

WELLNESS POLICY

As required by law, the School Council endorses the following Wellness Policy for Defiance Catholic School. Said plan was compiled by the school's Wellness Coordinator and will be implemented by Defiance Catholic School staff during the 2006-07 school year.

Defiance Catholic School Council believes that schools play an important role in the developmental process by which students learn healthy and safe behaviors now and for the future. Such a process is a part of the mission that states Defiance Catholic School, strength for the future. Teachers, staff and Council strive to provide young people with the knowledge and skills they need to become healthy and productive adults.

1. **Goals for nutrition education, physical activity and other school-based activities that promote wellness**

A. Nutrition education

- School will implement the health objectives relating to diet, nutrition and exercise as stated in the Toledo Diocesan Graded Course of Study for Science and Health.
- Nutrition guidelines, food pyramid charts, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted.
- Diocese of Toledo health education curriculum standards and guidelines include both nutrition and physical education.
- Staff will provide nutrition education.
- Healthy snack breaks will be scheduled for students as needed to enhance learning.
- Parents/guardians will receive communication about nutrition.

B. Physical activity

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess, and the integration of physical activity into the academic curriculum.
- Physical education programs will implement the objectives of the Diocese of Toledo Course of Study for Physical Education.
- Parents/guardians will receive communication concerning the importance of physical activity.

2. **Nutrition guidelines for all foods available on school campus during the school day**

- The school lunch program will follow nutritional guidelines established by Ohio Department of Education, Office of Child Nutrition Services.
- Students will be able to have a water bottle readily available.

3. **Guidelines for reimbursable school meals**

- The school will continue to follow the state and federal guidelines and procedures for reimbursement for school lunch and or special milk programs.

4. Plan for measuring implementation of the local wellness policy

A. Evaluation/Outcome

- Teachers' lesson plans will outline how often activities were used.
- Wellness information was posted
- Students tracked nutritious snacks in assignment books.
- A survey will be sent to parents at the beginning of the school year, mid-year and at the end of the year – input will be used to chart any changes.
- The school lunch program followed nutritional guidelines.
- Students brought in water bottles to increase daily water intake.
- The cafeteria offered two taste-testing opportunities.

5. Community involvement in the development of the plan

- The plan was developed with consultation for The Defiance county Health Department. In January, during an in-service, three Defiance County Health Department members presented ideas and suggestions to the entire staff. Both parties were in mutual agreement to continue coordinated efforts in the implementing of the policy.
- The Y.M.C.A. has supported our initiative by accommodating our students in their facility. Students have been able to swim, use the track, play basketball, volleyball and other active games. A lifeguard and supervision are provided by the Y.M.C.A. and Defiance Catholic School staff.
- We have networked with the American Heart Association and D.A.R.E. to participate in their activities such as jumping rope and walking to raise dollars for their organizations.
- The Defiance City parks and Recreation Department permits the school to use the city parks as places for physical activities.