

# ST. PETER - SCHOOL WELLNESS POLICY

## Nutrition Promotion

### Goal 1: Increasing the knowledge of nutrition to the students of St. Peter

Steps	Timeline	Persons Responsible	Resources
Students & staff will receive consistent nutrition messages throughout the school year	Yearly	Principal, Classroom teachers, Cafeteria Managers, School Nurse	Newsletters, Lesson Plans, Bulletinboards
Emphasize the importance of eating a healthy breakfast	Yearly	Principal, Teachers, Parents	Textbooks, Surveys, Newsletters
Food and Mood: 5 Points to Ponder posted on the cafeteria bulletin board	Monthly	Cafeteria Manager	Health materials and publications- Current Health
Cafeteria program is working to implement Farm to School efforts to provide healthy food	Yearly	Cafeteria Manager	Ohio Dept of of Food and Nutrition, Farmer Jones

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## Nutrition Education

### Goal 2: Increasing the knowledge of nutrition to the students of St. Peter

Steps	Time Line	Persons Responsible	Resources
Cafeteria staff will participate in providing nutrition education. Students will be educated through new food experiences and exposed to a wide variety of food choices. Encouraging students to try new foods on the menu and discourage negative comments	Daily	Cafeteria Manager, Lunch Monitors	Menu
Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control	Yearly	Classroom teacher	Lesson plans, health materials

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## Physical Activity

### Goal 3: Increasing the amount of physical activity for the students of St. Peter

Steps	Time Line	Persons Responsible	Resources
School will encourage walking and bicycling to school.	October/May	Principal and Staff	National Walk and Bike to School
Promote physical activities outside of school days	Yearly	Coaches	Offering CYO programs
When testing or when students must remain indoors for long periods of time, teachers will implement breaks when students can walk around and be moderately active	Yearly	Homeroom Teachers	Ideas provide by the PE teacher
Presidential Youth Fitness Program and Mile Run	Sept/ May	PE Teacher	Presidential Youth Fitness Website
One school fundraiser centered around physical activity - We Walk by Faith Walk a Thon & Spooktackular 5K Run	October	Staff, Parent Vounteers	
Implementing Brain Gym exercises to improve focus and memory	Yearly	Classroom Teachers	Brain Gym Websites