



WELLNESS POLICY

Saint Nicholas School realizes the health and wellness of the students can be promoted by offering nutrition education and physical activity. We encourage teachers and parents participation in activities that promote wellness.

1. In order to promote wellness we have identified goals for (a) nutrition education, (b) physical activity and (c) other school- based activities.

A. Nutrition education

- We will implement the health objectives relating to diet, nutrition and exercise as stated in the Youngstown Diocese Course of Study for Health and Science.
- We will post charts related to healthy food choices and other messages related to health and nutrition in or near the school lunchroom.
- Student-made projects relating to nutrition may be posted in the hallways.
- Breakfast is provided by St. Nicolas School to student every morning prior to the start of school.
- School lunch will be scheduled at 11:00 and 11:30 am daily, and a mid-morning snack break/recess will be offered.
- A hot food program will be offered daily at lunch which will provide a healthy, well-balanced lunch to all students and will provide free and reduced-lunches to those who qualify for those services. Meals will be provided by The Nutritional Group lunch program and served by a food service employee provided by St. Nicholas School. There program provides a fruit and vegetable with each meal as well as milk.
- The Nutritional Group provides the school with the daily nutritional values of each lunch severed including calories, vitamins/minerals and saturated fats for each meal.

B. Physical activity

- Students living within range are encouraged to walk to and from school when conditions permit.

- All students will participate in the school's physical education program.
- Physical education programs will implement the objectives of the Diocesan Course of Study for Physical Education.
- All classes will have access to recess according to the school's schedule.

C. Other school-based activities

- The school will encourage the use of non-food rewards for student behavior, such as treasure chest items and extra recess.
- The school further encourages teachers and parents to provide healthy snacks, and to minimize sugary treats for classroom celebrations.
- All parents must attend a meeting at the beginning of each school year which includes a discussion of promoting good nutrition for their children by providing health snacks and lunches. A handout regarding diet and nutrition tips will be given to each parent.
- The school will provide parent education on nutrition and the benefits of physical activity, through the school's monthly newsletter.
- Teachers will also encourage good nutrition for their students by reinforcing healthy snacks and lunch choices while monitoring the students snack and lunch period. Soda beverages and candy will not be permitted for consumption during snack or lunch period.
- Teachers will promote physical and mental activities conducive to learning and appropriate for classroom.

2. Nutrition guidelines for all foods available on campus during the school day

- Milk is available for ordering monthly with the purchase of a hot food lunch or as an addition to a packed lunch which is able to be purchased daily, and is served at lunchtime. Milk choices are 2% white and 1% chocolate.
- Drinking fountains are available to the students on each school level.
- Hot food lunches are provided by The Nutritional Group which follows the mandated food guidelines

3. Guidelines for reimbursable school meals

- Saint Nicholas School will follow the state and federal guidelines and procedures for the special milk and hot lunch programs.

4. Plan for measuring implementation of the wellness policy

- Teachers will survey students and parents on eating choices and physical activities outside of school. These surveys will be conducted at the beginning of the school year and again near the end of the school year.
- The wellness committee will evaluate the responses and taking into consideration the results, plan for any necessary changes in the wellness program.
- The physical education teacher will include heart rate monitoring as part of the physical education classes of grade 4, 6 and 8.
- The wellness committee will review the wellness policy annually and revise, update, or amend the policy as needed.

5. Community involvement in the development of the plan.

- Input for revision and updating of plan will come from teachers, parents, students, school nurse and administration, which may vary from year to year.

8/06 Approved:

P. Petrosky – principal
Revised 8/07

P. Pirone – principal
Revised 8/08

B. McCullough – principal

Revised 9/09

Revised 9/10

Revised 9/11

Revised 9/12

Revised 9/13

Revised 9/14

Revised 9/15

Revised 9/16

Parents are welcome to be a part of our Wellness Committee.