

# School Wellness Policy of Cardinal Pacelli School

## Preamble

Whereas children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

Whereas good health fosters student attendance and education.

Whereas obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical activity and excessive calorie intake are the predominant causes of obesity.

Whereas heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood:

Whereas only 2% of children ages 2 to 19 years of age eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid.

Whereas, nationally, the items most commonly sold from school vending machines, school stores and snack bars, include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.

Whereas school around the country are facing significant fiscal and scheduling constraints; and

Whereas community participation is essential to the development and implementation of successful school wellness policies.

Thus, Cardinal Pacelli School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Cardinal Pacelli that:

- The school will engage students, parents, teachers, food service professionals, and other interested community members in developing, implementing, and monitoring nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

- Food service professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and staff; will accommodate for those needing special meal planning (such as those with food sensitivities or allergies); and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish links between health education and related community services.

### **Nutrition Education-**

- Cardinal Pacelli School will implement the health objectives related to diet, nutrition, and exercise as stated in the 2002 Archdiocesan Graded Course of Study for Science and Health.
- Programs relating to proper nutrition, tobacco education, and drug/alcohol education will also be presented to the seventh and eighth grade students as an extension of their basic curriculum.
- Appropriate materials, reminders, and programs will be prepared and presented to parents regarding proper nutrition, appropriate in-school snacks and lunches, and encouragement for each child to eat a healthy breakfast each morning.
- Nutrition guidelines, food pyramid charts, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in or near the cafeteria.
- Community resources will be utilized to enhance regular health curriculum.
- School lunch periods will be scheduled to provide nourishment within a reasonable time frame from the start of the school day, and to allow 15-20 minutes to sit and eat.
- Recess or snack breaks will be scheduled for students as needed to maintain energy levels.
- Appropriate education about food allergies will be presented to those involved with students with allergies and sharing of food and beverages will be discouraged due to food allergies.

### **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 students will have access to recess according to the school's schedule.
- Discipline will be administered in ways other than depriving a student of recess or physical education class.
- Students and families will be encouraged to participate in school and community sports programs, and to be physically active outside of school.

### **Other School-Based Activities -**

- The use of non-food items or healthy food items will be encouraged for rewards for student behavior.
- Cardinal Pacelli School encourages teachers and parents to provide healthy snacks, and to minimize sugary treats for classroom celebrations.
- School organizations are encouraged to consider healthy food and non-food fundraisers.
- Teachers will be offered training in nutrition as needed, and in physical activities conducive to learning appropriate for classrooms.
- Hand washing equipment will be available in all restrooms: hand sanitizer will be available in each classroom; and students will be encouraged to wash hands before eating.
- Restrooms are available to accommodate tooth-brushing regimens of students with special oral health needs.
- Designated areas will be provided and monitored as necessary for students with special dietary needs.
- Fully operational and clean drinking fountains will be available throughout the school.

**Nutritional Guidelines for Foods Available During the School Day:**

- The school lunch program will follow the nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services.
- The school will set nutritional guidelines for all food products sold on the school premises and will encourage the PTO and Athletic Association to do so.
- There will be appropriate restrictions on access to vending machines and the sale of other food and beverages.

**Plan for Measuring the Implementation of the Wellness Policy -**

- Cardinal Pacelli School PTO will establish a wellness committee to implement and monitor the policy. They will also provide opportunities to learn about food consumption and have opportunities to try new and healthy alternatives.

In being consistent with Catholic doctrine and following Archdiocesan policy, Cardinal Pacelli School supports students with gender dysphoria by treating them with sensitivity, respect, mercy, and compassion. Policy does require that these students' biological sex will determine names and/or pronouns used, uniforms and gender appropriate dress, bathrooms, participation on any Our Lord Christ the King/Cardinal Pacelli School sports teams, and sleeping accommodations while on overnight trips. Cardinal Pacelli School would provide reasonable accommodation to a private bathroom for use by any student who desires increased privacy.