

School Wellness Policy

Goals/Rationale:

St. James Parochial School promotes a healthy school by supporting wellness, good nutrition habits and weekly physical activity as part of the total school environment. St. James supports a healthy and nutritious environment where children learn and participate in positive lifestyle practices. The administration, parents, health personnel and communities must consider the role student health plays in academic performance and adapt the learning environment to ensure students' nutrition and physical activities are met. St. James will continue to teach, encourage and support healthy habits by all students and faculty. The school will provide students with the knowledge and skills necessary to promote their health. The school will integrate into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects. The school is committed to being responsive to community input, which begins with awareness of the wellness policy. The school will notify the public about the content of or any updates to the wellness policy annually.

- A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school community shall be aligned with health school goals to teach students how to make informed choices about nutrition, health and physical activity. It is the intent of the school to protect and promote student's health by utilizing those foods that comply with those nutrition USDA Smart Snacks In nutrition standards. The school will promote healthy and beverages choices for all students throughout the school as well as encourage participation in school meal programs.

- B. Encourage, support and promote appropriate dietary habits contributing to students' health and academic overall performance.

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the nutritional guidelines set forth by the US Department of Agriculture and the Connecticut State Department of Education.

- C. Provide opportunities for students and faculty to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity includes regular instructional physical education as well as co-curricular activities and recess. Students have opportunities to be physically active before, during and after school. School staff is encouraged to practice healthy nutrition and physical activity behaviors in and out of school. Many faculty members have memberships to health fitness centers. The parish community supports the work of the school in creating continuity between school and other settings for students and staff to practice life long healthy habits.