



WELLNESS

Catholic Schools recognize that it is essential to educate the whole child, spiritually, academically, physically, socially, and emotionally. Similarly, wellness education must be multi-dimensional and encompass all the same areas in order to promote ultimate health. Catholic schools aid this emphasis on total wellness by embracing the reverence of life, self-respect, and respect for others.

St. Vincent de Paul School (referred to as SVDP) has adopted a wellness policy that encompasses nutrition education, physical education, school-based activities and nutritional guidelines. The implementation of the wellness policy will be done through Diocesan Graded Course of Study in Health, Physical Education and Religion. *Diocesan Policy 5145.0*

SVDP School Wellness Policy

1. Goals for nutrition education, physical activity and other school-based activities that promote wellness

Nutrition education

- SVDP School will implement the health objectives relating to diet, nutrition and exercise as stated in the 2015 Diocesan Graded Course of Study for Health.
- Nutrition guidelines, food pyramid charts, portion plate chart, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in or near the school cafeteria. (Suggestions: SVDP could exhibit posters or student-made signs in the hallways or cafeteria.)
- School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the school day. (Considerations have been made for how long students will be expected to wait from breakfast to lunch. SVDP's first lunch period begins at 10:45 am (Kdg) and the last lunch period begins at 11:40 (6th-8th grade) Each period runs for 20 minutes.)
- Recess and healthy snack/water breaks will be scheduled for students as needed to maintain energy levels.

For more information, please call the office:

T: 740-393-3611 Web: www.saintvdpschool.org

206 East Chestnut St., Mount Vernon

Physical activity

- All students will participate in SVDP's physical education program. Upon presentation of a doctor's note, students will be permitted to sit- out of PE for the length required by a physician due to varying health, injury, or sickness reasons.
- Physical education programs will implement the objectives of the 2012 Diocesan Graded Course of Study for Physical Education.
- All classes will have access to recess according to the school's schedule.

Recess periods are for 20 minutes in the morning for elementary grades with an additional recess following the lunch period for 20-30 minutes. 5th-8th grade students are permitted to have recess daily before or after their lunch period until 12:05pm.

- Discipline may be administered in ways other than depriving a student of recess or physical education class. (Students could be required to walk, run laps or do appropriate physical activities in lieu of free play time.)
- Students will be encouraged to participate in school and community sports programs, and to be physically active outside of school.

Other school-based activities

- The school further encourages teachers and parents to provide healthy snacks, and to minimize sugary treats for classroom celebrations. (Moderation is the key in any healthy diet.)
- SVDP School will provide parent education on nutrition and the benefits of physical activity through newsletters and parent meetings during the course of the school year.
- Teachers will be offered training in nutrition as needed, and in physical activities conducive to learning and appropriate for classrooms. (Teachers are encouraged to have students use the chalk/white boards regularly, use Brain Gym activities or other body/brain movements such as GoNoodle.)

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

- SVDP School lunch program will follow nutritional guidelines established by Ohio Department of Education, Office of Child Nutrition Services. The Food-Based Menu Patterns for lunch in elementary grades must include daily:

8 oz. of fluid milk (low-fat plain must be offered)

½ -¾ cup of vegetables

½ cup of fruit

2 oz. of meat or meat alternate

1 serving of grain/bread (8 per week for Traditional)

- SVDP School will evaluate food products sold on their premises, and set nutritional guidelines for all food and beverages available on campus.
- Drinking fountains and/or water coolers are available on each of the four floors of SVDP School.

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3. Guidelines for reimbursable school meals

SVDP School will continue to follow the state and federal guidelines and procedures for reimbursement of school lunch, breakfast or special milk programs.

4. Plan for measuring implementation of the local wellness policy

- SVDP School's Physical Education Program participates in the Blue and Gold Physical Fitness Challenge (using the former Presidential Physical Fitness Challenge standards.) These results are monitored and recorded. Some physical education classes have students regularly monitor heart rate as part of their physical fitness programs. This information could be part of the evaluation.
- Number of students participating in extra-curricular activities and the amount of time spent on those weekly could be included in evaluating the policy
- The wellness policy will be reviewed every three years at a minimum to revise, update, or amend the policy as needed. The "bottom line" is the overall health and well being of the student.

Updated and revised 3/2019