

Our Lady of Grace Catholic School  
2940 West Galbraith Road  
Cincinnati, Ohio 45239  
(513) 931-3070

## **School Wellness Policy**

### **1. Goals for (a) nutrition education, (b) physical activity and (c) other school-based activities that promote wellness:**

#### **A. Nutrition education**

- Our Lady of Grace Catholic School will implement the health objectives relating to diet, nutrition and exercise as stated in the 2002 Archdiocesan Graded Course of Study for Science and health.
- Nutrition guideline, food pyramid charts, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in the school clinic or near the school cafeteria
- School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the day.
- Recess and/or healthy snack breaks will be scheduled for students as needed to maintain energy levels.
- The school menu along with information and helpful hints relating to nutrition and healthy activities will be provided to parents through the parent newsletter/email or school website.

#### **B. Physical Activity**

- All students will participate in the school's physical education program.
- Physical education programs will implement the objective of the 2006 Archdiocesan Graded Course of Study for Physical Education.
- All classes will have access to 25 minutes of recess daily according to the school's schedule.
- Discipline may be administered in ways other than depriving a student of recess or physical education.
- Students will be encouraged to participate in school and community sports programs, and to be physically active outside of school.
- (Students shall be supported in setting and meeting personal fitness goals.)

#### **C. Other School Based Activities**

- Our Lady of Grace Catholic School encourages the use of non-food rewards for student behavior.
- All fundraising during the school day will be consistent with the current state and federal *Smart Snack in Schools* guidelines.

- Our Lady of Grace Catholic School acknowledges that birthday celebrations and holiday parties are part of the school experience. The school will encourage teachers and parents to provide healthy snacks, and to minimize sugary treats for classroom celebrations.
- Our Lady of Grace Catholic School will encourage its groups and organizations to consider healthy food or non-food fundraisers outside of school hours.
- Teachers will be offered training in nutrition as needed and in physical activities conducive to learning and appropriate for classrooms that can be incorporated into the school day.

**D. Nutrition Guidelines for all food available on school campus during the school day.**

- Our Lady of Grace Catholic School lunch program will follow the nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services and is accessible to all students.
- Our Lady of Grace Catholic School lunch program will evaluate food products sold on its premises to insure their compliance with the USDA and State of Ohio nutritional guidelines for all food and beverages available during the school day.
- The only beverages available for sale will be plain water, low fat milk, or 100% juice products (8oz. or less).
- Any snacks sold in the school will be whole grain rich or have as the first ingredient a fruit or vegetable. Snacks must also meet the nutrient requirements of
  - Calorie levels under 200 calories
  - Sodium levels under 230mg
  - Total fat under 35% of total calories
  - Saturated fat less than 10% of calories
  - Trans fat zero grams
- Drinking fountains are available to students in all hallways of the buildings and potable water is available in the gym/cafeteria during meal periods. The students are encouraged to carry water bottles year round.
- Our Lady of Grace Catholic School will continue to follow the state and federal guidelines and procedures for reimbursement for school lunch programs.

**E. Plan for measuring implementation of the Our Lady of Grace Catholic School Wellness Policy**

- The number of students participating in extra-curricular physical activities and the amount of time spent on those weekly will be included in evaluating our program.
- The Our Lady of Grace Catholic School Wellness Committee will revisit the wellness policy annually to revise, update, or amend the policy as needed. They will also propose strategies to promote the OLG Wellness policy. The “bottom line” is the overall health and well-being of the students.

**F. Community involvement in the development of the plan**

- Input for this policy came from the Our Lady of Grace Catholic School Wellness/Crisis Committee comprised of: The principal, Mandy Kirk; the school nurse, Kay Larson R.N.; the cafeteria manager, Cathy Lawson; the physical

education teacher, Ryan Fleming; school psychologist, Whitney Walker; secretary, Beth O'Shaughnessy, the school maintenance, Tom Frank, the school priest, Fr. Goebel, parent, Debbie Mattingly, and teacher, Amanda Khambatta.

- This policy was approved by the Education Commission on \_\_\_\_\_ and will go into effect on December 1, 2016.