

Queen of Apostles Catholic School

Wellness Policy

2007 – 2008 School Year



Faith, Excellence & Joy

Public Law 108-265 requires all educational agencies who participate in programs authorized by the Richard B. Russell National School Lunch Act or the Child Nutrition Act of 1966 to establish a local school wellness policy. Queen of Apostles strives to reflect the recommendations of the Diocesan Wellness Policy and to meet the goals of the Federal Legislative intent.

Queen of Apostles provides a healthy environment where children learn and participate in positive nutrition and lifestyle practices. Queen of Apostles contributes to each student's basic health status by providing learning through the promotion of good nutrition and physical practices.

Goals for Queen of Apostles School Wellness

The following goals are determined to be central to the success and health of the students.

- 1. Ensure an inclusive learning environment for developing and applying life long wellness behaviors.**
- 2. Encourage and identify proper nutrition habits to improve and promote student health and academic performance.**
- 3. Provide additional opportunities for students to participate in physical activities.**
- 4. Provide staff with opportunities to model healthy practices.**

Policies to Work Towards Wellness

Educational Policies

Queen of Apostles Catholic Schools meets or exceeds Office of Catholic Schools recommendations for curriculum. Faculty is encouraged to include nutritional themes into lessons. Students are provided numerous opportunities to learn about nutrition and physical activity.

Nutritional Policy

Queen of Apostles supports student wellness. It is understood that the foods we consume affect several aspects of our life; health, academic success, relationships and lifelong habits.

The diocese supports the sale and distribution of nutrient dense foods for all school meals, a-la-carte menus, functions and activities including before and after school activities and PTO functions. The Diocese has adopted the USDA nutrition standards governing the sale of food and beverages on school grounds.

Classroom Policies

Students have access to water throughout the school day. Teachers allow students to bring bottles of unflavored water to class.

Parents provide all snack foods for their student(s). Guidance is offered to parents and students regarding quality nutritional snack choices and birthday treats..

Students are allowed to bring in a treat to celebrate their birthday. Queen of Apostles supports the alternative decision to provide non-food treats or activities as celebration. Food treats should be healthy in nature.

Lunch Policies

Fast food lunches, sodas and energy drinks are not allowed. Low fat milk choices, are offered. A catering company provides US Government approved food choices three days per week. Queen of Apostles provides the opportunity for parents to order nutritional sound meals the other two days via healthelunchkids.com. Parents are encouraged to provide healthy lunches for their student(s). Queen of Apostles supports the Diocesan adoption of the USDA Nutrition standards governing the sale of food and beverages. Queen of Apostles' hot lunch program includes a daily salad bar.

Parents are encouraged to send packaged hand wipes in student packed lunches. Students without a wipe are provided a moist towel to cleanse their hands before lunch. These are given to each student by an adult in the Lunchroom.

Parents and grandparents are invited to have lunch with their student(s) at various times during the year.

Recess

Queen of Apostles School supports the National Association for Sports and Physical Education recommendations for recess. Recess should not replace physical education. Teachers are discouraged from withholding recess as a consequence for inappropriate behavior.

Queen of Apostles schedules recess before lunch. Research has shown that this scheduling helps to:

- Improve student behavior on the playground, in the cafeteria and the classroom;
- Students waste less food and drink more milk which leads to increased nutrient intake;
- Students are more settled and ready to learn upon returning to the classroom.

Classes rotate use of the gym and blacktop at recess. Students in grades K-2 also have turns using the playground.

Extracurricular Physical Activity

Queen of Apostles has an active extracurricular sports program which is supported and run by the PTO. Teams are fielded in soccer, basketball, tennis, and other sports as offered. The school also has the Spirit Squad which is a cheerleading activity.

Safety

Students are monitored at all times. All building safety issues are reported to the Facilities Manager who is responsible for maintaining the facility. The PE teacher is responsible for monitoring the condition of physical education equipment. The Principal is made aware of any safety problems.

The building is equipped with cameras and a security system. All building entrances are locked.

Fund Raising Policies

Queen of Apostles recognizes the benefits of fund raising events. These events sometimes involve the sale of foods that do not conform to USDA guidelines. Food sales of this nature are limited. Administration must approve these events, i.e., bake sales. These events should not compete with healthy student lunches.

Extended Day Policies

The Extended Day Program gives students the opportunity to study, socialize and participate in activities. Parents provide snack foods for their student(s). Students are allowed to bring in treats for celebrations. Food treats should be healthy in nature.

Physical Education Policies

The Diocese of Arlington requires a minimum of 40 minutes of structured physical education each week for grades 1-3, and 45 minutes of physical education for students in grades 4-8. In the Diocesan Wellness Policy the schools are asked to strive to extend the PE instructional time to meet national standards.

In an effort to align Queen of Apostles with these recommendations, and to recognize the importance of physical activity to the body and mind's overall health, Queen of Apostles is investigating the feasibility of increasing the number of minutes of PE instructional time.

Healthy Behaviors Policy

As positive role modeling is important to encourage student compliance, the faculty and staff are encouraged to model personal health and wellness.

Water is encouraged as a beverage for staff and students. The on site beverage vending machine offers only healthy beverage choices. The school distributes healthy lifestyle information from the diocesan EAP office and as additional pertinent information is obtained.

Staff who smoke do not smoke in the building or where students are present.

Queen of Apostles Catholic School
2007-2008 Wellness Committee

School Principal	Mary L. West
School Nurse	Maureen T. Blackwell, R.N.
PE Teacher	Alison Pizarro
Faculty Representative	Marie Smith, Jr. High Science Teacher
Parent Representative	Christine Snell, M.D.
Student Representative	Student Council President