



WELLNESS POLICY

Fairmont Catholic Grade School
Fairmont, WV
2013-2014

Wellness Committee Members:

Mr. Pellegrin—Principal

Mrs. Debbie Holt—Head Cook

Mrs. Mary Mlinarcik—Physical Education Teacher

Mrs. Stephanie Tomana-Science & Health Teacher

Mrs. Wendie Martin—Computer Teacher

SETTING NUTRITION EDUCATION GOALS

1. Integrate nutrition education across the curriculums: health; physical education, science, technology, etc.
2. Incorporate the use of MyPyramid.gov as part of students' learning during computer and health classes.
3. Promote nutrition education through the use of our monthly newsletter/lunch calendar.
4. Encourage nutrition education by hanging positive nutritional messages (posters) in the school cafeteria.

SETTING PHYSICAL ACTIVITY GOALS

1. All students will engage in a 45 minute structured physical education class weekly throughout the academic year.
2. In addition to the weekly physical education classes, students will participate in a variety of other special programs throughout the school year including but not limited to: The Water 8-A-Day Challenge; an abbreviated President's Physical Fitness Test; Phys. Ed. Day; and the President's 6 Week Active Lifestyle Challenge
3. A 20 minute recess period will be provided daily for all classes to allow for unstructured physical play and activity.
4. Students will be encouraged to participate in team and individual sports after school each day and on the weekends.

ESTABLISHING NUTRITION STANDARDS FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUS DURING THE SCHOOL DAY

1. Cooks will meet dietary guidelines and nutrition standards established by the USDA and the National School Lunch Program procuring the healthiest food choices possible including a variety of fresh fruits and vegetables.

2. Fruit and vegetable choices, will be available to all students daily as part of their hot lunch selection.
3. Vending machines will not be available to the students.
4. Nutritional foods and drinks will be encouraged for homeroom parties and daily snacks.
5. Students will be given appropriate time before lunch for hand washing and be educated as to its importance.
6. Water will be available and encouraged for all students throughout the day.

SETTING GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

1. Cafeteria will be monitored to promote quiet time for first ten minutes to insure students receive adequate time to eat in a positive, pleasant surrounding.
2. Food fundraisers will be limited to one per year.
3. Posters will be at hand washing stations to promote sanitation education.
4. All students will be encouraged to participate in school meals by posting daily and monthly menus on the school's website and by providing the necessary information for free and reduced priced meals to school families.
5. On-going professional training opportunities will be made available to the kitchen staff.

SETTING GOALS FOR MEASUREMENT AND EVALUATION

1. This policy will be evaluated by the Principal and the Hot Lunch Coordinator on a yearly basis.
2. Lunch counts will be monitored to assess low meal days to re-evaluate hot lunch menus.