

# **Wellness Policy**

**Cardinal Mooney High School  
2545 Erie Street-Youngstown, OH 44507**

## **Requirements for Local Wellness Policy:**

- Our wellness goals for nutrition education, physical activity and other school-based activities are designed to promote student wellness;
- There are nutrition guidelines for all foods served through the National School Lunch Program;
- Guidelines have been set for reimbursable school meals;
- A plan for measuring implementation of the local wellness policy has been established;
- There is community involvement in the development of the plan.

## **Goals for nutrition education, physical activity and other school-based activities that promote wellness:**

### 1) Nutrition education

- a) All schools implement the health objectives relating to diet, nutrition, and exercise as stated in the Youngstown Diocesan Graded Course of Study for Science and Health.
- b) Nutrition guidelines, food pyramid charts, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in or near the school cafeteria. Good eating habits posters are in the cafeteria.
- c) School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the school day.

### 2) Physical Activity

- a) All students participate in the state-mandated accredited physical education program.
- b) The physical education program implements the objectives of the Youngstown Diocesan Graded Course of Study for Physical Education.
- c) Students are encouraged to participate in school and community sports programs, and to be physically active outside of school (ex. Dance, scouting programs, etc.) Cardinal Mooney High School offers 22 Varsity Sports and many other alternative extracurricular programs that encourage and promote physical health.

### 3) Other school-based activities:

- a) Teachers and parents are encouraged to promote healthy snacking.
- b) The school and other organizations have non-food fundraisers and are encouraged to consider healthy food fundraisers.
- c) Teachers are encouraged to have students use the chalk/dry-erase board regularly, computers for research, and multiple activities during the class period are encouraged.

- d) Teachers are offered in-services regarding food allergies. In-services include food allergy awareness and emergency actions.

**Nutrition guidelines for all foods available on school campus during the school day:**

- 1) The school lunch program follows nutritional guidelines established by the Ohio Department of Education, Office of Child Nutritional Services.
- 2) Students are offered at least a healthy alternative snack and beverage. Vending machines during lunch offer bottled water and zero-calorie pop available for purchase.
- 3) Drinking fountains and/or water coolers are available in every building.
- 4) Low-fat chocolate milk and white milk is available during lunchtime.

**Guidelines for reimbursable school meals:**

Cardinal Mooney High School continues to follow the state and federal guidelines and reimbursement for school lunch.

**Plan for measuring implementation of the local wellness policy:**

- 1) Periodically, health classes survey students and/or parents on eating choices and behavior and physical activity outside of school.
- 2) The physical education teacher will have students monitor their personal heart rate during their own physical fitness programs.
- 3) The local wellness committee will revisit the wellness policy annually to revise, update, or amend the policy as needed. The “bottom line” is the overall health and well-being of the students.
  - a) Input and evaluation for the Cardinal Mooney local wellness plan was completed by the Principal’s Policy Advisory Council-consisting of administration, faculty member(s) lunch coordinator, and parent(s).