



## **8510 – WELLNESS POLICY**

### **Wellness Statement:**

Queen of the Apostles School supports health education, nutrition education and physical education as vital components of the academic curriculum. These fundamentals are integrated into the curriculum through various modalities providing a comprehensive learning experience for students. Involvement of students, parents, community members, school staff, administrators and school board members is integral to the development and success of wellness education in our schools and communities.

### **A. Nutrition Education**

#### **Commitment to Nutrition**

Queen of the Apostles School recognizes the importance of implementing a school nutrition plan that integrates wellness education and opportunities for healthy lifestyle practices. Commitment to this plan involves the support of students, parents, community members, school personnel, and health practitioners of the parish. Their involvement is vital in reinforcing behaviors that positively influence a student's health and wellness.

#### **Quality Meals**

The food service director follows USDA guidelines and incorporates this knowledge in the planning, preparation and implementation of the food service program.

School meals and reimbursable school meals meet nutrition standards offering foods from five required food groups: meat/protein, grain, vegetable, fruit and dairy. Students are offered all five components of the meal encouraging a well-balanced diet.

Student diversity (cultural, economic, religious and medical) is considered in meal planning to ensure student nutritional needs are met.

#### **Healthy Food Options**

To encourage healthy dietary choices through the school food program, restrictions are placed on student access to vending machines, school stores and other food and beverages sold in competition with the food program.

Food and beverages offered or sold at school related activities (social events, sporting events and celebrations) include healthy food options.

Food, candy and beverages may occasionally be given to students as treats in the classroom setting.

### **Pleasant Eating Experience**

School administrators schedule meal service periods to encourage participation in the food program. The program is designed to efficiently serve students and will include at least 20 minutes for lunch period.

School staff is scheduled to supervise dining areas and encourage proper nutrition. The administration recognizes a students' need for socialization during these periods and supports this without compromising nutrition or a safe eating environment.

### **Nutrition Education**

Nutrition education is integrated into the district's health education curriculum as required by the State of Wisconsin's established guidelines for instruction. Students throughout the school district receive comprehensive nutrition education that is age-appropriate, factual, behavior focused, interactive and promotes the correlation between positive dietary choices and improved health and wellness.

Queen of the Apostles School supports the concept that proper nutrition positively influences student attitude, behavior, and physical and emotional health. Healthy lifestyle practices are believed to directly impact student attendance and academic performance creating a positive learning environment which optimizes student performance potential.

Curricular programs are enhanced by integrating ethnic foods into the course subject promoting cultural awareness and *exposing students to diverse dietary habits/traditions*.

### **Marketing**

Nutrition choices are promoted to students, parents, school employees and the community through a printed menu which is sent home with students.

Students, parents, school employees and community members are aware of the school district's efforts to provide positive, motivating messages promoting healthy food choices. Parents and guardians are provided the opportunity to join their student(s) in the school meal program.

## **PART II - HEALTHY SCHOOL PHYSICAL EDUCATION/ACTIVITY ENVIRONMENT**

### **Commitment to Physical Education and other forms of school based Physical Activity**

The entire school environment shall be aligned with healthy school goals to positively influence student understandings, beliefs and habits as they relate to regular physical activity and its life long benefits.

### **Quality PA programs**

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should include regular physical education, co-

curricular activities, and recess. Substituting any one of these components for the others is not appropriate.

### **Other PA Opportunities**

Queen of the Apostles School, along with community agencies, will provide organized health and physical education curricula and related programs.

### **Community Connections**

Queen of the Apostles School will make attempts to involve community organizations and individuals in supporting and reinforcing nutrition education, physical activity and promotion of healthy, active lifestyles (examples: WIAA membership will allow our students to participate in the public school programs).

### **Issues in Physical Education**

As possible, physical education will be provided on a regular basis that meets the specific needs of all students including those with adaptive physical education needs.

### **Marketing**

The parents and community are informed of current events and any upcoming events through the regular home school memos sent home, Website, parent-teacher conferences, local radio stations, and all youth sports programs offered in the community.

## **OTHER SCHOOL BASED ACTIVITIES**

### **Health Education**

The goals of the Queen of the Apostles health education curriculum include:

- To identify the six classes of nutrients and describe their functions in the body
- To describe and explain the organization of the Food Guide Pyramid
- To recognize the connection between diet, exercise and healthy lifestyles
- To understand malnutrition and eating disorders and explain their effects on health
- To understand the effects of alcohol, drugs and tobacco on the family and the body
- To discuss hygiene, social wellness and diseases that affect the body

### **Meeting Schedule**

Assessment of the current programs and recommendations for any changes necessary to maintain a quality wellness program will be made through regular reviews conducted by the advisory committee. Annual review of this policy will occur in May each year.

**Any questions or concerns regarding this policy should be directed to the School Principal, (Bill Tourdot) at 608-372-5765.**

*Adopted: December 2, 2019*