

Revised May 2018
St. Theresa Catholic School

Introduction

St. Theresa Catholic School is committed to providing a school environment that supports the development of the whole child, physically, mentally, and spiritually. The Wellness Policy of the school reflects this goal. St. Theresa Catholic School serves whole grain rich products as well as fresh fruits and vegetables. Breakfast service has been of significant importance in board discussion, as the goal is to make sure students are fed and ready to learn. Additionally, the faculty takes students on a morning walk to activate their bodies for the day.

Setting Nutrition Education Goals

1.0 Students will be exposed to nutrition education through UA Cooperative Extension programs provided by Esmaralda Pena. MyPlate is an integral component of the instruction.

Setting Physical Education Goals

2.0 Students will be offered as much physical activity time as possible within the requirements of the academic school day.

Students will be given the opportunity to take a morning walk or engage in indoor physical activity from 7:45-8:00 am daily.

Students will be given daily recesses as well as 1-2 PE classes per week.

The school will host an annual fun run as further indication of its commitment to physical health and wellness.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

3.0 The school offers no a la carte sales in the food service program on campus, except seconds on the lunch menu and milk which is offered for \$.50.

The school district sets guidelines for beverages sold in vending machines during the school day on campus. There are no vending machines available to students.

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

Dining Environment

- 4.1 The school provides a clean, safe, enjoyable meal environment for students.
- 4.2 The school provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- 4.3 The school makes drinking fountains available, and allows personal water bottles, in the school and has water available in the cafeteria, so that students can get water at meals and throughout the day.
- 4.4 The school encourages all students to participate in the school meals program and protects the identity of students who eat free and reduced price meals.

Time to Eat

- 4.5 The school will ensure an adequate time for students to enjoy eating healthy foods with friends in school.
- 4.6 The school will schedule lunch time as near the middle of the school day as possible.
- 4.7 The school will discourage the use of food as a reward or punishment during the school day.

Consistent School Activities and Environment

- 4.8 The school will ensure that all school fundraising efforts are supportive of healthy eating.
- 4.9 The school district will provide on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.
- 4.10 The school encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- 4.11 The school encourages all students to participate in the National School Lunch Program.

Setting Goals for Measurement and Evaluation

- 5.0 Teachers, parents, and students are asked for feedback, on a regular basis, on how well they see the school meeting the various components of the Wellness Plan.
- 5.1 The school will ensure that the student numbers participating in The National School Lunch Program remain steady at a minimum or increase over time.

