

ST. IGNATIUS CATHOLIC SCHOOL
Policy 1303: WELLNESS

In order to ensure that students are constantly growing, learning, and reaching their highest potential, the St. Ignatius School Board recognizes the importance of promoting physical health. Research indicates that regular physical activity and access to nutritious foods reduces the risk of obesity and other associated diseases. As part of ensuring attention to the whole child, students will have goals for nutrition, health, and physical fitness on their Individualized Learning Plans.

It is the policy of the Board to:

1. Educate students about the importance of making good choices in taking care of their bodies: physically, emotionally, and spiritually.
2. Provide access to nutritious foods.
 - The lunch program and snacks provided during the school day or in before/after-school care will make a positive contribution to students' diets and health. Meals and snacks will primarily consist of fruits, vegetables, whole grains, proteins, and/or low sugar items, and beverages will primarily be limited to water or milk (USDA Smart Snacks in Schools guidelines will be used).
3. Promote the development of a healthy relationship with food.
 - Staff will not use food or beverages as rewards for individual academic performance or good behavior and whole-class food rewards will be limited.
 - For birthdays, parents/guardians are encouraged to find alternatives to providing food for the class.
4. Promote healthy living in our community.
 - Encourage the development and implementation of wellness activities for students, families, staff, and the community.
 - To support healthy lifestyles for our students and community, school fundraising activities will include alternatives to those that involve the sale of food items. Any food fundraisers must be approved by Administration and are encouraged to meet the USDA Smart Snacks in Schools guidelines.
5. Provide opportunities for physical activity throughout the school day. Removing or reducing opportunities for physical activity will not be used as a means of discipline.

APPROVED:



Pastor

08/02/17
Date