



## ST. ALOYSIUS GONZAGA SCHOOL

4390 Bridgetown Rd. Cincinnati, OH 45211 513-574-4035

Saint Aloysius Gonzaga School is an Archdiocesan Catholic elementary school, preschool through eighth grade, operated by Saint Aloysius Gonzaga Parish. The school promotes the physical, nutritional, emotional, social and spiritual wellness of the students and staff. The school faculty and staff will revisit this Wellness Policy annually to revise, update, amend and communicate the policy as needed.

### **Wellness Policy – 2020-2021**

#### **1. Goals for (a) nutrition education, (b) physical activity and (c) other school-based activities that promote wellness**

##### **A. Nutritional Education**

1. Objectives relating to diet, nutrition, and exercise as stated in the most recent iteration of the Archdiocesan Graded Course of Study for Science and Health in grades preschool-8.
2. Appropriate materials, reminders, and programs will be prepared and presented to parents regarding proper nutrition, appropriate in-school snacks and lunches, and encouragement for each child to eat a healthy breakfast each morning.
3. All students are required to participate in nutrition education

##### **B. Physical Activity**

1. All students will participate in the school's physical education program that will implement the objectives of the most recent iteration of the Archdiocesan Graded Course of Study for Physical Education.
2. All Students in Preschool – 8 will have access to recess according to the school's schedule.
3. Reduced recess time will not be used as a means of punishment.
4. Families will be encouraged to participate in parish and community sports programs, and to be physically active outside of school.

##### **C. Other school-based activities**

1. Students in grades K - 3 will be provided with and encouraged to use a suggested five (5) minute segment of time to eat a healthy snack between 9:15 and 9:45am during every regular school day.
2. Each student's amount of seated time in the cafeteria will be at least twenty (20) minutes per day to allow for sufficient time to eat lunch.
3. Drinking water is available to all students via drinking fountains. During hot weather students are permitted to have a water bottle.
4. The Saint Aloysius Gonzaga School staff will use non-food items or healthy food items for student rewards.
5. The cafeteria staff will monitor the cafeteria for students with special dietary needs.
6. Parents will advise the cafeteria staff of any food allergies that their child may have.
7. Hand washing equipment and supplies are available in each classroom; waterless sanitizing soap will be in each classroom; and students will wash their hands before coming to the cafeteria to eat lunch.
8. Facility maintenance will be provided in such ways as to be compliant with Hamilton County Health and Safety Inspections.



## ST. ALOYSIUS GONZAGA SCHOOL

4390 Bridgetown Rd. Cincinnati, OH 45211 513-574-4035

### **2. Nutrition guidelines for all foods available on school campus during the school day**

- St. Aloysius Gonzaga School participates in the USDA school breakfast and lunch program.
- St. Aloysius Gonzaga School will continue to follow the Smart Snacks in School nutrition standards.

### **3. Guidelines for reimbursable school meals**

- St. Aloysius Gonzaga School will continue to follow state and federal guidelines and procedures for the school lunch program.

### **4. Plan for measuring the implementation of the St. Aloysius Gonzaga School Wellness Policy**

- St. Aloysius Gonzaga School will establish a Wellness Committee consisting of parents, teachers, food staff and administration to implement and monitor the St. Aloysius Gonzaga School Wellness Policy.
- In the beginning of the year, the P.E. class will record data related to strength, stamina, and flexibility (through exercises) and use this as baseline data for comparison through the year and as the students' progress through grades.
- Performance on educational objectives related to Health and Wellness will be reviewed by the Wellness committee on an annual basis.
- The St. Aloysius Gonzaga School Wellness Committee will meet a minimum of two times per calendar year to implement and monitor the St. Aloysius Gonzaga School Wellness Policy and make periodic reports to St. Aloysius Parish Education Commission.
- The St. Aloysius Gonzaga Wellness Committee will revisit the Wellness Policy annually to revise, update, or amend the policy as needed.