

Have Faith in  
**Sts. Peter & Paul Catholic School**

(419) 523-3697 • 320 North Locust Street • Ottawa, Ohio 45875

**SPPS Wellness Policy**  
Revised: 2021

As required by law, Sts. Peter and Paul School Council establishes the following wellness policy for the Sts. Peter and Paul Catholic School.

Sts. Peter and Paul School recognizes that good nutrition and regular physical activity affect the health and well-being of the SPPS students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The SPPS Council, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support and model such healthy behaviors and habits.

The School Council sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. Nutrition Education

1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standard-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
3. Nutrition education posters will be displayed in the cafeteria.
4. The school cafeteria will serve as a learning lab by allowing students to apply the knowledge, attitudes and skills taught in the classroom when making choices at mealtime.
5. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake and exercise in ways that are age-appropriate.

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6. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products and low-fat and fat-free dairy products.

**B. Physical Education**

1. A sequential comprehensive physical education program shall be provided for students in grades K-8 in accordance with the standards and benchmarks established by the state.
2. The physical education curriculum shall provide sequential instruction related to knowledge, attitudes and skills necessary to participate in lifelong, health-enhancing physical activity.
3. The sequential, comprehensive curriculum and physical education classes shall provide students with opportunities to learn, practice and be assessed on developmentally appropriate motor skills, knowledge, attitude and social skills necessary to engage in lifelong, health-enhancing physical activity.
4. Planned instruction in physical education shall teach cooperation, fair play and responsible participation.
5. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
6. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting or harassment of any kind.
7. Planned instruction in physical education shall include cooperative as well as competitive games.
8. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

**C. Physical Activity**

1. Physical activity and movement shall be integrated, when possible across the curricula and throughout the school day.
2. The school will encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by

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community agencies or organizations, and in lifelong physical activities like bowling, swimming or tennis.

3. All students in grades 7-8 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.
4. All students in grades 7-8 shall have the opportunity to participate in interscholastic sports' programs.

D. Other School-Based Activities

1. The school will provide attractive, clean environments in which the students eat.
2. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
3. The school will eliminate any stigma or identification of students eligible to receive free and/or reduced meals.

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

- A. The school's food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption and disposal of food and beverages as well as to fiscal management of the program.
- B. The guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- D. The school food service program may involve students, staff, and/or school officials in the selection of competitive food items to be sold in the school.
- E. Continuing professional development shall be made available for all staff of the food service program.

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The School Council designates the principal as the individual charged with operational responsibility for measuring and evaluating the school's implementation and progress under this policy. The principal shall develop administrative guidelines necessary to implement this policy.

The principal shall report on the school's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the School Council.

Review of this policy shall occur every three years, by a committee appointed by the School Council, consisting of a representative(s) of the School Council, the administration, the food service provider, the parents, the students and the public. The committee shall provide the School Council with any recommended changes to this policy.