**Rosary School Wellness Policy 2019-2020**

Rosary Catholic School is committed to the optimal development of every student. The school believes that for students to have the opportunity to achieve personal, academic. Developmental and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting. Throughout the school year.

Rosary School follows the Guidelines outlined in the Archdiocese of Oklahoma City’s Wellness Policy for Catholic Schools (attached) The Rosary School Healthy & Fit committee will create specific goals outlined in the Archdiocesan Policy.

This policy outlines Rosary School’s approach to ensuring environments and opportunities for all students to practice healthy activity behaviors throughout the day, and also after school and on the weekend.

This policy establishes goals and procedures to ensure that:

* Students have access to healthy foods for breakfast, lunch, and snacks, in accordance with Federal and state nutrition guidelines
* Students have opportunities to be physically active before, during, and after school
* Rosary School will engage in nutrition and physical activity promotion and other activities that promote wellness
* School staff are encouraged and supported to practice healthy nutrition and physical activity

behaviors in and out of school

* The community is engaged in supporting the work of the school in creating continuity between school and other settings for students and staff tom practice lifelong healthy habits
* The school supports the implementation of this policy

**2019-2020 Healthy & Fit Committee**

|  |  |  |
| --- | --- | --- |
| Becky Hardin | Cafeteria Manager | cafeteria@rosaryschool.com |
| Christy Harris | Principal | principal@rosaryschool.com |
| Beth Watts | PE Teacher |  |
| Mary Selid | Parent |  |
| Anisa Gonzales | Teacher |  |
| Sherry Sanders | Teacher |  |
| Audrey Selid | Student |  |

The designated officials for the committee, for the assessment of the local wellness policy are Ms. Becky Hardin and Mrs Christy Harris.

The principal, Mrs Harris, will convene the committee at least once in the fall and once in the spring to facilitate goals and updates.

The principal, Mrs. Harris, will be responsible for ensuring this local wellness policy is implemented.

At least once every three years, the school will evaluate compliance with the Wellness policy to assess the implementation of the policy.

**Goals:**

**Marketing of Food**

* No food that is not smart snack compliant will be marketed during the school day ( from 12:00 am to 30 minutes after school dismisses)
* Improve the cafeteria environment to promote health and nutrition
* As well as to work toward the nutrition education goals contained in the Archdiocese of Oklahoma City’s Wellness Policy for Catholic Schools

**Nutrition Education:**

* Schedule Field trips to learn more about nutrition and food trends
* Use provided handouts in the classroom
* As well as to work toward the nutrition education goals contained in the Archdiocese of Oklahoma City’s Wellness Policy for Catholic Schools

**Nutrition Promotion:**

* Encourage students to try new, healthy foods
* Rosary School will engage in nutrition and physical activities that promote wellness
* School staff are encouraged to model healthy nutrition in and out of school
* As well as to work toward the nutrition education goals contained in the Archdiocese of Oklahoma City’s Wellness Policy for Catholic Schools

**Other School Based Activities:**

* Involve parents and families in our fitness goals
* The community is engaged in supporting the work of the school in creating continuity between the school and other settings for students and staff to practice lifelong healthy habits
* As well as to work toward the nutrition education goals contained in the Archdiocese of Oklahoma City’s Wellness Policy for Catholic Schools

**Physical Activity:**

* Students have opportunities to be physically active before, during and after school.
* Rosary School will engage in physical activities that promote wellness.
* Participation in the Oklahoma City Memorial Marathon
* As well as to work toward the nutrition education goals contained in the Archdiocese of Oklahoma City’s Wellness Policy for Catholic Schools