



St. Anthony of Padua Catholic School

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Local Wellness Policy

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Student Wellness

St. Anthony of Padua Catholic School strives to make a significant contribution to the general well-being, mental and physical capacity and learning ability of each student while affording them the opportunity to fully participate in the educational process.

St. Anthony of Padua Catholic School is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Healthy eating is demonstrably linked to reduce risk for mortality and development of many chronic diseases as adults.

To ensure the health and well-being of all students, the School Advisory Board shall promote and monitor student wellness in a manner that the Board determines is appropriate in the following areas:

- A. Nutrition Guidelines: All foods available in our school during the day will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools.
- B. Nutrition Education: The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into health education or core curricula; and provides opportunities for students to practice skills and have fun.
- C. Physical Activity: The goals for physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity and to teach students the short and long-term benefits of a physically active healthy lifestyle.
- D. Other School-Based Activities: The goal is to create a total school environment that is conducive to healthy eating and physical activity. All teachers of Science and Health will incorporate into their lessons healthy eating habits and other ways to keep fit.
- E. Evaluation/ Implementation: A primary goal will be to regularly (at least annually) evaluate the effectiveness of this policy in promoting healthy eating and changing the

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program as appropriate to increase its effectiveness. Such evaluation will be measurable. The results of the evaluation will be made known to the shareholders of St. Anthony of Padua Catholic School. Physical Education teachers and teachers of Health will also partake in the evaluation and implementation of the policy.

- F. Parent, Community and Staff Involvement: A primary goal will be to engage family members, students and representatives of the school food authority, the School Advisory Board, school administrators and the public in development and regular review of this school policy.

The Administrator of St. Anthony of Padua Catholic School is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (snacks and beverages sold at recess times, after care snacks, and refreshments served at classroom parties) including provisions for staff development, family and community involvement and program evaluation.

Projects/ Activities to be considered to help carry out the Wellness Policy are the following:

1. Mighty Milers Walking Program
2. 5K and 10 K run sponsored by the school
3. Jump Rope for Heart
4. Healthy refreshments for classroom birthday parties and holiday parties
5. Health Fitness Fair put on by students
6. Units on health taught at each grade level.

This Institution is an Equal Opportunity Provider

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