



ST. ALOYSIUS GONZAGA SCHOOL 4390 Bridgetown Rd Cincinnati, OH 45211

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 2025-2026

A. Nutritional Education

1. St. Aloysius School will implement the health objectives relating to diet, nutrition, and exercise as stated in the 2015 Archdiocesan Graded Course of Study for Science and Health in grades PK-8.
2. Programs relating to proper nutrition, tobacco education, and drug/alcohol education will also be presented to the seventh and eighth grade students as an extension of their basic curriculum.
3. 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.
4. Each student's amount of seated eating time in the cafeteria will be twenty (20) minutes per day to allow for sufficient time to eat lunch. Preschool students will be given 30 minutes for lunch in their classroom.
5. Depending on the grade level lunch time, students may be provided a five-minute segment of time to eat a healthy snack.
6. At the discretion of each teacher, students may have containers of regular tap water in their classrooms.



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B. Physical Activity

1. All students will participate in the school's physical education program.
2. Physical education programs will implement the objectives of the 2015 Archdiocesan Graded Course of Study for Physical Education.
3. Teachers will be encouraged to integrate physical activities into the class time (stretch breaks, brain breaks, or activities which involve movement) every 15-20 minutes.
4. All students will have access to recess according to the school's schedule.
5. Discipline will be administered in ways other than depriving a student of recess or physical education class. (Students who need time away from others (aka- a time out) should be encouraged to stay active by walking the painted path on the playground, walking around the playground with the adult on duty, etc.)
6. Families will be encouraged to participate in parish and community sports programs and be physically active outside school.
7. Sports camps, team-building events, and intramural activities will be advertised in the Gator Gazette so families can take advantage of community-related activities which encourage physical activity.

C. Other school-based activities

1. St. Aloysius School encourages teachers and parents to provide healthy snacks and to minimize sugary treats for classroom celebrations.
2. St. Aloysius School organizations are encouraged to consider healthy food and non-food fundraisers.
3. The St. Aloysius School staff will be provided training in nutrition and physical activities designed to enhance learning and classroom activities.
4. Hand washing equipment and supplies are available in each restroom; waterless sanitizing soap dispensers will be mounted in each classroom; and students will wash their hands before coming to the cafeteria to eat lunch.
5. Fully operational and clean drinking fountains will be available throughout the school.
6. Designated areas are provided and monitored within the cafeterias for students with special dietary needs.