

Saint Patrick School Roxbury, MA

Wellness Policy



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WELLNESS POLICY

Goal: St. Patrick School is instituting a Wellness Policy in cooperation with the State requirements that each participating school in the Federal Lunch/Breakfast Program implement a Wellness Policy.

I. Education

Teachers will supplement home learning on good health and nutrition by:

- Teaching the food pyramid on the basic 5 food groups and emphasizing healthy eating habits.
- Teaching about labels on food containers and how to interpret its significance in maintaining a healthy life style.
- Teaching science classes about the human body and human condition.
- Teaching about exercise to develop a healthy human body
- Teaching the nutrition unit in science books across all grade levels
- Children are taught and encouraged to bring only healthy snacks for morning break/recess time.

II. Physical Activity

- Students will exercise by walking up and down stairs as a class at least twice a day to the bathrooms in the basement as well as going upstairs to the third floor for computer classes and to the basement level for music classes.
- Students will take part in physical activities during their gym period each week.
- Students will have the opportunity to exercise during recess time in the school yard. The students in grades 3-8 use the field across the street which includes a regulation basketball court and an astro turf field. Students in Pre-K through grade 2 use the playground in the backyard which includes a jungle gym, slides, and other physical education equipment.
- Students in grades 6-8 will also have exercise when changing classes three times a day.

III. Healthy Foods

- School lunches will be consistent with recommendations from the Dietary Guidelines for Americans and USDA School Meals initiative for Healthy Children in nutritional content, portion size, and quality.
- No soda will be sold in school
- No food from 'fast food chains' will be allowed in school
- Only milk will be given at lunch....1% white or fat free chocolate milk
- No individual student/class celebrations of birthdays with cake and ice cream are allowed

IV. Physical Health

- All classes take part in gym classes once a week for approximately 45 minutes. These gym classes also incorporate physical health education and activities.