



WELLNESS POLICY

The Healthy Hunger Free Kids Act of 2010 requires that all schools that participate in the National School Lunch Program have a wellness policy. This policy must address nutrition and physical activity.

1. Goals for (a) nutrition education, (b) physical activity and (c) other school-based activities that promote wellness

A. Nutrition education

- St. Vivian School will implement the health objectives relating to diet, nutrition and exercise as stated in the 2015 Archdiocesan Graded Course of Study for Science and Health.
- Nutrition guidelines, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in the cafeteria.
- School lunch periods are scheduled so as to provide nourishment within a reasonable time frame from the start of the school day.
- Recess or snack breaks are scheduled for students as needed to maintain energy levels.

B. Physical activity

- All students will participate in the school's physical education program
- Physical education programs will implement the objectives of the 2015 Archdiocesan Graded Course of Study for Physical Education.
- All classes will have access to recess according to the school's schedule.
- Discipline will be administered in ways other than depriving a student of physical education class.
- Students will be encouraged to participate in school and community sports programs, and to be physically active outside of school.

C. Other school-based activities

- St. Vivian School encourages the use of non-food rewards for student behavior.

- St. Vivian School further encourages teachers and parents to provide healthy snacks, and to minimize sugary treats for classroom celebrations.
- St. Vivian School will encourage its groups and organizations to consider healthy food or non-food fundraisers.
- St. Vivian School will provide parent education on nutrition and the benefits of physical activity through newsletters and parent meetings during the course of the school year.
- Teachers will be offered training in nutrition as needed, and in physical activities conducive to learning and appropriate for classrooms.

2. Nutrition Guidelines for all food 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.
- St. Vivian School will follow the USDA Smart Snack Guidelines for all food and beverages sold during the school day.
- Drinking fountains and water coolers are available to students in every building.

3. Guidelines for reimbursable school meals

- St. Vivian School will continue to follow the state and federal guidelines and procedures for reimbursement for school lunch programs.

4. Plan for measuring implementation of the St. Vivian School Wellness Policy

- Some physical education classes will have students monitor heart rate as part of their physical fitness programs. This information will be part of the evaluation of the program.
- The number of students participating in extra-curricular activities and the amount of time spent on those weekly will be included in evaluating our program.
- The St. Vivian School Wellness Committee will revisit the wellness policy annually to revise, update, or amend the policy as needed. The “bottom line” is the overall health and well-being of the students.

5. Community involvement and monitoring in the development of the plan

- Input for this policy came from the St. Vivian School Wellness Committee comprised of: Mrs. Jane Brack, Principal, Mrs. Jenny Ferris, School Nurse, Mrs. Michele Waldbillig, Cafeteria Manager, Mr. Phil Miller, Physical Education Teacher, students, parents and the Archdiocese of Cincinnati.
- Approved by the Education Commission on June 4, 2017 and went into effect on July 1, 2017.

- This policy will be monitored by members of the Wellness Committee
- As part of the review process, the Wellness Committee will:
 - Set goals
 - Review our nutrition and physical activities
 - Provide/enhance nutrition and physical education policies and program elements.
- The committee will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.
- Plan available for community viewing via webpage.

This Institution is an equal opportunity provider.