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St. Joseph School Wellness Policy

The Archdiocese of Indianapolis is committed to supporting school environments that promote and protect the health, well being, and ability of students to learn by supporting access to healthy foods, nutrition education, and participation in physical activity. Guidelines to achieve these goals are as follows:

- All students will have opportunities to be physically active on a regular basis.
- Health education is to be offered to provide students with the knowledge and skills necessary to promote and protect their health.
- Each school will support parental efforts to provide a healthy diet and daily physical activity regarding health and nutrition.
- School lunches will serve as a focus to support the integration of nutrition education with healthy lifestyle choices.
- Schools will refrain from scheduling tutoring, clubs, or organizational meetings or activities during meal times, unless students may eat school lunch during such activities.
- Parents and students will be encouraged to include fresh fruits and other healthy items rather than packaged chips, etc.
- Soft drinks and/or fast food items may not be brought to school and are not allowed in the cafeteria.
- Elementary students are not to have access to vending machines at any time during the school day unless supervised by a faculty member.
- In light of the information available regarding childhood nutrition, schools will limit the practice of using candy, soft drinks, or food snacks as rewards for academic performance or good behavior.
- Food or beverages, including food served through the school meals, will never be withheld from students as a disciplinary measure.

Schools will limit celebrations that involve food during the school days to no more than one party per class per month, encouraging healthy food choices and other means of celebrating. (i.e. games)

- Classroom teachers will make adaptations, which will allow students to experience a healthy physical environment, by examining the school day for opportunities for increased physical movement.
- Students will not be kept from participation in physical education classes for academic or disciplinary reasons.
- No child may miss more than half the recess period.