

Aquin Catholic Elementary School

Wellness Policy



Wellness Policy Statement

Aquin strives to educate the whole person; mind, body, and soul". In educating students about the body, they strive to develop "a profound reverence for the great gift of life, their own lives and the lives of others, along with readiness to spend themselves in serving all that preserves and enhances life." 2

The school governed by the Aquin Catholic School Board strive to maintain a learning and working environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Aquin has developed the following Administrative guidelines for implementation and monitoring of the district's Wellness Policy. Aquin has a developed a local wellness committee comprised of representatives of administration, parents, students and leaders in food, exercise authority and employees. The local wellness committee has developed a plan to implement and measure the wellness policy and monitor the effectiveness of the policy. Annually, the school Wellness committee meets to discuss the current plan. This is communicated to the local Board of Education and the School Improvement Advisory Committee. The principal has been designated as the person responsible for reporting the committee's review of the policy and guidelines and ensuring that the school complies with the policy.

Specific Wellness Goals

In order to assure progress with the school wellness plan, specific wellness goals in the areas of Nutrition Education, Physical Activity and other school-based activities have been developed and reviewed annually.

A Commitment to Nutrition and Physical Activity

- A Wellness Committee, consisting of food service manager, teachers, student, and administrator has been created to address nutrition and physical activity issues.

Quality School Meals

- Menus will be monitored to assure they meet the nutritional standards established by the U.S. Department of Agriculture.
 - October 2017 Compliance Visit—Certification Achieved (2014-2015)
 - Offer vs Serve
 - Continue wrap as an option for middle school lunch

Other Healthy Food Options

- Parents will be encouraged to send healthy snacks for birthday treats or class celebrations.
- Parents will be encouraged to provide healthy cold lunch meals for their child (pop prohibited as a cold lunch beverage).
- Parents will be provided a list of appropriate and healthy snacks for school on our web-site

Pleasant Eating Experiences

- Students will be provided enough time and space during lunch to eat and socialize in comfort.
 - Ensure that students are able to sit with friends, regardless of lunch choice.
 - Ensure that students have ample time to both eat and socialize.
 - Physical activity is provided after lunch

Nutrition Education

- Nutrition education will be an ongoing part of the K-8 curriculum, and assessed on an annual basis.

Marketing

- Parent/Guardian information regarding proper nutrition and physical activity will be provided regularly in school newsletters
- Display case in lunchroom
 - Cafeteria News:
 - Activity Tips
 - Upcoming events (both school and non-school) to promote healthy living.
 - Healthy snack article will be sent to families.

Aquin Catholic Elementary School Wellness Plan
Adopted October 17, 2006
Revised March 23, 2018
Board approved of revisions April 17, 2018