

## **Wellness Policy – Our Lady of Peace School - Diocese of Youngstown**

### **WELLNESS**

Catholic schools recognize that educating the whole child spiritually, academically, physically, socially, and emotionally is essential. Similarly, wellness education must be multidimensional and encompass all the same areas to promote overall health. Catholic schools support this emphasis on total wellness by fostering reverence for life, self-respect, and respect for others.

The primary goal of nutrition education is to positively impact eating behaviors.

#### **Nutrition Education:**

1. Wellness objectives concerning nutrition are supported through the Diocesan Health Learning Standards (2022) grade-level indicators relating to diet, nutrition, and exercise. Additionally, similar grade-level indicators are included in the Science Learning Standards (2019).
2. Nutrition guidelines, food pyramids, charts, and suggestions for healthy food choices will be displayed in or near the cafeteria, as well as in classrooms, during the nutrition unit of instruction.
3. Snack breaks, if applicable, will be scheduled as necessary to maintain energy levels. Additionally, the school policy will outline what types of healthy snacks may be eaten during this time.

#### **Physical Education:**

1. Physical fitness is supported through the Physical Education Learning Standards (2015).
2. All elementary students shall participate in Physical Education.
3. All appropriate grade levels will have recess times as determined by the classroom teacher.
4. Discipline should not include loss of recess time except in rare instances.
5. Students will be encouraged to participate in school and community sports programs and to engage in physical activity outside of school.

The primary purpose of Physical Education is to promote physical fitness and help students develop habits that will benefit them throughout their lives.

The school offers activities that incorporate both nutrition and physical education. Therefore, the school must be mindful of these connections when planning activities.

#### **School-Based Activities:**

1. The Curriculum for Catechesis (2021) promotes reverence for life, self-respect, and respect for others, which are foundational to wellness. All school-based activities are rooted in these concepts.
2. The school should use food in limited ways as a reward for behavior, and minimize sugary treats for classroom celebrations.
3. The school will encourage healthy food or non-food fundraisers.
4. Parents, students, and the school community should be updated annually regarding the content and implementation of the policy.

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5. Teachers will be offered professional development in nutrition as needed, and in physical activities that could be incorporated into the classroom.
6. The school will follow NSLP nutritional guidelines.

### **Nutrition Guidelines:**

1. School lunch programs must follow nutritional guidelines established by the Ohio Department of Education and Workforce, the Office of Child Nutrition Services, and the Federal School Lunch Guidelines.
2. School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the school day.
3. Schools should evaluate the food and beverage products sold and establish nutritional guidelines for all available foods and beverages.
4. Drinking fountains are available in all hallways.
5. The school will measure and evaluate the implementation of its wellness policy every three years.

### **Measurement and Evaluation:**

1. The policy shall be reviewed annually to evaluate school-wide compliance and effectiveness.
2. Based on regular reviews, the school will determine any necessary revisions to support wellness within the school.
3. Whenever applicable, students can monitor their wellness through activities such as tracking their heart rate or keeping a food and exercise journal.

Office of Catholic Schools, Catholic Diocese of Youngstown

Reviewed 6/25; Revised 7/25

This wellness policy is reviewed on a regular basis. Parents and other stakeholders interested in participating in the development, review, update, and implementation of the Our Lady of Peace School Wellness Policy should contact the principal, Pete Schafer via phone at 330-492-0622, or via email at [olopelem@youngstowndiocese.org](mailto:olopelem@youngstowndiocese.org).