

Cathedral School Wellness Policy *updated: September 2023*

Cathedral School and Aquinas Catholic Schools supports healthy practices by promoting wellness, good nutrition and regular physical activity as part of the total learning environment. Cathedral School recognizes the following components as essential to the implementation of positive nutrition and wellness practices.

- **Wellness & Nutrition Education:** Provide students a learning environment for developing and practicing lifelong wellness choices and behaviors.
- **Nutrition Standards:** Support and promote proper dietary habits contributing to our student's health status and academic performance. In cooperation with the Cathedral School Food Service Program, our goal in establishing nutrition standards encompasses a knowledge that healthy and well-nourished students are better prepared to learn.
- **Physical Activity:** Encourage students to engage in physical activity that promotes life-long healthy habits.
- **Other School-based Activities:** Cathedral School is committed to improving academic performance for all students by providing a school environment that promotes and protects children's health, well-being and ability to learn. This is accomplished by integrating nutrition and physical activity education into the classroom curriculum.

Student Wellness, Nutrition and, Physical Activity

Research has shown that there is a positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. Improved health optimizes student performance potential. The following guidelines support the policy as defined above:

- Cathedral School will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing our school nutrition and physical activity policy.
- All students will have opportunities, as well as, support and encouragement to be physically active on a regular basis.
- Foods and beverages served at school will meet the nutritional recommendations of U.S. Dietary Guidelines. These guidelines will focus on a healthy eating plan that:
 - Emphasizes fruit, vegetables, whole grains, and fat free or low-fat milk products
 - Includes lean meats, poultry, fish, beans, and eggs
 - Is low in saturated fats, trans fats, cholesterol, salt, and added sugar
- Cathedral School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

School Lunch Program

The goal of the Cathedral School Food Service Program is to provide a nutritionally balanced lunch to students. This in turn will assist and promote academic achievement in our school. In addition, our Cathedral School Food Service Program has a financial objective to operate its program so that a positive fund balance is achieved at the close of the fiscal year. Lunch will be adjusted annually to achieve that end while attempting to make the program affordable to families.

- All foods served during the school day shall meet or exceed the U.S. Dietary Guidelines. Foods shall be served with consideration toward variety, appeal, taste and safety to ensure high quality meals and healthy dietary habits.
- Cathedral School will discourage students from sharing their food or beverages with one another during meal or snack times given concerns about allergies and other restrictions on some children's diets.
- A lunchroom environment should provide students with a relaxed, enjoyable atmosphere. It is encouraged that the lunchroom environment be a place where students have time for meals. The School Nutrition Association (SNA) recommends at least 20 minutes for lunch.

Other Sale of Foods

Fundraising: Any fundraising activities involving food will be encouraged to have a goal of supporting healthy nutrition and wellness. Projects involving physical activity which are beneficial to overall wellness will be encouraged.

Student Nutrition and Health Education

Cathedral School includes nutrition and health education in its instructional curriculum. Cathedral School (Preschool 3-Grade 2) integrates nutritional and health-related themes into daily lessons when appropriate. The benefits of living a healthy lifestyle are emphasized. Some themes include:

- Knowledge of My Plate, serving sizes, nutrients and calories
- Growing and eating fresh fruits and vegetables – utilizing our school garden.
- Learning to make positive decisions that address the affective domain (self-esteem, stress, feeling)
- Healthy choices for meals, snacks and diets
- Sources and variety of foods including healthy vs. unhealthy food (“junk food”)
- Diet and disease
- Commercialism, consumer choices and food label information

Physical Activity

The nationally recommended amount of daily activity is at least 60 minutes per day. Physical activity should include regular instruction in a physical education class, co-curricular activities, recess, and other opportunities for physical activity before, during and after school.

Parent and Faculty Nutrition Education

- Nutrition education will be provided to parents beginning at the Preschool 3 level and continuing through Grade 2.
- Nutrition education is provided in the form of handouts, newsletters, or presentations that focus on nutritional value and healthy lifestyles.
- Various nutritional activities are organized through the “Cathedral Garden Club” (i.e. “Taste Testing” of fruits and vegetables, “Try It” Days,...)

Nutrition and Wellness Committee

The Cathedral Elementary School Nutrition and Wellness Committee will meet annually to evaluate policy progress and/or make recommendation for changes to present policy.

The committee composition may include:

- Administration Representative (i.e. school principal)
- Food Service Supervisor
- Cathedral School Physical Education Teacher
- Community representatives
- Parent representatives
- Staff representatives