

Wellness Through Nutrition and Physical Activity Policy

I. Philosophy

Cardinal Stritch believes that children and youth who begin each day as healthy individuals can learn more and learn better are more likely to complete their formal education. Cardinal Stritch also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

II. Goals

A. Nutrition – Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

1. Nutritional education will be included in health education for grades nine through ten.
2. Nutritional education will be included in appropriate curricular areas.
3. Work in conjunction with a nutritionist from Mercy Health to develop education for grades K-8.
4. Food for Sale Policy will follow guidelines set forth in the Healthy Hunger-Free Kids Act and Smart Snack Rules.
5. The sale of vending machine beverages during the school day will be limited to water, fruit juices (100%).
6. A la carte offerings to students shall be nutritious and meet federal recommended guidelines in SB210, Healthy Hunger-Free Kids Act, and shall be selected with input from students, parents and staff. Foods will be evaluated using smart snack calculator.

B. Healthy and Safe Environment – A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

1. School building, grounds and equipment shall meet current health and safety standards. The environment shall be inviting, clean, safe and in good repair.
2. Cardinal Stritch shall maintain an environment that is free of tobacco, alcohol and other drugs.

3. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
4. Cardinal Stritch will work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

C. Physical Education and Activity – The program shall provide the opportunity for all students to develop skills, knowledge and attitudes necessary for a healthy future.

1. Physical education shall be taught by certified specialist.
2. Cardinal Stritch requires physical education classes for grades Pre-k -10 throughout the school year. In addition, we provide recess either outside or in our gymnasium for grades Pre-k-fifth grade.
3. Students shall be provided with opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle (i.e. athletic programs).

D. Social and Emotional Well-Being – Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

1. Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
2. Counseling services will be provided for students, families and staff when needed, and if deemed necessary linkage to community services may follow.
3. An atmosphere of understanding and respect for others differences will be fostered to encourage positive interpersonal relationships.
4. Students and staff shall be encouraged to balance work and recreation in an effort to minimize stressors which may interfere with health development.

E. Health Services – An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

1. Cardinal Stritch shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.

2. Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the Cardinal Stritch and the Lucas County Health Department.
3. A coordinated program of accessible health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), community health referrals and immunizations, parenting skills, first aid and other priority health education topics.

F. Family, School and Community Partnership – Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

1. Family, student and community partners shall be included on an ongoing basis in school wellness planning process.
2. The equality and diversity of the school community shall be valued in the planning and implementing wellness activities.
3. Community partnerships shall be developed and maintained as a resource for school programs, projects, activities and events.

III. Implementation and Tracking

A. Monitoring – create a stronger commitment to wellness through compliance with policies set forth.

1. A designee will ensure compliance with the nutrition and physical activity wellness policies.
2. Reporting on the most recent USDA Schools Meals Initiative and any changes will be given to the board bi-annually.
3. A summary report will be developed every three years for publication.