

**St. Peter Claver Catholic School**  
**Local Wellness Policy**  
**2023 - 2024**

**St. Peter Claver Catholic School**  
**133 Ward Street Macon, Georgia 31204**  
**478-743-3985**  
**[www.spccatholicschool.org](http://www.spccatholicschool.org)**  
**Updated 09/11/2023**

## Health and Wellness Committee Roles and Responsibilities

<b>Committee Chairpersons -</b>	Sr. Cheryl Ann Hillig, DC (Principal) and John Briandi, Cafeteria Director
<b>Food Service According to Federal and State Guidelines –</b>	Graciela Millan and Watchiat Damier (Cafeteria Staff)
<b>Nutrition /Health/Physical Education -</b>	Donna Lowry (Physical Education/Health Instructor)
<b>Family Life Education -</b>	Sandra Davis-Johnson and Aracely Caraveo (Religion Educator)
<b>After School Activities -</b>	Rosa Rodriguez and Kiffany Stubbs (After School Care Staff)
<b>Extra-Curricular Activities -</b>	Shelia Burke, Donna Lowry and Erik Tobler
<b>Student Representatives -</b>	Christoffer Solis-Hernandez and Zhykerria Calhoun 8 <sup>th</sup> grade students
<b>Review and Evaluation -</b>	Dr. Kendra Russell, Provost Fellow for International Education Professor and Director Program Innovation & Evaluations Department of Nursing Middle Georgia State University and Dr. Kela Primus, Pharm.D.
<b>Compliance -</b>	Maria Hernandez Perlta and Rochelle Go (Parents of SPC Student)

## **I. Education of Students**

### **Goals for Nutrition Education**

1. To relate healthy eating habits to the development of a positive self-concept.
2. To understand the relationship between eating and building social relationships.
3. To understand the relationship between eating and personal health.
4. To understand the relationship between eating and consumer economics.
5. To understand the relationship between eating and the environment.
6. To understand what constitutes nutritious eating.
7. To understand the effects of eating disorders.
8. To understand the relationship between eating and the respect and reverence for life.
9. To learn about agencies and programs which promote nutrition.
10. To acquire life-long passion for nutritious food choices.
11. To understand healthy food choices and lifestyles through the use of educational posters in cafeteria and other school buildings.
12. To understand importance of healthy food choices through the use of healthy tips on monthly menus and quarterly flyers.
13. To understand the correlation between food choices and life-long health implications through a quarterly series of promotions/demonstrations.

### **Goals for Physical Activity for SPCC staff/teachers**

1. To develop skilled movements in all students according to their abilities and ages.
2. To develop responsible behaviors related to physical activity.
3. To develop students' understanding of the cognitive concepts needed for physical activity.
4. To promote a physically active lifestyle for all students.

### **Goals for Family Life Education**

1. To understand the role of family in promoting health and wellness.
2. To explore family living patterns as they relate to health and wellness.
3. To explore family dysfunctions which adversely affect health and wellness within the family.
4. To develop a healthy, sacred, moral sense of sexual activity and procreation.
5. To understand how families teach us to respect the health and wellness rights of others.
6. To recognize the covenant aspect of family relationships.
7. To recognize how families help us develop our conscience and our choices.
8. To recognize how families help us learn how to communicate our health and wellness needs.

### **Goals for Science Education**

1. To recognize the ways alcohol, drugs, and tobacco can affect our health and wellness.
2. To learn basic first aid procedures for maintaining health and wellness.
3. To explore careers in health and wellness.
4. To learn ways to take care of our body to promote health and wellness.
5. To learn available health services in the community.
6. To learn about body systems and their roles in health and wellness.
7. To learn basic information about human heredity.
8. To learn about genetic engineering and its relationship to the environment and to one's own health and fitness.
9. To understand bodily changes and their relationship to health and wellness.
10. To understand the basic concept of disease, especially communicable diseases and how they can be prevented.
11. To understand the importance of regular physicals, immunizations, and health insurance.
12. To understand state and federal roles in healthcare.
13. To identify world-wide health problems and world-wide healthcare agencies.
14. To understand how care of the environment relates to health and wellness.
15. To understand the basic role of medicine in health and wellness and the safety related to medicine usage and shortage.

### **Goals for After School Care and Extra-Curricular Activities**

1. To provide activities to promote safety and care for students during after school hours.
2. To promote students' talents, abilities and creativity in a fun atmosphere.
3. To teach students teamwork, sportsmanship, leadership and community-building skills.
4. To help students develop healthy social relationships.
5. To develop students' cognitive abilities beyond the classroom.
6. To help students develop healthy adult and mentor relationships.
7. To provide students with nutritious after school snacks.

## **II. Nutritional Guidelines for Campus Food During the School Day**

Nutritional Guidelines for Campus Food During the School Day  
St. Peter Claver Catholic School provides all food and beverages to students as part of the school meals. The school does not market food to students and does not provide additional a la carte options for purchase.

### **III. Assurance of Guidelines**

The following actions will be taken to assure that school meals are not less restrictive than the federal guidelines:

1. The breakfast, lunch and after school snack menus will be analyzed for nutrient quotas and adherence to guidelines.
2. The staff will be trained and updated regularly in all federal and state guidelines.
3. Guidelines and menus will be posted in food service areas.
4. Materials for promotion of healthy nutrition will also be posted in food service areas.

### **IV. Compliance with Local Wellness Policy**

1. The health and wellness programs, activities and goals of St. Peter Claver Catholic School outlined in sections I-V are evaluated yearly to determine compliance with its Local Wellness Policy.
2. This evaluation is conducted at the end of the school year, with results presented at the Back to School Night held in conjunction with the opening of the following school year. Community leaders, St. Peter Claver students, parents, faculty, staff, and stakeholders are invited to this event, and solicited for feedback on the Local Wellness Policy.
3. The Local Wellness Policy, evaluation and compliance status are posted on the school's website, [www.spccatholicsschool.org](http://www.spccatholicsschool.org).

### **V. Involvement of Others in the School Wellness Policy REVISED 09/11/2023**

**Administration:** The administration supervises and evaluates all aspects of this program, approves all purchases, receives feedback from the stakeholders about the policy and its implementation, and supports all those involved in the programs relative to the policy. The administration also develops curriculum that is implemented in the educational aspects of the program.

**Community:** Community involvement in the Local Wellness Policy includes, but is not limited to, guest speakers on relevant topics, and annual Health and Safety Fair.

**Parents:** Parents are involved in the Family Life Education through learning activities with their children. Activities are also provided at monthly parent meetings. Parents receive monthly cafeteria menus, nutrition and health tips on menus, weekly newsletters and quarterly flyers. Parents are also involved in implementing after school activities.

**Public:** The public evaluates the Local Wellness Policy by inspection of the school's food service facilities, critiquing the school's menus, and by examining various programs offered by our school. Outside firms are brought regularly into the life and mission of the school for the sole purpose of evaluation and public opinion. These opinions are considered critical in the development of the school wellness program.

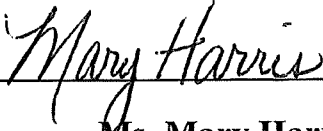
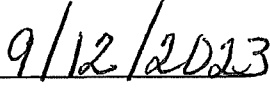
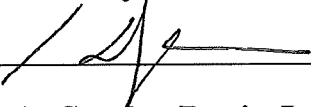
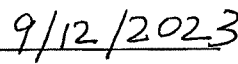
**School Board:** The Board reviews the Local Wellness Policy, makes suggestions on how to raise money to support programs inherent in the policy, and supports administration of the programs. The School Board solicits feedback from all its stakeholders and the public sector and offers any needed guidance.

**School Food Authority:** The School Food Authority plans all menus, ensures safety procedures are observed in the kitchen and cafeteria, approves all purchases, monitors all prepared food, and maintains all records for service, cleanliness, and food safety.

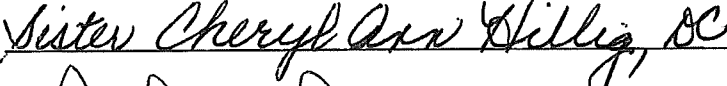

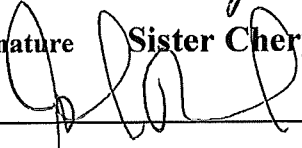
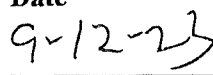
**Students:** Students take an active role in the educational aspects of the program, in the physical activity, and in after school and extra-curricular activities. Their suggestions for new menu items are often implemented. Student input and ideas are encouraged and they are represented on the Local Wellness Policy committee by two 8<sup>th</sup> graders.

**Teachers:** All teachers contribute to the promotion of the Local Wellness Policy in the atmosphere of their classrooms, the rules of their classroom, their involvement in and support of after school and extra-curricular activities, and most of all through their teaching of the educational aspects of the program. They model health and wellness behavior and promote positive decision-making skills. They offer students guidance and form students according to the school's Local Wellness Policy.

**St. Peter Claver Catholic School Local Wellness Policy was reviewed by:**

	
Signature <b>Ms. Mary Harris</b>	Date
	
Signature <b>Ms. Sandra Davis-Johnson</b>	Date

**St. Peter Claver Catholic School was found to be in compliance with its Local Wellness Policy by:**

	
Signature <b>Sister Cheryl Ann Hillig, DC</b>	Date
	
Signature <b>Mr. John Briandi</b>	Date