

# **The Archdiocese of Indianapolis School Wellness Policy**

## **St. Christopher School**

### **2015 – 2016**

The Archdiocese of Indianapolis is committed to supporting school environments that support and promote the health, well-being and ability of students to learn by providing access to healthy foods, nutrition education and participation in physical activity. Guidelines to achieve these goals are as follows:

- All students will have opportunities to be physically active on a regular basis.
- Health education is to be offered at all grade levels to provide students with the knowledge and skills necessary to promote and protect their health.
- Each school will support parental efforts to provide a healthy diet and daily physical activity for their children by communicating with the home, and sharing the growing knowledge regarding health and nutrition.
- School lunches will serve as a focus to support the integration of nutrition education with healthy lifestyle choices.
- Schools are encouraged to provide students with 20 minutes after sitting down for lunch to eat.
- Schools will refrain from scheduling tutoring, club or organizational meetings or activities during meal times, unless students may eat school lunch during such activities.
- Parents and students will be encouraged to include fresh fruits and other healthy items, rather than packaged chips, etc.
- Soft drinks may not be brought to school.
- Elementary students are not to have access to vending machines at any time during the school day or during After Care.
- “Fast food” meals may not be consumed in the cafeteria during lunch periods.
- Food or beverages, including food served through the school meals, will never be withheld from students as disciplinary measure.
- Schools will limit celebrations that involve food during the school days to no more than one party per class per month, encouraging healthy food choices and other means of celebrating.
- Classroom teachers will make adaptations, which will allow students to experience a healthy physical environment by examining the school day for opportunities for increased physical movement.
- A student may be assigned an alternate physical activity during physical education class for disciplinary reasons.
- No child may miss more than half the recess period.