

Wellness Policy for St. Francis Xavier School

As part of our School Improvement Plan St. Francis Xavier School has established Spiritual Goals, Academic Goals and Physical Development Goals.

The Physical Development Goal is to teach students to adopt healthy lifestyles through good nutrition, exercise, stress management, and spiritual development.

To accomplish this goal,

Nutrition education will continue to be integrated into all areas of the curriculum including, math, science, language arts, physical education and media. Nutrition education will involve sharing information with our school families on a continuing basis via our school website. The Media Department will purchase appropriate materials for nutrition and health education when available. We will also make use of the Food and Nutrition Resource Library. Starting in August of 2008 we will adopt the Fruits and Veggies-More Matters nutrition education at all grade levels. These lessons will be re-enforced in the cafeteria through use of promotional materials.

Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage lifelong physical activities. Fitness will be incorporated into each physical education class in the form of running, strength exercises and flexibility training. Physical activity which is appropriate to grade level and subject area will be integrated throughout the curriculum. The PE Dept. will start a “Healthy Habits” program for middle school students. This is a hands-on nutrition and exercise program. Students will learn the value of good nutrition and daily exercise and develop a personalized and realistic fitness program that results in improved health and ability while decreasing the number of cases of obesity. Grants have been obtained to buy the necessary equipment to be used in the Healthy Habits Program.

We will have a coordinated school health approach to guide decision making related to physical activity and nutrition that encompasses all aspects of the school, from education to staff wellness. This will include providing at least 20 minutes to eat in a pleasant environment. The faculty and staff will continue to participate in a Walking for Fitness Program.

All food and beverages offered on the school campus during the school day are consistent with the USDA Dietary Guidelines for Americans. Healthy snacks are encouraged for all classroom snacks. Parents will be encouraged to provide healthy choice offerings for class parties and celebrations. The cafeteria manager will look into the availability of healthy snack and beverage options that students will choose. Items that are not consistent with the USDA Dietary Guidelines will be phased out as new options become available.

All foods made available on campus comply with the state and local food safety and sanitation regulations Hazard Analysis and Critical Control (HACCP) plans and guidelines are implemented to prevent food illness in the school.

For the safety and security of the food and facility access to the food service operations are limited to the Child Nutrition Staff and authorized personnel.

The school will assure that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA.

Outgoing school board member Susan Moyer and principal Betty Anderson will be charged with the operational responsibility for ensuring that St. Francis Xavier School is meeting this wellness policy.

The St. Francis Xavier Wellness Committee will meet each semester to evaluate the effectiveness of this wellness policy and recommend revision if necessary to the school board.

This policy was originally submitted to the St. Francis Xavier School Board on March 27, 2006 and most recently re-approved it on April 28, 2008.

Please send any ideas or suggestions to barb.boger@stfrancis2055.com