

OUR LADY of the HAMPTONS REGIONAL CATHOLIC SCHOOL

WELLNESS POLICY

The mission of Our Lady of the Hamptons is to provide an educational environment where students can grow academically, spiritually and emotionally.

The health and wellness of all students and faculty is critical to the educational process. Heart disease, cancer, stroke and diabetes are responsible for two of every three deaths in the United States. Major risk factors for these diseases, including unhealthy eating habits, physical inactivity and obesity are often established in childhood.

Therefore, Our Lady of the Hamptons is committed to providing an environment that promotes and protects our children's health and well being. The ability to learn is supported by healthy eating and physical activity.

Our Lady of the Hamptons will accomplish this by:

Nutrition

1. Students will be provided with a clean, safe and pleasant setting to eat. Students will have a twenty-five minute lunch period.
2. Students will be discouraged from sharing food or beverages during meal and snack time due top concerns about food allergies and restrictions.
3. Students will be encouraged to start each day with a healthy breakfast.

4. Food will not be used as a reward or punishment for student behavior unless it is detailed in a student independent educational plan.
5. Parents and faculty including the school nurse will select healthy foods for "hot lunch" days.
6. Parents will be encouraged to provide healthy lunches and snacks to their children on other days. Choices from the five main food groups of the food pyramid will be encouraged.
7. OLH will provide information and education to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for them.

Physical activity and Physical Education

1. All students in PreK through Eighth Grade will receive forty minutes of Physical Education per week. This will include moderate to vigorous activity.
2. All students will participate in twenty five minutes of supervised recess per day. Students will be outdoors whenever possible and encouraged to participate in physical activity.
3. Opportunities for additional physical activity will be provided through a range of other programs. These include (but are not limited to) dance class for grades K-Five, intramural team sports, and after school dance programs.

The principal will insure compliance with the above wellness policy. This policy shall be reviewed annually or when deemed necessary by the principal to assess its efficacy.