



## 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.