

Lansing Catholic High School  
LOCAL WELLNESS POLICY

SCHOOL MISSION STATEMENT

Lansing Catholic High School is an academic institution in which Catholicism is vitally present and operative. The school believes that every child can learn and develop intellectually and spiritually. The mission of the school, undertaken in partnership with families, is to bring each student into a lifelong relationship with Jesus Christ, and to educate each student toward full potential through strong programs encouraging intellectual, spiritual, physical, and social growth.

Policy

Lansing Catholic High School is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

Nutrition Education

1. Every year student shall receive nutrition education.
2. Education that teaches the knowledge skills and values needed to adopt healthy eating behavior.
3. Nutrition education information shall be offered though out the school.
4. Posters will be displayed reinforcing nutrition education.

Nutrition Standards

1. Lansing Catholic High School shall insure that reimbursable school meals meet the program requirements and nutrition standards.
2. Lansing Catholic High School will encourage students to make nutritious food choices.
3. Healthy daily snacks are encouraged and promoted.
4. Any ala carte sales will be evaluated for nutritional value.
5. Lansing Catholic High School will encourage that fundraiser that fundraiser and after school activities encourage and promote healthy food and beverage choice for a healthy life style.

Physical Education and Physical Activity Goals

1. Lansing Catholic High School will encourage students in after school physical activity.
2. Physical Education will be taught in class rooms.

Other School Based Activities Designed to Promote Student Wellness

1. Provide a clean, safe enjoyable meal environment for students and adults.
2. Provide adequate time for students to eat, as close to the mid day as possible.

Implementation and Measurement

Lansing Catholic High School principal and staff will work together to assure that the wellness policy is implemented for the health, safety and quality of our students.