

AUGUSTINIAN ACADEMY



317 West Street, Carthage, NY 13619

(315)493-1301, FAX (315)493-0632

www.caugustinian.org mmargrey@augustinianacademy.org

Wellness Policy Augustinian Academy School Year 2017-18

Introduction:

Augustinian Academy is committed to providing a school environments that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity. It is important that children have access to healthful foods an opportunities to be physically active in order to grow, learn and thrive. With the vast rise in obesity, type 2 diabetes and the lack of physical activity amongst today's youth, it is necessary that Augustinian Academy provide nutrition education and physical education to foster lifelong habits of eating and physical activity.

Achieving Policy Goals:

Administrators, Physical Education teachers and Cafeteria Staff of the school will create, strengthen, monitor and revise school nutrition and physical activity programs. These representatives will enhance school nutrition standards, increase physical activity programs offered and promote the importance of eating a healthy diet and being physically active. All resources available to the school will be used in achieving the goals set forth.

Nutrition Education and Promotion:

Augustinian Academy aims to teach, encourage and support healthy eating by students. Augustinian Academy will provide nutrition education and engage in nutrition promotion as part of health education, physical education and science classes. Classes will educate the importance of eating healthy foods and being physically active. Posters and other visual aids pertaining to nutritional facts will be posted to help reinforce the importance of a healthy diet and being physically active.

The school will also support parents' efforts in providing a healthy diet and daily physical activity for their children. The school will promote healthy foods, including fruits, vegetables whole grains and low-fat dairy products, Guidelines for reimbursable school meals should not be less restrictive than regulations and guidance issued by the U.S. Secretary of Agriculture.

Physical Education and Physical Activity Opportunities:

All students in grades K-8 will receive physical education for the entire school year for 120 minutes per week. All students in grades K-4 shall attend and participate in physical education on a daily basis with physical education two times per week and in class physical education the remaining days. Students in grades 5-8 shall attend and participate in physical education three times per week

Extracurricular physical activity programs will be offered and expanded to meet individual needs of students. Augustinian Academy offers a wide range of intramural and interscholastic sports programs, in which both boys and girls may participate.

Monitoring and Policy Review:

The representatives of the schools wellness policy will monitor, review and update the policies set forth in each area. The school will ensure compliance with the policies set forth and modify them as needed. To assist with the initial development of the school's Wellness policy, the school will conduct a baseline assessment off the school[s existing nutrition and physical activity, environment sand policies. The results of those school assessments will be monitored to identify strengths and weaknesses and help prioritize needs. Augustinian Academy will as necessary, revise the wellness and develop work plans to facilitate their implementations.