

Wellness

Bishop Hartley recognizes that it is essential to educate the whole child spiritually, academically, physically, socially, and emotionally. Similarly, our wellness program must be multi-dimensional to encompass all of these areas in order to promote the dignity of the human person, respect for self and of others. Our wellness policy is based on this fundamental principle.

Nutrition Education

Wellness objectives concerning nutrition are in the Diocesan Health Course of Study (2005) which references nutrition and exercise K-12. Additionally, similar grade level indicators are included in the Science Course of Study (2010). The Health curriculum at Bishop Hartley has a strong emphasis on nutrition.

Nutrition guidelines, food pyramid charts, suggestions for healthy good choices, and other messages that support wise food choices will be displayed in and near the cafeteria as well as in Health classrooms.

School-Based Nutrition Guidelines

The use of sugary foods for rewards and celebrations will only be used on a very limited basis.

Bake sales or candy sales are discouraged.

Our School lunch program follows the nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services, and Federal School Lunch Guidelines.

Lunch periods and snack breaks (if applicable) will be scheduled as necessary to maintain optimum energy levels and nourishment within a reasonable time frame from the start of the school day.

No beverages sold in the cafeteria will contain any sugar (zero sugar).

Drinking fountains are available in each wing of the building.

Physical Education

The primary purposes of Physical Education is to promote physical fitness and to help students develop long term habits that will be beneficial throughout their lives. Physical fitness is supported through the Diocesan Physical Education Course of Study (2010).

All high school students shall participate in Physical Education.

In addition, students will be encouraged to participate in school and community sport programs and to be physically active outside of school.

Wellness Related School-Based Activities

The Religion Course of Study (2015) supports reverence for life, self-respect, and respect for others, which are also fundamental concepts of wellness. All school-based activities are rooted in these Religion Course of Study concepts.

The school will offer weight loss incentive program for faculty and staff and consultation for students.

The school will provide instruction to faculty and office staff on how to manage an anaphylactic reaction. The school will have 2 Epi-pens available for anaphylactic reactions in people who have not previously been diagnosed with a life-threatening allergy.

All faculty and students will be instructed on the Heimlich procedure and use of AEDs.

Measurement and Evaluation

This policy will be reviewed regularly to evaluate school-wide compliance and effectiveness in the school. Based on the regular reviews, the school will determine any revisions necessary to support wellness in the school on a yearly basis.

Revised by Wellness Committee in June of 2017