

# Arrupe Jesuit High School Wellness Policy

4343 Utica Street

Denver, Co 80212

April 11, 2017

The school has adopted five goals in the past:

1. **Physical Activity Goal**
2. **Nutrition Educational Goal**
3. **Nutrition Standards Goal**
4. **School Based Activities Goal**
5. **Maintenance of School Wellness Policy Goal**

**Physical Activity Goal-** Arrupe Jesuit High School has continued an Annual Fr. Leo 3K Fun Run for the entire student body and their families with 50-60% of the student body participating

Pep Rallies are hosted several times throughout the school year for both the students and teachers.

Classes host *Spirit Week* three to four times yearly which is open to the entire student body and create great class competitions

Arrupe maintains daily attendance rate of 90% higher through preventative care and on site medical treatment with School Nurse

## **Nutrition Education Goal-**

A learning center display is set up in the school cafeteria with materials describing nutritional facts and images about healthy eating choices.

## **Nutrition Standard Goal-**

Arrupe Jesuit High School has eliminated the snack bar as the school felt it was not offering enough healthy choices of foods for the students

Two healthy meals are offered to the students five days per week.

School lunches and breakfasts now offer fat free white and chocolate milk as well as 1%. Main dishes have 5 components of healthy choices with each meal serving main dish, 2 oz of protein, vegetables, fruit, and milk. The bread offered is always wheat.

The school gym is open during free periods and monitored by an adult.

60% of the student body participates in school sports

The new Fitness Center is open daily from 3:45-5:00 PM and monitored by a graduate student studying fitness and nutrition.

Disinfectant for all equipment is used after each use and the entire room is thoroughly cleaned weekly.

Our *Club Spirit in Motion*, taught by a faculty member, meets weekly during the school year for Zumba and Yoga classes for any female student interested to participate

Our *Cooperate Work Study* Program hosts Outstanding Workers Luncheons providing healthy lunches for students excelling in their work

Arrupe provides sports including: baseball (girls and boys), soccer (girls and boys), basketball, volleyball and cross-country (girls and boys)

The *Athletic Department* supplies materials for guidelines for athletics

*Arrupe Biology Department* has a Healthy Body Nutrition Component

*Arrupe Jesuit Parent Network* provides nutritional informational to all families

### **School Based Activities Goal-**

School lunch time has increased from 20 to 30 minutes daily allowing students feeling less rushed and more time for physical activity.

Hand sanitizers, Kleenex and Clorox wipes have been placed in all bathrooms and classrooms for daily use by students

This year we have added Purell outside the Nursing Office, Main and Business Offices and Cafeteria

Each student is encouraged to bring a water bottle to school each day to remain well hydrated

**Maintenance of School Wellness Policy Goal-**

Arrupe Jesuit High School evaluates success in implementing the school wellness policy and the effectiveness of the policy in forwarding health in the student population yearly with a committee of Arrupe Jesuit High School Principal, School Counselor, School Nurse, Cafeteria Manager, Athletic Director, parent and students.