promote ultimate health, embrace reverence for life, teach self-respect and respect for others.

A. CAFETERIA

The cafeteria offers a hot lunch and milk for every operating school day. A student lunch menu calendar is posted monthly on St. Catharine school website and links are sent out in the weekly e-mail Irish Insider. The lunch menu meets the healthy school lunch program guidelines.

1. LUNCH PAYMENT

Parents are billed for student lunches at the end of each month through the FACTS website. As students walk through the lunch line, we verify that they received their lunch through the FACTS website; this is done daily.

2. FREE AND REDUCED LUNCH

Free and reduced lunch prices are available for qualifying families. The free and reduced lunch forms are available through the FACTS website and are also mailed to each household prior to the beginning of each school year.

3. PARENT VOLUNTEERS

All student parents are expected to volunteer fifty hours total over the course of the school year. If parents are volunteering in the cafeteria, we ask that they volunteer a total of two hours from 11:00 am until 1:00 pm.

B. NUTRITION EDUCATION

The primary goal of nutrition education is to teach students the importance of health and positively impact eating behaviors. This is accomplished by:

1. Wellness objectives concerning nutrition are supported through the Diocesan Health Course Study grade-level indicators relating to diet, nutrition, and exercise. Additionally, similar grade-level indicators are included in the Science Course of Study.

2. Nutrition guidelines, food pyramids, charts and suggestions for healthy food choices are displayed in the cafeteria.

3. Teachers are offered professional development in nutrition as needed.

C. NUTRITION GUIDELINES

St. Catharine participates in the National School Lunch Program and must follow all nutritional guidelines. The progress of these guidelines is monitored throughout the year and then evaluated at the end of each school year. The guidelines:

1. The St. Catharine lunch program follows the nutritional guidelines established by the Ohio Department of Education and the Office of Child Nutrition Services. These guidelines are adhered to daily.
2. Lunch periods are scheduled for twenty minutes to ensure each student is provided with enough time for nourishment.
3. The St. Catharine lunch program evaluates all food and beverage products that are being ordered and served during the school year.
4. Drinking fountains are available on all floors of the school as well as the cafeteria.
5. No soda pop is allowed in the cafeteria for students who are buying or packing their lunch. Two types of milk are offered daily, which are either low fat or fat free.

D. PHYSICAL EDUCATION

The goal of Physical Education is to promote physical fitness and to help students develop long term habits that will be beneficial throughout their lives. Our physical fitness program is supported through the Diocesan Physical Education Course of Study.

All St. Catharine students participate in physical education. Students will have two, forty-five-minute periods every week and a minimum of twenty-minute recess daily. Parents are informed of all physical education activities in a weekly email. In addition, students are encouraged to participate in any school or community sport programs as well as be physically active outside of school.

E. MEASUREMENT AND EVALUATION

This policy will be reviewed annually at the end of the school year, to evaluate school wide compliance and effectiveness. The review committee will determine if any revisions or improvements are necessary. These revisions or improvements will be completed by the beginning of the next school year and reflected on the wellness policy.