

Cheverus Catholic School

Wellness Policy

The Cheverus Catholic School is committed to providing a school environment that is supportive of wellness, conducive to healthy choices and the ability to learn by supporting healthy eating and physical activity. It recognizes that there is a link between education, nutrition, the foods served in schools, physical activity, and environmental education, and that wellness is affected by all of these. This wellness policy and guidelines are based on the understanding that good health fosters student attendance and improved learning. Students need access to healthful foods and opportunities for physical activity in order to grow, learn and thrive. By promoting health and wellness for students and staff within our school community, healthy students will learn better and have better attendance. Healthy staff will also have better attendance, work and teach better and serve as a good role model for our students.

School Meals Program

The school meals program operates in accordance with the National School Lunch Program standards and applicable laws and regulations of Massachusetts. The school offers varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Students are encouraged to start each day with a healthy breakfast. Parents and caregivers are given educational resources and are encouraged to support a healthy school environment by providing a variety of nutritious foods if a child chooses to bring to school meals and snacks from home.

Eating as a Positive Experience

The school provides adequate time to eat, 15 minutes for lunch from the time the student is seated and then recess time after. Lunch is scheduled near the middle of each school day.

Nutrition Education

Students have the opportunity to participate in a variety of classroom nutrition education learning experiences. Cheverus Catholic School recognizes that a healthy intake of food and nutrients is essential for students to take full advantage of the learning environment in school. Healthy eating patterns during childhood can affect eating patterns in later years and students need to gain the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases.

Staff are encouraged to be positive role models and be committed to help improve school nutrition. The staff responsible for health and nutrition education are adequately prepared and participate in professional development activities to effectively deliver an accurate nutrition education program. Preparation and development activities provide basic knowledge of nutrition, skill practice program activities and instructional techniques, and strategies designed to promote healthy eating habits.

The nutrition education program engages families as partners in their children's education. Nutrition education may be provided to parents in the form of handouts, website postings, school newsletters, and nutrition presentations. The nutrition program will also ensure that profit generation will not take precedence over the nutritional needs of our students. Finally, the nutrition program will include guidelines for nutrition education and promotion.

Health and Physical Education

Health and Physical Education is taught as a required subject in grades pre-Kindergarten through Grade 8 for promoting the physical well-being of students. Physical education classes are taught in such a way that students learn, practice, participate and develop the knowledge, motor skills, self-management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives. Our health education program is designed to promote healthful living and discourage health-risk behaviors for all students.

Recess

We offer at least 20 minutes of recess on all days during the school year. This policy may be waived on early dismissal or late arrival days). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating.

Outdoor recess will be offered when weather is feasible for outdoor play.

If the school must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

Other School-Based Activities that Promote Student Wellness

Cross Country Track & Field Team
Basketball Teams
Various After School Clubs (Sports, STEM, Book etc.)

Health Services

Cheverus Catholic School recognizes the health and medical needs of our student and staff population. Some of our students require daily nursing care to enable them to perform to their academic potential. Cheverus Catholic School strives to provide safe and effective nursing care to all. Our nursing staff also acts as a liaison between parents, students and community medical professionals. The nursing staff annually reviews emergency plans for individuals experiencing anaphylaxis with administration, teaching, food service and custodial staff.

Advisory Group

The School Health Advisory Group is made up of the following representatives. They are responsible for devising a plan for implementation, improving, maintaining and evaluation of the policy and meeting its goals.

School Principal
Physical Education Teacher
School Nurse
Food Service Director
Faculty
Parents

The Advisory Group's role and responsibilities include but not limited to:

- Recommend procedures to the Principals and School Board
- Review the policy and protocols annually
- Monitor and evaluate the progress towards compliance with the goals of the policy
- Nursing staff reviews Food Allergy guidelines annually with all staff
- Promote parent and staff education regarding this policy