

## **Sacred Heart School Wellness Policy**

*Reviewed March 1, 2017*

Sacred Heart School will strive to maintain a learning and working environment that promotes and protects children's health, well being and ability to learn by supporting healthy eating and physical activity.

### Wellness Goals:

1. To provide nutritious lunches that comply with the guidelines established by the Healthy Kids Act.
2. Nutrition education will be incorporated in classroom curriculums in all grades.
3. Physical activity will be encouraged and implemented.

### Plan for Measuring Wellness Policy:

1. A wellness policy committee will be established that may include the principal, parents, students, food service personnel, teachers and nutrition experts.
2. The wellness policy committee will monitor, evaluate and update the goals of the wellness policy

### Policy Review:

1. Assessments will be made at the wellness policy committee meeting to review implementation, compliance and progress to determine areas that need improvement.
2. The public will be informed about the content of the wellness policy and implementation of that policy.
3. The Sacred Heart School Wellness Policy is adopted from the Archdiocesan Wellness Policy for Catholic schools in the Archdiocese of Dubuque. The policy was made by the Archdiocesan Catholic School Board on September 10, 2005 and revised November 1, 2017.