

# **Cathedral of Faith Christian School**

## **WELLNESS POLICY 2014-2015**

### **I. Introduction to Wellness at Cathedral of Faith Christian School**

The commitment to a policy of wellness for the whole school community begins with the mission statement of the school. This commitment to the whole child and a healthy faculty/staff fits into our goals as Catholic educators.

### **Mission Statement of Cathedral of Faith Christian School**

The faculty and staff of Cathedral of Faith Christian School dedicate ourselves to the task and privilege of being Christian educators. As Christian educators, our goal is to:

- Promote the Gospel Message of Jesus Christ that fosters compassion and concern for others
- Challenge the whole child in a nurturing environment where self-discipline, self-esteem, personal responsibility and Christian leadership are evident
- Encourage academic excellence by professional dedication, and personal outreach

This creates a family atmosphere and spirit of open communication throughout the school community. We pray for the strength, wisdom and courage to accomplish this task for the good of our students, the excellence of our institution, and the glory of God.

### **II. Nutrition Goals**

Academic performance and quality of life issues are affected by the choice and availability of good foods in our school. Healthy foods support students' physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- Cathedral of Faith Christian School participates in the USDA Food and Nutritional Service National School Lunch Program and has been designated as a Team Nutrition School. As a Team Nutrition School parents, teachers, food service staff, health and education groups, and the food and agricultural community come together in a partnership dedicated to improving school lunches and providing fun and entertaining nutrition education activities in the classroom and the cafeteria
- Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar, and sodium, and served in appropriate portion sizes consistent – with USDA standards are established for all foods offered by Cathedral of Faith Christian School's cafeteria director and staff. Menu and product selection shall utilize student, parent, staff and community/advisory groups whenever possible. The availability of the School Board, PTF, and Parent Advisory Committee (PAC) provide opportunities for in-put and dialog.

- There is a bookstore in the school complex. This bookstore offers carbonated drinks and water for faculty and staff only. Students do not have access to the bookstore during the school day.
- Nutrition services shall support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.
- Goals for continued nutrition education at Cathedral of Faith Christian School include: establishing guidelines for classroom snacks and treats, looking for fund raising options that do not include items that are nutritionally sound, and continued education on good nutritional choices in the classrooms.

### **III. Health Education and Life Skills**

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- A Beka provides a Curriculum Consensus that includes the goals and objectives for Health Education throughout the grades.
- Students will be taught communication, goal setting and decision making skills that enhance personal, family, and community health.
- A registered dietitian speaks with the students in grades k through 3 once a year on “Nutrition and Me.” Additional information is available in the clinic for students, teachers and parents.

### **IV. Physical Education Program**

The physical education program is designed to stress physical fitness and encourage healthy, active lifestyles.

- The physical education program at Cathedral of Faith Christian School follows the Curriculum Consensus for A Beka to meet set goals and objectives.
- Participation in physical education classes is required for all students in grades K-3 one day per week.
- Fitness testing is performed each year in the physical education classes to measure student fitness and growth.
- To encourage fitness and help students set goals, students are selected to participate in an annual Cathedral of Faith Christian School Field Day that enables them to compete.

## **V. Healthy and Safe Environment**

A healthy and safe environment for all supports academic success. Safer communities promote healthier students and healthier students do better in school and make greater contributions to their community.

- School building, grounds, and equipment will meet all current health and safety standards and be kept inviting, clean, safe and in good repair. Frequent inspections are made to insure a safe environment for students and faculty.
- Cathedral of Faith Christian School maintains a smoke-free environment.
- Safety procedures and appropriate training for students and staff will support personal safety. Teachers and staff are instructed yearly on OSHA training that includes hand washing and well stations in classrooms for the students.
- Cathedral of Faith Christian School promotes a violence and harassment free environment. Yearly in-services are held to educate faculty/staff and parents on bullying and harassment. Instructional materials and books in are available to students, teachers and parents.
- Each classroom at Cathedral of Faith Christian School will work to create an environment where students, parents, and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

## **VI. Family, School and Community Partnership**

Open communication is part of the mission of Cathedral of Faith Christian School. A goal to develop partnerships with the community will help to improve the health projects and events for the school.

- Family, student and community partners shall be included on an ongoing basis in the school wellness planning processes.
- Community partnerships will be developed and maintained as a resource for school programs, projects and activities.