

## School Wellness Policy

### Bishop Guilfoyle Catholic High School

#### Guiding Principles

Bishop Guilfoyle Catholic High School recognizes the value of the blessedness of life. We attempt to foster in all of our students a respect for the gift of health. We also realize that it is our task as educators to educate our students in body, mind and spirit. This impels us to recognize the value of proper nutrition and physical activity in the development of each student entrusted to our care. Student wellness is related to well-being, growth, development and the ability to learn. The school is committed to providing a school environment that promotes student wellness, nutrient education, physical activity to students and education for parents to enable time to assist their children to make the best choices for a healthy life. The healthy school environment will assist the students to learn and make good choices regarding proper nutrition and physical activity. It is through improvement of nutrition and physical activity that student achievement may be improved.

#### Organization of Bishop Guilfoyle Catholic High School

Government by a Board of Trustees and operation by a President and Principal, Bishop Guilfoyle Catholic High School will implement the School Wellness Policy in our school and monitor the implementation of the policy through an internal Wellness Committee.

This will include:

- Availability, at a reasonable cost, a lunch program that meets the federally mandated nutritional guidelines.
- A health curriculum for classes designed to educate students about proper nutrition and life-long physical activity.
- A physical education course of study that provides for appropriate physical activity.

#### Delegation of Responsibility

It will be the responsibility of the School Administration to see that a Wellness Committee is established at the school.

The Principal shall be responsible to monitor the programs and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

A list of activities and programs conducted to promote nutritional awareness and physical activities and programs conducted to promote nutritional awareness and physical activities among students will be provided through a written planned course. In addition, suggestions for improvement will be reviewed annually.

The following staff members are responsible for implementation of the School Wellness Policy within their area of accountability:

#### Food Service Manager

- Develop a lunch program consistent with healthy guidelines and provide assurance that the school is in compliance with these guidelines.
- Offer healthy al-a-carte items during the lunch periods.

#### Teachers

- Implement the health curriculum areas of the Pennsylvania State Standards for high school students
- Develop means for physical activity within the curriculum.

#### Implementation Guidelines

Information will be provided using sources available on the Internet and/or through community health agencies.

The Wellness Committee will encourage and expect the Food Service Manager to attend in-services and trainings to increase nutrition of school lunches.

The physical education classes will provide instruction that promotes lifelong physical activity. The student will learn and practice and be assessed on developmentally appropriate skills, knowledge, and confidence to participate in health enhancing activities. There will be documentation of appropriate skills outlined in the physical education curriculum and in accordance with the Pennsylvania State Standards.

#### National Guidelines

- Foods provided through the National School Lunch Program shall comply with federal nutritional standards under the School Meals Initiative.
- Parents will be encouraged to promote their child's participation in the hot lunch program. If a student does not participate, parents/guardians will be encouraged to pack a healthy lunch for their student.
- Classroom rewards will not generally include food items.
- Vending machines will not be operating during the school lunch program hours.
- Healthier snacks will be included in vending machines during after-school hours.

#### Wellness Committee

The school will have a Wellness Committee with at least one representative from each of the following areas:

- Principal
- Business Manager
- Food Service Manager
- Administrative Staff

- Parent Representative
- Teacher Representative
- School Counselor
- Athletic Director
- Health Professional
- Student

The Wellness Committee serves as an advisory committee regarding student health issues and is responsible for overseeing the implementations of the Student Wellness Policy on the school level.

### Nutrition Education

The Wellness Committee will provide monthly education resources for parents. The program will provide parents with current information on improving nutrition or increasing physical activity for their student. The following are examples of possible programs:

- Healthy weight for adolescence and young adults
- Weight management
- Weight related health issues
- Nutritious food alternatives
- Suggestions to increase physical activities
- Food pyramid and its implications

Nutrition education will provide student with the knowledge and skills needed to lead healthy lives. The goal of this education includes:

- Dietary guidelines for the food pyramid
- Healthy methods to lose and maintain appropriate weight
- Guidelines for life-long physical activity