

## **Wellness Policy for Nutrition, Physical Education, Activity and Wellness**

Adopted for 2006-07 school year by School Advisory Board.

### **Statement of Purpose**

It is the purpose of St. Anne's Wellness Policy to encourage wellness programs in St. Anne's School. Wellness programs will be designed to encourage life-long patterns of healthy eating and regular exercise among all St. Anne's students and staff.

### **I. Nutrition**

#### **A. Nutritious Food Choices**

Nutritious and appealing food choices will be available wherever and whenever food is sold or otherwise offered at St. Anne's.

#### **B. Food Choices at School**

Food and beverages at St. Anne's shall support the nutritional needs of students and include appealing, nutritious foods and drinks.

1. Most food and beverages available to students before, during and immediately after the regular school day at St. Anne's will meet or exceed the nutrition standards recommended by the USDA.
2. Most food and beverages are designed to supplement, not replace school meals.
3. St. Anne's shall discourage commercial advertising that promotes foods other than nutritious foods.

#### **C. Promoting Healthy Eating Behaviors**

1. Nutrition education will be integrated into the St. Anne's curriculum where appropriate.
2. St. Anne's will help educate students, parents and staff regarding healthy food choices and eating behaviors.
3. St. Anne's will encourage the use of healthy nutritional promotional materials and minimize the use of marketing materials that promote less healthy food choices.

### **II. Physical Education Instruction**

#### **A. Curriculum**

St. Anne's curriculum will provide opportunities for developmentally appropriate instruction for all students in St. Anne's School. The input of staff, students, parents and public health professionals in the development of the curriculum is encouraged and supported.

#### **B. Class Structure**

The goal of St. Anne's is to utilize teachers with physical education endorsement or health and fitness endorsements to teach physical education classes.

#### **C. Facilities**

1. The school will provide a safe environment to implement the program for the number of students being served.
2. The school will provide both functional and protective equipment for all students to participate actively and safely.
3. The school shall minimize interruptions to scheduled physical education classes.

#### D. Inclusion

Suitable physical education shall be part of education plans for students with chronic health problems, other disabling conditions, or special needs.

#### E. Assessment

Assessment will be aligned with the teacher's curriculum.

### **III. Physical Activity**

To the greatest extent possible, schools should expand and/or support extracurricular programs that promote physical activity, and other sports and recreation clubs and lessons that support increasing physical activity opportunities for students during or outside of the school day and for the general community.

#### A. Promotion of Physical Activity

1. Physical activity education will be integrated into the St. Anne's curriculum where appropriate.
2. St. Anne's will educate staff, parents and students regarding healthy physical activity and active lifestyle behaviors.
3. St. Anne's shall encourage walking to attend school activities.

#### B. Recess

1. In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. St. Anne School shall provide daily recess period(s) for its students, featuring time for unstructured but supervised active play.
2. St. Anne's will provide proper equipment and a safe area designated for supervised recess time.

#### C. Supplemental Physical Activity

1. To the extent possible, school physical spaces and facilities especially outdoor facilities such as sports fields, shall be available to young people before, during, and after the school day, weekends, and during summer and other vacations.

D. Cooperate with community activities by passing out brochures from community education

### **IV. Evaluation, Implementation and Enforcement**

St. Anne's shall evaluate St. Anne's nutrition, physical education, physical activity and wellness policy at least annually to monitor implementation and effectiveness.

A. School Advisory Board

St. Anne's School Advisory Board will annually review the implementation of this policy. Input from the St. Anne's staff including the cooks and Physical education department would be valuable.