

# SCHOOL WELLNESS POLICY

## ST.PIUS X

### 2023-2024 School Year

St.Pius X is committed to the development of the entire child spiritually, academically, physically, socially, emotionally and to keeping the school environment safe. There will be a designated representative to validate compliance and institute a healthier environment following the guidelines set by the practices of the LEA and the Cafeteria Manager.

The following staff will contribute to and assist in implementing procedures that will benefit the student body of the entire school:

- School Counselor
- Physical Education Teacher
- Safety Specialist
- Assistant Principal
- School Nurse

There will be at least two parent representatives from different age groups who will share ideas and provide feedback on how to improve or encourage involvement from the entire school.

## **Nutrition Education**

Wellness objectives are in the Diocesan Health Course of Study (2005) discussing nutrition and exercise for grades K-12. In addition, grade level indicators are included in the Science Course of Study (2010). The health curriculum has a strong component discussing nutrition.

Nutrition guidelines, food pyramid charts, and suggestions for healthy choices will be displayed in and near the cafeteria and the classrooms when discussing health and wellness, along with good food choices. The Nutrition Policy will be posted on the school website, under the cafeteria link for staff and parents to review.

## **School-Based Nutrition**

The use of sugary foods for rewards and celebrations will not be used. The school instituted a book vending machine as a prize system instead. Parties for holidays will be limited to items brought in for that day, after lunch has been served and consumed by students. Bake sales or candy sales will not take place during school hours.

*Our school lunch program follows the nutritional guidelines established by the Ohio Department of Education, Office of Nutrition Services, and the Federal School Lunch Guidelines.*

Lunch periods and snack breaks will be scheduled as necessary to maintain energy levels and nourishment within a reasonable time frame from the start of the day.

*No beverages sold in the cafeteria will contain any sugar (zero sugar).*

*Drinking fountains are available throughout the building and in the cafeteria.*

## **Physical Education**

Physical Education promotes activity and movement, creating long term habits that will be beneficial throughout their lives. Physical education is supported through the Diocesan Physical Education Course of Study (2010). All elementary students shall participate in Physical Education. In addition, students are encouraged to participate in school and community sports programs and to be physically active outside of school. Recess times are periods of encouraged movement, as well.

## **Wellness Related School-Based Activities**

The Religion Course of Study (2015) supports reverence for life, self-respect, respect for others, which are also fundamental concepts of wellness. All school-based activities are rooted in these Religion Course of Study concepts.

The school will offer a weight loss incentive program for faculty and staff and consultation for students as needed.

There has been training, and will continue to be instruction, to the faculty and office staff on how to manage an anaphylactic reaction. The school will have 1 Epi-pen available for anaphylactic reactions in people who have not previously been diagnosed with a life-threatening allergy. The school will also have an inhaler available and will have a Glucagon pen for diabetics/blood sugar issues will be available by 2024. All faculty and students will be instructed on the Heimlich procedure and use of AEDs.

## **Measurement and Evaluation**

Each year the policy will be reviewed and adjustments will be made to ensure the plans and goals are being met, or updates may be made based on current events.

Social media and emails will communicate the policy goals and the effectiveness of implementation.

Document created on 9/7/2023 and will be reviewed yearly by the Wellness Committee.