



## Wellness Statement

Arrupe Jesuit High School is committed in enhancing the human, intellectual, spiritual and physical wellness of our community. Arrupe Jesuit is dedicated to providing a healthy environment for our students, faculty and staff. To provide a healthy environment, Arrupe will take a holistic approach to the well-being of each student, faculty and staff member by promoting good nutrition, physical activity and a supportive environment. Arrupe Jesuit has established a set of standards to provide a healthy environment in which students are able to participate in regular physical activity and enhance their nutritional education.

### Physical Activity

Arrupe Jesuit will provide students the opportunity to participate in daily physical activities. All students have access to the school gymnasium during activity period and all lunch breaks. As well with students having access to the school gymnasium, students will have access to the fitness center after school from 3:45 p.m. – 5:00 p.m. The fitness center will be monitored every day after school and students will be trained on how to use the fitness equipment before they are allowed to use the fitness center. To encourage physical activity after school, students are able to participate in a variety of sports. The sports offered by Arrupe Jesuit are soccer, basketball, cross-country, girls' volleyball, and co-ed baseball. Approximately 60% of student population participates in school sports. As well with students having the opportunity to participate in sports, students are able to participate in intramural competitions that will promote physical activity, camaraderie, and a sense of class pride within our student body.

### Nutrition

Arrupe Jesuit will provide healthy meals to ensure that students are receiving the necessary nutrients that will promote a student's growth and development. To promote a healthy development for our students, Arrupe Jesuit will offer two meals every day that meet the five components of a balanced diet. Students will have access to learning materials that will provide information about healthy choices. The cafeteria will provide an environment where students are able to experience a positive dining experience. Faculty and staff are encouraged to participate in the school meals program, that will set an example for students on healthy eating.