



Mary Queen of Peace
Catholic School

Mary Queen of Peace Wellness Policy

Purpose

The purpose of this policy is to combat the growing problem of childhood obesity and the health problems associated with poor nutrition and a lack of physical activity and to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

General Statement of Policy

- A. The Mary Queen of Peace School Advisory Board recognizes that nutrition education and physical education are important components of the educational process and that good health fosters student attendance and learning.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. Mary Queen of Peace encourages the involvement of students, parents and staff in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
- D. Students need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students in grades PreK-5 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.