



**Wellness Policy:  
Nutrition, Physical Education, Activity and Wellness**

**Statement of Purpose:**

It is the purpose of St. Dominic School's Wellness Policy to encourage wellness programs within the school. Wellness programs will be designed to encourage life-long patterns of healthy eating and regular exercise among all St. Dominic School students and staff.

**1. Nutrition**

A. Nutritious Food Choices

Nutritious and appealing food choices will be available wherever and whenever food is offered or sold at St. Dominic School.

B. Food Choices at School

Food and beverages available at St. Dominic School shall support the nutritional needs of students and include appealing, nutritious foods and drinks.

1. Most food and beverages available to students before, during and immediately after the regular school day will meet or exceed the nutrition standards recommended by Food and Nutrition Guidelines unless otherwise regulated by the USDA.
2. All food and beverages are designed to supplement, not replace, school meals.
3. Commercial advertising that promotes foods other than nutritious foods shall be discouraged.

C. Promoting Healthy Eating Behaviors

1. Nutrition education will be integrated into the St. Dominic School curriculum where appropriate.
2. St. Dominic School will educate students, parents and staff regarding healthy food choices and eating behaviors.
3. St. Dominic School will encourage the use of healthy nutritional promotional materials and minimize the use of marketing materials that promote less healthy food choices.

**2. Physical Education Instruction**

A. Curriculum

St. Dominic School's curriculum will provide opportunities for developmentally appropriate instruction for all students. The input of staff, students, parents and public health professionals in the development of the curriculum is encouraged and supported.

## B. Class Structure

The goal of St. Dominic School is to utilize teachers with physical education endorsement or health and fitness endorsements to teach physical education classes.

## C. Facilities

1. St. Dominic School will provide a safe environment to implement the program for the number of students being served.
2. St. Dominic School will provide both functionally and protective equipment for all students to participate actively and safely.
3. St. Dominic School shall minimize interruptions to scheduled physical education classes.

## D. Inclusion

Suitable physical education shall be part of education plans for students with chronic health problems, other disabling conditions, or special needs.

## E. Assessment

Assessment will be aligned with the teacher's curriculum.

## **III. Physical Activity**

To the greatest extent possible, schools should expand and / or support extra-curricular programs that promote physical activity, and other sports and recreation clubs and lessons that support increasing physical activity opportunities for students during or outside of the school day and for the general community.

### A. Promotion of Physical Activity

1. Physical activity education will be integrated into the St. Dominic School's curriculum where appropriate.
2. St. Dominic School will educate staff, parents and students regarding healthy physical activity and active lifestyle behaviors.
3. St. Dominic School shall encourage walking to attend school activities.

### B. Recess

1. In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. St. Dominic School shall provide daily recess period(s) for its students, featuring time for unstructured but supervised active play.
2. St. Dominic School will provide proper equipment and safe area designated for supervised recess time.

C. Before and After School Programs

1. St. Dominic School will work with the Northfield community to provide an avenue for reaching all students before and after school through organized physical activities (e.g. intramurals, interscholastic sports, community-based programs, and other activities).
2. St. Dominic School is encouraged to provide adequate co-curricular physical activity programs.

D. Supplemental Physical Activity

1. To the extent possible, school physical activity spaces and facilities, especially outdoor facilities such as sports fields, shall be available to young people before, during, and after the school day, weekends, and during summer and other vacations.
2. Fundraisers that promote physical activity are encouraged.

**IV. Evaluation, Implementation and Enforcement**

St. Dominic School's Nutrition, Physical Education, Physical Activity and Wellness Policy will be evaluated at least annually to monitor implementation and effectiveness. This policy will be reviewed and evaluated by the principal, the School Advisory Council, school nurse, and the lead kitchen manager.

We will build a team to collect data on physical activity, analyze the data, and make needed adjustments. We will use an assessment tool similar to the one found at <http://www.fns.usda.gov/tn/local-process-how-develop-implement-and-evaluate-wellness-policy>.

The team will consist of the physical education teacher, the principal, and key staff. The information will be reported to the Education Committee annually. In a Spring Report, the data collected will be reported to our school community.