

St. Xavier Catholic School Wellness Mission Statement

Part 1: Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive.

Whereas, good health fosters student attendance and education.

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes.

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid.

Whereas, nationally the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes.

Whereas, school districts around the country are facing significant fiscal and scheduling constraints, and community participation is essential to the development and implementation of successful school wellness policies.

Part 2: Commitment to Healthy Students' Success

St. Xavier Catholic School #X0729 is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of **St. Xavier Catholic School** that:

- Wellness guidelines will be implemented as specified in the Kansas State Department of Education's Wellness Policy Report for each school level.
- Students, parents, teachers, food service professionals, health professionals, and other interested community members will be engaged in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- All students in grades PK-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school before, during and after school hours will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and will follow all

rules and regulations set forth by the Kansas Department of Education's Smart Snacks in School's guidelines.

- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- Students will be provided with adequate time to eat in settings that are clean, safe and pleasant.
- To the maximum extent practicable, **St. Xavier Catholic School** will participate in available federal school nutrition programs.
- **St. Xavier Catholic School** will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, school nutrition programs and related community services.

Part 3: Goals for a Healthy Staff

In order to model positive behavior to our student body, goals have been set forth by the Wellness Committee in order to ensure the success of the health of the staff:

1. Park at the far end of the parking lot and walk.
2. Drink more water.
3. Use your breaks at work.
4. Set a reminder to get up from sitting.
5. Communicate with others in your facility.
6. Commit a friend to be active with you.
7. Get up during TV breaks when at home.
8. Cut out a half hour of TV or video games each day.
9. Be active during TV time.
10. Create a reward system for being physically active.
11. Take in one bag of groceries at a time.
12. Walk to the store, friend's house, or gym.

The purpose of this Wellness Policy guideline is to support and implement a successful environment for the health and well-being of our entire student body and faculty members. This policy is reviewed and updated on an annual basis.