

Holy Spirit School
Wellness Policy Assessment
2016-2017 School Year

Holy Spirit School's Wellness Policy stresses the importance of a multi-dimensional approach to wellness education in order to promote ultimate health.

Nutrition Education

1. Wellness objectives are included in the course of study for health and science
2. Nutrition information is posted in the cafeteria and in the gym (where breakfast is served) as well as in classrooms.
3. Students are permitted to bring healthy snacks to their classroom and may consume them during designated times. Parents regularly receive healthy snack guidelines from their child(ren)'s teacher(s).

Physical Education

1. Holy Spirit School follows the Diocesan Physical Education Course of Study.
2. All students are required to participate in Physical Education classes.
3. All students receive at least 20 minutes of outdoor recess time per day (as weather permits). Recess occurs as long as it is not raining and the temperature (or temperature with wind chill factor) is 32°F or warmer.
4. Loss of recess time is not used as a disciplinary measure except in rare instances.
5. Holy Spirit School participates in the Diocesan Recreation Association which offers soccer (boys and girls), football (boys), volleyball (boys and girls), basketball (boys and girls), baseball (boys), softball (girls), and track (boys and girls). Students and parents regularly receive registration information as well as information regarding neighborhood/city-wide opportunities such as t-ball, baseball, bowling, etc.

School-Based Activities

1. All students receive weekly religious education which supports reverence for life, self-respect and respect for others; all concepts of wellness.
2. Holy Spirit School limits the use of food as a reward. In lieu, students might receive items like a homework pass, a prize, a pencil, etc. Parents are discouraged from bringing cupcakes and other sweets for birthday celebrations. They are invited to send in non-food items or to bring pre-packaged food to be consumed at home.
3. Updates to the school's wellness policy, and information regarding its implementation is posted in the school newsletter and on the school's website - www.holy-spirit-school.org

Nutrition Guidelines

1. Holy Spirit School's breakfast and lunch programs follow the nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services and Federal School Lunch Guidelines.
2. Breakfast is served from 7:30am to 7:45am and lunch is served from 11:00am to 1:00pm.
3. Holy Spirit does not offer beverages for sale other than 100% juice and 2% or nonfat milk. There are no vending machines on the school grounds.
4. Drinking fountains are available at both the lower and upper grade ends of the building, Additional fountains are available in the school gym and lunch room. All have been tested and provide lead-free drinking water.

Measurement and Evaluation

1. This policy is reviewed at least annually and is posted on the school's website (www.holy-spirit-school.org/wellness.htm)