

Title: Wellness Policy

No, LB: 5141.04

Policy:

All Saints Catholic School believes the emotional, physical, spiritual, and intellectual development of each student is enhanced by healthy nutrition and physical activity.

Nutritional meals will be served that meet all nutrient standards established by the USDA within financial reason.

All grades (4K-8) will have the opportunity to be physically active on a regular basis within the curriculum.

All Saints Catholic School supports all components of the Diocesan Wellness Policy, Regulations and Standards.

Board Action: 5/7/2009

Policy Action: 5/18/2007

Revised:

Reviewed by committee:

DIOCESAN WELLNESS POLICY

The Catholic Diocese of Green Bay recognizes that our bodies are a gift from God and therefore promotes healthy school communities by requiring wellness education and practices. These include

- ❖ physical and nutrition education,
- ❖ physical activity,
- ❖ school based activities to promote student health and wellness, and
- ❖ nutrition practices as recommended by the Diocesan Nutritional Standards and USDA Guidelines.

Administrators, faculty, and staff must promote these four (4) areas of wellness not only for the students but also for themselves in order to provide an example for the students. The Catholic Day School Advisory Council will review the specifics of this program and recommend Regulations to the Superintendent for Catholic Day School Education, which have been presented to them by the Task Force for a Diocesan Wellness Policy. These Regulations are a compendium to this Diocesan Policy.

The system or building level administrator(s) shall have the operational responsibility for the implementation and monitoring of the Diocesan Wellness Policy and Regulations. It is recognized that there may be rare special occasions when the system/school administrator allows a school a deviation from these Regulations. This must be documented with the Superintendent for Catholic Day School Education prior to the special occasion.