



Regina Coeli Catholic School

August 11, 2025

Regina Coeli School

School Wellness Policy

A. Goals

1. Nutrition

- a. Regina Coeli School will implement the Health objectives relating to diet, nutrition and exercise as stated in the course of study for Science, Health and Physical Education.
- b. Nutrition guidelines, food pyramid charts, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in classrooms and/or near the school cafeteria.
- c. Lunch periods will be scheduled to provide nourishment within a reasonable time frame after the start of the school day.
- d. Recess or snack breaks will be scheduled for students as needed to maintain energy levels.
- e. Breakfast will be served before school.

2. Physical Activity

- a. All students will participate in the school's physical education program.
- b. Physical education programs will implement the objectives of the graded course of study.
- c. All classes will have an opportunity for recess opposite the school lunch period.
- d. Students will not be deprived from physical education classes as a method of discipline.
- e. Students will be encouraged to participate in school and community sports programs, and to be physically active outside of school.



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3. Other school-based activities

- a. The school encourages the use of non-food rewards for student behavior.
- b. Teachers and parents are encouraged to provide healthy snacks, and to minimize sugary treats for classroom celebrations.
- c. The school will attempt to provide parent education on nutrition and the benefits of physical activity through short notes in newsletters or notes to the home.
- d. Teachers will be encouraged to provide movement and activity in the classroom in a way conducive to learning.

4. Nutrition guidelines for all foods available in school during the school day.

- a. The school lunch program will follow guidelines established by the Ohio Department of Education.
- b. The school will evaluate food products sold at school and will not provide candy or pop vending machines for children.
- c. Drinking fountains will be available in the school.

5. Guidelines for reimbursable school meals

- a. Schools will continue to follow the state and federal guidelines and procedures for reimbursement for school breakfast and lunch.

6. Plan for measuring implementation of the local wellness program.

The school might choose any of the following options:



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- a. The school could survey students and/or parents on eating choices, and behavior and physical education outside of school.
- b. Students (specific grades, not the whole school,) might be asked to keep a food/exercise log for a specific week at the beginning and end of the school year, and the logs given to the wellness committee for discussion.
- c. Some physical education classes may have students monitor heart rate as part of their physical fitness programs.
- d. The number of students participating in extracurricular activities and the amount of time spent on those activities weekly could be included in evaluating the policy.
- e. The wellness committee or faculty committee should revisit the wellness policy annually to revise, update, or amend the policy as needed.

7. Community involvement in the development of the plan

- a. Input should come from parents, students, school authorities, the administration and the public.
- b. Regina Coeli School will involve the teachers and will present the plan for review and discussion annually at a Regina Coeli Home and School meeting.