

# **Wellness Policy**

**For**

**St. Eugene Catholic School  
Oklahoma City, Ok**

**Rationale:**

St. Eugene Catholic School is dedicated to the education of the whole child, spiritual, intellectual and physical. However, so much of our energy is focused upon the spiritual, intellectual, and safety of children; issues of nutrition and exercise do not receive the attention they deserve. Our mission is to balance all of those needs for the good of each child entrusted into our care.

The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity are essential for healthy weight and are also linked to reduced risk for many chronic diseases, such as Type 2 diabetes. Schools have the responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

**Goals:**

St. Eugene Catholic School is committed to providing a school environment that enhances learning and development of ***lifelong wellness*** practices.

St. Eugene Catholic School students are encouraged to adopt ***healthful eating*** and ***physical activity*** choices for a lifetime.

All St. Eugene Catholic School staff are encouraged to ***model*** to students healthful eating and physical activity as a valuable part of daily life.

To meet these goals, St. Eugene Catholic School adopts this wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing and implementation. The intent of this policy is to effectively use school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

## **To Accomplish these Goals**

### **St. Eugene Catholic School will:**

- Offer school meal menus (breakfast, lunch) that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Oklahoma Department of Human Services, School Nutrition Programs
- Provide and promote nutrition education
- Provide physical education and physical activity
- Ensure that all school-based activities are consistent with Archdiocesan wellness policy goals
- Will teach proper nutrition when appropriate in religion class, physical education, science class, health, and whenever possible
- Provide an opportunity for the students to drink water through out the day and have a healthy snack
- Provide structured exercise and teach the importance of a lifelong routine of structured exercise
- Teach proper body mechanics and principles of movement in order to maintain proper joint, bone and muscular health during physical activity
- Teach students the basic anatomy and physiology that pertains to movement and exercise

## **Other School Based Activities**

### **St. Eugene Catholic School will:**

- Teach students that their bodies are a gift from God, and we are all are called to take care of our selves through healthy eating and exercise
- Promote health and nutrition education in after-school programs
- Promote health and nutrition in other school-based activities (such as school events, field trips, and assemblies, fundraisers, and sports events)
- Promote care for our bodies by theme weeks, and guest speakers promoting a healthy lifestyle

## **Nutrition Guidelines for All Foods on Campus**

### **St. Eugene Catholic School will:**

- Establish guidelines for all foods available on campus during the school day with the objective of promoting student health and reducing childhood obesity
- Promote healthy and nutritious foods offered by fundraisers, concession stands, student stores, and school parties by adding nutritious and appealing options such as vegetables, nuts, trail mix, beef jerky, reduced-fat milk, reduced fat-yogurt; reduced-fat cheese, 100% juice, and water whenever foods/beverages are offered at the site
- Per the National School Lunch Program (NSLP), 5 food components (milk, fruits, vegetables, grains, meat/meat alternates) will be offered. Students are allowed to decline 2 of the 5 required food components, but must select at least ½ cup of either a fruit or vegetable. Students must select the other food components in the quantities planned. Preschool through 3<sup>rd</sup> grade are required to take everything on their tray; Middle School (4<sup>th</sup> – 8<sup>th</sup> grades) is offered everything, but only have to take three food items
- Request from food vendors information to determine which foods are high in total fat and saturated fat
- Follow USDA, Child Nutrition Programs policies on competitive foods and extra food sales
- Use the accreditation standards to assess implementation of the school wellness policy
- Principal will review lesson plans to insure students are receiving instruction in the areas of nutrition and physical fitness
- Policy is that only students in grades K-8 may purchase an extra entree
- Provide regular tips in the school newsletter, the *Eagle Express*

### **Physical Activities**

#### **Students:**

- Participate in physical education two days a week (K-5 for 30 minutes and Middle School for 45 minutes)
- Students Pre-3 through 5<sup>th</sup> grade participate in recess for at least 20 minutes each day
- Teachers have the option of giving students extra recess during the day
- St. Eugene Catholic School is a member of the Catholic Grade School Athletic Association which offers soccer for grades K-8, volleyball for grade 5-8, and basketball for grades 4-8

### **Students, cont'd:**

- Students participate in the school's field day.
- Students may participate in the Spring track meet
- After school care provides time for outside/gym play daily
- Families have access to a nursing group in the Oklahoma City Archdiocese to help with their well-being needs

### **Wellness Coalition**

Catholic Charities / St. Joseph Counseling Center  
Mercy Hospital  
St. Anthony's Hospital  
Oklahoma Department of Human Services  
Oklahoma Department of Mental Health  
Principals, teachers and counselors from schools in the Archdiocese of Oklahoma City  
Associate Superintendent of Catholic Schools

### **St. Eugene Catholic School Wellness Committee Members**

Suzette Williams, *Principal*  
Tina Hacket, *Kitchen Manager*  
William Schuster, *Physical Education Teacher*  
Holly McLaughlin, *Parent Advisor*  
Wendy Mounger, *Parent Advisor*