

# WELLNESS NEWSLETTER

FOR CATHOLIC SCHOOLS IN THE DIOCESE OF ERIE

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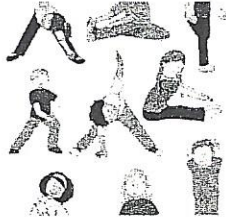
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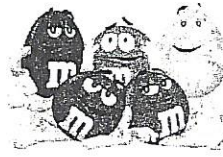
## Main Components of the Student Wellness Policy



Nutrition  
Education



Physical  
Activity



Competitive  
Foods



Measurement  
and Assessment

### Nutrition Education

Principals and teachers can help make schools healthier places to learn by providing quality food and teaching children about the importance of nutrition. Schools need to have an educational component about healthy food choices as part of Health classes.

Please share this website with your parents: <http://www.letsmove.gov/healthy-families>.

### Physical Activity

Have students take brain breaks during the day by building in simple movement activities. A five minute physical activity between classes can reenergize the brain and increase a child's attentiveness. These bursts of energy can be a very effective tool for helping student's academic performance.

### Competitive Foods

Remember that no food can be "sold" to students during the school day on school property unless it complies with the NSL program guidelines. Schools can request an exemption. Elementary and middle schools can have up to five exemptions in a school year. An exemption form must be completed prior to the selling of the food and submitted to Kim Lytle, Dir. of Curriculum. "Selling" of food includes any exchange of money, tickets or work done by a student for food.

### Measurement and Assessment

Wellness Index must be completed by the end of May and sent to Kim Lytle.

At least once during the year, a school must provide parents with resources on healthy eating and the value of physical activity.

Parents must be notified that the school's compliance with the Wellness policy is posted on the Catholic Schools Office website at the link for Parent Resources.

#### Diocesan Wellness Committee

Kimberly Lytle, Chairperson, Catholic Schools Office  
Kim Hill, Coordinator, Our Lady's Christian School  
Kathy Bartley, St. George School  
Roberta Bucci, Catholic Schools Office  
Sandra Florig, Elk County Catholic High School  
Stephen Nemenz, Our Lady's Christian School  
Victoria Wagner, Kennedy Catholic Middle School

