

Wellness Policy

STUDENT WELLNESS

Catholic schools recognize that it is essential to educate the whole child, spiritually, academically, physically, socially, and emotionally. Similarly, wellness education must encompass all the same areas in order to promote ultimate health. Catholic schools aid this emphasis on total wellness by embracing the reverence for life, self-respect, and respect for others.

Nutrition Education:

Wellness objectives concerning nutrition are supported through the Diocesan Health Course of Study grade-level indicators relating to diet, nutrition, and exercise. Additionally, similar grade-level indicators are included in the Science Course of Study.

Nutrition guidelines, food pyramids, charts, suggestions for healthy food choices, and other messages that support wise food choices will be displayed in or near the cafeteria as well as in classrooms during the nutrition unit of instruction.

Lunch periods will be scheduled to maintain energy levels. Additionally, school policy will outline what types of healthy snacks may be eaten during this time.

The primary purpose of Physical Education is to promote physical fitness and to have students develop habits that will be beneficial throughout their lives.

Physical Education:

Physical fitness is supported through the Diocesan Physical Education Course of Study.

All students in designated grade levels in high school shall participate in Physical Education.

Students will be encouraged to participate in school and community sports programs and to be physically active outside of school.

School-Based Activities:

The Religion Course of Study supports reverence for life, self-respect, and respect for others, which are foundational concepts of wellness. All school-based activities are also rooted in these Religion Course of Study concepts.

Schools are encouraged to consider healthy food or non-food fundraisers.

The school as is appropriate should provide parent education concerning wellness.

Teachers will be offered professional development in nutrition as is needed, and in physical activities that might be appropriate to incorporate in the classroom.

All schools with a lunch program must follow nutritional guidelines.

Nutrition Guidelines:

The lunch program for Bishop Ready High School follows the nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services, and the Federal School Lunch Guidelines.

School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the school day.

Bishop Ready will evaluate food and beverage products sold and determine nutritional guidelines for all foods and beverages that are available.

Drinking fountains are available in all buildings.

Measurement and Evaluation:

The policy shall be reviewed regularly to evaluate school-wide compliance and effectiveness.

Based on the regular reviews, the school will determine any revisions necessary to support wellness in the school.

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