

WELLNESS AT ST. AGNES SCHOOL

Updated September 2015

1. Classroom based Health education

In each classroom K-5 we include Health education in our curriculum. This includes Instruction on appropriate nutrition, portions and healthy eating habits. Occasionally, We have a nutritionist come in and instruct the students on healthy snacks and meals. Also incorporated is instruction in physical education, development in mental and spiritual health and guidance in the necessary steps to ensure one's physical well-being. We participate in the Red Ribbon drug-free program on an annual basis, which teaches the students the dangers of smoking, drugs, and abuse of alcohol. Presentations have been given by local law enforcement, the drug-free coalition and the program "Kids on The Block" Every other year, our students take part in the Jump Rope for Heart and are educated on the causes of heart disease and strokes and strategies for their prevention. Regularly, UNMC medical students present a health related presentation for students in grades 3-5. Topics have included: smoking cessation, healthy eating habits and others.

2. All children have an annual health screening which includes:

Checks of: height, weight, blood pressure, vision and dental checks. Abnormalities are noted by school nurse and parents are made aware of the concerns so they can follow up with their family physician. The school nurse also maintains all immunization records to be sure each child's is up to date.

3. Teacher Training

Many of our teachers have taken courses in nutrition education. All have been educated on the new requirements for school lunch nutrition. Individually, many participate in healthy habits, through participation in exercise programs and nutrition instruction provided by our local hospital. They instruct health in the classroom and discuss mental/spiritual health in religion class. St. Agnes is a smoke-free environment.

4. Physical Education

Kindergarten students attend PE classes twice a week and 1st-5th grades attend 3 times per week. In all classes, students participate in exercises, and activities for developing gross motor skills and over-all physical health. They learn the rules and skills of various sporting games and are instructed on the importance of sportsmanship and life-time involvement in physical activity.

5. Physical activities at Recess

During the day, students in K-4 attend recess 3 times for 15 min. each and 5th grade

attends 2 times for 15 min. each. We have 2 wonderful playground structures that are fitting to varying age levels. Each includes: slides, climbing walls, monkey bars, climbing poles etc. We also have 2 swing sets and students have access to an open area for playing football, soccer, tag and other physically exerting games. We have a basketball court with 2 hoops along with two 4 square areas. Students have access to a variety of ball for these various activities.

6. Walking / biking

During the year, we encourage students to walk or ride their bikes to school. We have participated in the National Walk to School Day and have logged the number of miles walked by the entire school in the month of October.

7. Safe Environment Program

Each staff member and volunteer in our school or anyone who is involved in working directly with our students are trained in the Safe Environment Program provided by the Grand Island Dioceses. This program is reviewed and amended each year with specific guidelines and programming set to protect and guard the children in our care. Topics include things such as: bully prevention, developing healthy relationships, child abuse and others. Students are guided by teachers in an activity called "Know the Rules" in which they discuss not only classroom rules, healthy friend relationships, and bullying, but also safe touch.

8. Staff Health and Wellness

Our staff is encouraged to maintain their health through supporting each other in eating healthy and providing healthy options in the lounge. Many are part of fitness programs at local health clubs, others support each other in the use of Fitbits to count steps taken daily. They are able to garner a number of steps when moving students to and from classes in our 2 story building.

9. Food & Beverages:

- a. Our lunch program is provided through the Meat Shoppe in Gering, Nebraska. Meals are planned by a dietician and meet the guidelines of the Healthy Kids Act. Students are free to bring a lunch from home as well.
- b. During classroom parties, celebrations and/or meetings, we attempt to promote healthy food and snacks. We encourage parents to send a variety of items including: fruits, vegetables, cheese & crackers, granola bars etc. Parents are notified of any food allergies that might cause issues.
- c. St. Agnes School does have an after school program that provides snack daily. The snacks are planned by a dietician and meet the guidelines of components from 2 food groups required by Health and Human Services guidelines.
- d. Our school has one pop machine on site. The children are only allowed to purchase drinks from the machine after school at their parent's discretion. The machine is not in service during the lunch hour.