

Wellness Policy

St. Agnes of Bohemia School is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, including goals for nutrition education, physical activity and other school-based activities designed to promote students' wellness; nutrition guidelines for all foods available during the school day; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and involving parents, students, school food service providers, the school board, school administrators, and the public in developing this policy.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk of the development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes.

St. Agnes of Bohemia School will comply with the goals for Student Wellness established by the Archdiocese of Chicago, Office of Catholic Schools.

Healthful Food and Beverage Options for School Functions *

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness.

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Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans listed below.

***All items must be store bought and in original packaging to be shared within the classrooms.**

Raw vegetable sticks/slices with low-fat dressing or yogurt dip
Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
Fruit salad
Cereal and low-fat milk
100% fruit or vegetable juice
Frozen fruit pops with fruit juice or fruit as the first ingredient
Dried fruits – raisins, cranberries, apples, apricots
Single serving applesauce or canned fruit in juice
Peanut butter with apple wedges or celery sticks
Fruit smoothies made with fat-free or low-fat milk
Trail mix (dried fruits and nuts)
Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
Party mix (variety of cereals, nuts, pretzels, etc.)
Pretzels or reduced fat crackers
Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
Mini bagels with whipped light or fat-free cream cheese
Pasta salad
Bread sticks with marinara
Fat-free or low-fat flavored yogurt & fruit parfaits
Fat-free or low-fat pudding cups
Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
Flavored soy milk fortified with calcium
Pure ice cold water

**** This list is not all-inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices.***