



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 reverse the trend in childhood obesity on their own, we must do our part to provide a policy and environmental changes that 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.

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

[Full Wellness Policy](#)