

## Wellness Goal Review for 2015-2016

### Wellness Goals for Notre Dame Academy

#### Nutrition Promotion

- 1. The school lunch program will offer healthy lunch items with a variety of colors in accordance with the USDA requirements.**

- a. Lunch menus will be reviewed and updated in accordance with the policy.**

Lunches met or exceed the federal standards and are reviewed by the State every 3 years.

- b. Lunches will include whole grains, fruits and vegetables at each meal.**

Lunches include multiple choices of fruits, vegetables, salads, and grains each day. Students are welcome to return for additional vegetables/fruit if they are still hungry after finishing their main dish.

- 2. The school will request non-food choices for birthday celebrations.**

- a. The school policy book will provide other suggestions for birthday celebrations. Items like stickers, books, pencils and the like will be requested instead of traditional foods.**

NDA has a policy for no food for birthdays to help comply with lunch standards of no competitive foods and allergy standards.

- b. Occasional classroom celebrations must provide a healthy food choice.**

Parents on the celebration committees are reminded of providing a healthy alternative for parties.

- 3. NDA will not allow a vending machine where it is accessible to students.**

NDA remains vending machine free.

- 4. The Student Council "snack cart" will provide healthy and low fat/calorie items for purchase.**

The items on the snack cart were reviewed by the principal and healthy options are given.

- 5. NDA will not approve food or beverage marketing within the school facility.**

There is no marketing within the school from food or beverage organizations.

#### Nutrition Education and Well-being

- 1. Students will receive nutrition education through the regular school curriculum in science, physical education, health and religion classes.**

Health and nutrition education are offered in the general curriculum.

- 2. Posters will be visible in the cafeteria and/or gym promoting nutrition ideas and healthy choices.**

The lunchroom posts a variety of posters for healthy choices and promotes National School Lunch week activities.

The school also uses its announcements board in the entry area as a wellness tool. Weekly messages are changed and deal with all areas of health, wellness and spiritual being.

- 3. Middle schools classes will have a traditional health class with curriculum focusing on nutrition, mental, spiritual, and physical well-being.**

Middle school classes have the above mentioned focus as the class is taught by Mr. Tesch, our PE/Health teacher and Mrs. Rost, our Public School guidance counselor. Written materials have been purchased to enhance the program.

### **Physical Activity**

- 1. Students will receive recess time daily. Recess will take place outdoors weather permitting.**

All classes have daily recess and/or SMART time built into their schedules.

- 2. NDA will attempt to schedule recess prior to the lunch period for all grade levels.**

Some classes have recess before lunch others after lunch, due to younger children needing assistance in the cafeteria.

- 3. Students will receive a minimum of 30 minutes of Physical Education instruction during their regularly scheduled PE classes. Students will have PE a minimum of 2 times per week.**

Students in grades K-8 participate in PE twice per week at a minimum. Grades 5 - 8 have 40 minute PE classes.

- 4. As scheduling allows, other physical activity courses may be offered during the school year.**

At the present time no additional in school activities are offered, but we do have after school sports and activities like yoga for students to participate.

**5. Fitness testing will be conducted in PE classes and students will set goals for their fitness and health.**

Classes participate in fitness level evaluations and set goals for improvement, then are evaluated again throughout the year.

**Other School Activities**

**1. NDA will participate in the CSC student health fair each year it is available.**

NDA participated in the CSC health fair during the 2015-16 school year.

**2. NDA will offer school community activity nights during the winter months to encourage physical activity and wellness.**

NDA offered the first Saturday of the month activity events for families, including open gym, roller skating, ice skating and other events.

**3. NDA will offer before and after school activities that promote health and fitness.**

NDA offers yoga, soccer, volleyball, basketball, baseball, softball, and other activities for the students.

**4. NDA will do a yearly assessment of its goals and post information on the school website and provide updates in the Insight and at the yearly school report event.**

**ADDITIONAL GOALS FOR 2016-17**

NDA is interested in offering a health and wellness fair in the 2016-17 school year.

NDA would like to offer a flu shot clinic to employees, parents and students in 2016-17. Last year we offered it to employees only.

NDA will encourage more people to participate in our Marathon event.

NDA will seek some health or wellness related presentations for students/parents during the school year.

NDA will write some grants for health/wellness related needs.