

St. Pius X School
Wellness Policy

The Diocese of Covington and St. Pius X School as part of the Diocese is committed to providing nutritious meals in our schools. Healthy, well-nourished students learn better are more attentive and cause fewer discipline problems. While we realize that schools cannot be expected to shoulder the burden or reversing the trend in childhood obesity on their own, we must do our part to provide a policy and environmental changes support healthier choices for both students and staff. Schools are, after all the place where youth spend a substantial portion of their time. And, given the opportunity, school staff can model healthier lifestyle choices to the students. Wellness Policies make sense, not only for now but also for the future of our children.

The St. Pius X Wellness Policy has been designed with the input of the cafeteria staff at St. Pius X School, the faculty and staff at St. Pius X School, the administration and the assistance of the Diocesan Food Director.

A Wellness Committee will be formed consisting of:

- Principal*
- Assistant Principal*
- *Cafeteria Representative*
- Physical Education Teacher*

This information will be available annually to all parents of students at St. Pius X School.

GOAL I

NUTRITION EDUCATION, PHYSICAL ACTIVITY AND SCHOOL BASED ACTIVITY

Nutrition education will be included as part of the curriculum in science, health and physical educational classes.

- *We have a wonderful source for ideas from our school administrator and cafeteria manager.*
- *Northern Kentucky Health Department has registered dieticians who will come to speak to a class with no charge.*
- *The Health Department is a great resource.*
- ***Students are discouraged from sharing foods, beverages with one another during meal or snack times.***
- *Remind students and stress the importance of not sharing food because of the spreading of germs and cross contamination.*
- *There are concerns about allergies and other restrictions on some children's diets.*
- ***A certified P.E. instructor will teach the PE classes using a K-8 approved curriculum guide.***
 1. *Daily a 15 minute period for recess is to be had for all children grades K-8.*
 2. *We try not to use the time of recess as a time to finish work or eliminate the recess time as a consequence of actions.*
 3. *We participate in walk your child to school day. Also, we have on the move a couple days a week.*
- ***Encourage students to maintain a physically active lifestyle***
 - a. *Reducing time spent on sedentary activities such as watching television, video games, and computer.*
 - b. *Encourage family activities*

GOAL II

NUTRITION GUIDELINES FOR FOODS SELECTED BY THE LOCAL EDUCATION AGENCY

- *Menu planning needs to be in accordance with the National School Lunch Guidelines.*
- 1. *Fresh fruits or raw vegetables will be offered often*
- 2. *Whole wheat bread products will be offered often.*
- 3. *Food will be served in quantities appropriate to the needs of the students at their age level.*
- 4. *Food preparation methods will attempt to lower saturated fat, sodium and sugar.*
- ***Students should be encouraged to start each day with a healthy breakfast.***
- ***The focus needs to be on offering healthy food choices not only in the meal but also ala carte items.***
- ***Students who do not purchase a school lunch are encouraged to pack healthy lunches from home.***

Suggestions include:

Low fat meat or cheese sandwiches served on whole wheat bread, buns or wrap sandwiches.

Fresh fruit and vegetables

Low fat yogurt

Low fat cheese cubes or sticks

At least 50% juice products

Pretzels, crackers, bagels, small muffins, dry cereal

Granola Bars

Dried fruit

Candy and soft drinks may not be included as part of a lunch from home.

School based activities such as fundraisers, rewards, celebrations ordinarily should not involve food or beverages or use foods and beverages that meet the acceptable nutrition guidelines.

1. Rewards for academic performance or good behavior should ordinarily not be centered around food.

a. We offer a variety of rewards both food and non-food.

b. Additional suggestions are at the end of the policy.

2. Ordinarily, schools should limit celebrations that involve food during the school day.

a. At St. Pius X we offer one classroom party at Christmas.

b. Instead of food we put the emphasis on an extra 5 minutes at recess, lunch in the courtyard, no homework pass, variety of sweatshirts without the St. Pius logo.

c. When snacks/treats are brought to school for the class we encourage nutritious, healthy choices of snacks/treats.

d. Candy can be used sparingly during the school day.

e. According to the Diocesan guidelines the following drinks are included;

- Allowed – water (without added caloric sweeteners), fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners, and unflavored or flavored low-fat or fat-free fluid milk.*
- Not allowed – soft drinks containing caloric sweeteners, sports drinks, iced teas, fruit based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners, beverages that contain caffeine (excluding low-fat or fat free chocolate milk which contain trivial amounts of caffeine).*
- A list of suggested snacks are included at the end of the policy.*

SUGGESTED FOODS OF NUTRITIONAL VALUE

- *Mini Bagels*
- *Crackers*
- *Microwave light or air popcorn*
- *Dry cereal*
- *Cereal or Granola bars*
- *Low fat cheese*
- *Banana*
- *Medium apples*
- *Cantaloupe cubes*
- *Grapes*
- *Vegetable sticks*
- *Low – fat yogurt*
- *Frozen juice bars*
- *Pudding cups*
- *Peanut butter & celery sticks*
- *Sunflower seeds*
- *Fruit kabobs*
- *Zoo animal crackers*
- *Chex Morning Mix Banana Nut*
- *Frito Lay Baked Doritos, Nacho Cheesier (3/4 oz pkg)*
- *Frito Lay Baked Potato Chips (plain) 1.25 oz pkg*
- *Gold Fish Pretzel*
- *Quaker Chewy Granola Bars Keebler Graham Crackers (3 count pkg)*
- *Keebler Journey Bar (1.3 oz pkg)*
- *Mini Moon Pie (1.2 oz pkg)*
- *50% fruit juice*
- *Whole grain breads or crackers*
- *Small Muffins*
- *Baked tortilla chips & salsa*
- *Rice cakes*
- *Pumpkin or banana bread*

- *Cereal mix or trail mix*
- *Fig Newton cookies*
- *Animal crackers*
- *Baked Doritos*
- *Graham crackers*
- *English muffin*

- *Fruit snacks*
- *Pretzels*
- *Low fat string cheese*
- *Baby carrots & dip*

8 Tips to help you when you have a snack attack

1. *Choose snacks that are low in fats.*
2. *Select fruit and vegetables in a rainbow of colors.*
3. *Think bite-sized. Finger foods work best*
4. *Limit sugar-filled beverages and snacks*
5. *Keep it small. A snack is an “extra” not another meal.*
6. *Skip the salt*
7. *Keep snacks in a special place.*
8. *It’s okay to have a cookie or a candy bar for a snack - once in a while*

PARTY SUGGESTIONS

- *Bagels*
- *Cheese Cubes*
- *Fresh cut up fruits*
- *Fresh finger food veggies*
- *Veggie pizza*
- *Tortilla wraps filled with meat or veggies*
- *Mini Sandwiches*
- *Yogurt Parfaits*
- *Slurpies*
- *Watermelon basket filled with fresh fruit*
- *Breakfast bars*
- *Oatmeal raisin cookies*
- *Animal crackers*
- *Granola bars*
- *Dried fruit mix*

- *Chex mix*
- *Popcorn*
- *Pretzels*
- *Baked chips*
- ALTERNATIVES TO FOOD REWARDS
- *Play favorite games*
- *Extra recess*
- *Sit by friend*
- *Eat lunch with teacher*
- *Show and Tell*
- *Paperback book*
- *Listen to music while working*
- *Homework pass*
- *Reduced homework*

- *Eat lunch outside*
- *Free time at the end of class*
- *Free choice*
- *“AND JUSTICE FOR ALL”*

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