

Saints Philip and James School Wellness Policy

A Sts. Philip and James School Wellness Committee that involves parents, students, and staff will be established to develop and implement a wellness plan. Promotion of wellness at school will follow the Diocese of Youngstown policies and procedures.

1. The Child Nutrition Programs follow all guidelines established at the federal, state and local levels.
 - a. Lunch will be offered to all students in grades K-8 at Sts. Philip and James School.
 - b. The committee will investigate, during the 2008-2009 school year, the need and possible implementation of a breakfast program.
 - c. Students will be provided a safe lunchroom environment that allows for ample time space for eating meals.
 - d. All foods and beverages provided for sale in the lunchroom will follow food safety and security guidelines.
 - e. All foods and beverages provided for sale in the lunchroom will meet or exceed the National Food Program nutritional standards.
 - f. Students will be provided nutrition education through their health education classes.
2. Physical activities will be provided for students in grades K-8.
 - a. Physical activities will support all students taking into consideration abilities, body types and encourage students to perform to the best of their abilities
 - b. Students in grades K-6 will have the opportunity for physical activity at recess each school day.
 - c. Formal Physical Education classes will be provided at least weekly and teachers will be encouraged to provide exercise activities in their classrooms.
 - d. Staff members will be encouraged to model healthy behaviors and encourage physical fitness.
 - e. School activities will encourage and support lifelong practices in wellness.
 - f. Physical Education and Health activities will follow the Diocese of Youngstown Course of Study.
3. All Diocese of Youngstown Campuses which includes Sts. Philip and James School are smoke free. Alcohol, illicit drug use or smoking will not be permitted in Sts. Philip and James School.
4. Prevention Education targeting the abuse of tobacco, alcohol and other drugs will be provided and promoted.
5. Families will be provided with information that promotes healthy behaviors and physical fitness to help families reinforce what is promoted at the school level.
6. Documentation of activities and information will be filed in the school office.

School Wellness Policy

Plan committee: Pat Yaccucci (principal), Laura Gerstenslager (food manager), Monique Casteel (parent),
School does not have a school board

- Health class implemented 2005-06 as a separate class and not incorporated in Science. Physical Education teacher implemented fitness program as part of PE
- Principal will be primary overseer of wellness program.

Wellness Policy

Delivering Facts for Healthy Living (Revised 2008)

Why is physical activity important?

Being physically active is a key element in living a longer, healthier, happier life. It can help relieve stress and can provide an overall feeling of well-being. Physical activity can also help you achieve and maintain a healthy weight and lower risk for chronic disease. The benefits of physical activity may include:

- Improves self-esteem and feelings of well-being
 - Increases fitness level
 - Helps build and maintain bones, muscles, and joints
 - Builds endurance and muscle strength
 - Enhances flexibility and posture
 - Helps manage weight
 - Lowers risk of heart disease, colon cancer, and type 2 diabetes
 - Helps control blood pressure
 - Reduces feelings of depression and anxiety
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- Physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age their metabolism slows, so maintaining energy balance requires moving more and eating less.