

Arrupe Jesuit High School Wellness Policy
4343 Utica Street
Denver, CO 80212
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The Health Committee at Arrupe Jesuit High School has designed this wellness policy in accordance with Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires that educational agencies who participate in the National School Lunch Act or the Child Nutrition Act of 1966 develop a wellness policy that addresses childhood obesity. Arrupe Jesuit High School is committed to 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. In order 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.

To forward health life choices and lifestyles in our students, the committee has adopted five goals.

1. Physical Activity Goal
 - The committee adopted a physical activity goal because there has been a demonstrated connection between physical activity and academic success, cardiovascular health, musculoskeletal health and mental health (Strong, W., Malina, R., Blimke, C., Daniels, S., Dishman, R., Gutin, B., Hergenroeder, A., Must, A., Nixon, P., Pivarnik, J., Rowland, T., Trost, S., Trudeau, F., 2005)
2. Nutrition Education Goal
 - The committee adopted a nutrition education goal to help students develop healthy attitudes and behaviors. The nutrition education goal will help impart knowledge to the students that will help them choose lifelong healthful and enjoyable eating patterns.
3. Nutrition Standards Goal
 - The committee adopted a nutrition standards goal as obesity is now a national epidemic. 17% of the youth, ages 10-17 in the United States is overweight. The percentage of overweight youths is steadily increasing. Obesity in youths leads to serious medical problems. (National Survey of Children's Health 2020-2021).
4. School Based Activities Goal
 - The committee developed a school based activities goal because we believe that Arrupe's school environment should be one that promotes healthy living.
5. Maintenance of School Wellness Policy Goal
 - The committee adopted a maintenance goal to ascertain that we have the opportunity to and the guidelines with which to evaluate and update health policy and goals on a continuing basis.

Physical Activity Goal

Arrupe Jesuit High School will provide opportunities for students to engage in physical activities in the following ways.

- Students have the opportunity to participate in a variety of sports such as soccer, basketball, cross-country, volleyball, and baseball.
- A Supervised fitness center will be available for students every day after school until 5:00pm.
- The school gym is open during lunch periods for student activity.
- Arrupe Jesuit High School has continued an Annual Fr. Leo 3K Fun Run for the entire student body and their families, faculty and staff.
- Pep Rallies are hosted several times throughout the school year for both the students and teachers.
- Classes host a *Spirit Week* which is open to the entire student body and create great class competitions.
- The schools Generals Together program includes physical activities for students to participate in.
- Intermural sports are offered during activity periods.
- The school will be starting the Annual Peach Fuzz Tournament in the 2022-2023 school year. This is a volleyball tournament for students, parents, and faculty.
- Approximately 60% of the student body participates in school sports.

Nutrition Education Goal

- Teachers will be encouraged to integrate nutrition into core curriculum areas including math, science, social studies and language arts.
- Advertisement of foods with minimal nutritional value will not be permitted on school grounds.
- Wellness policy is posted on the Arrupe Jesuit website for all staff, faculty, students, and family to access.
- A Health Goals and Nutrition class is now offered where students set personal health goals and learn about body mass index, activity level, and calories.

Nutrition Standards Goal

Arrupe Jesuit High School will meet specified nutritional standards as follows

- Daily lunch menus will be planned according to USDA guidelines.
- The school will strive to serve whole grains.
- Healthy foods will be available at school functions.
- 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.
- School lunches will have five components of healthy choices including protein, grains, vegetables, fruit, and milk.
- The *Athletic Department* supplies materials and guidelines for athletics.
- *Arrupe Jesuit Parent Network* provides nutritional information to all families

School Based Activities Goal

Arrupe Jesuit High School will facilitate a healthy school environment and promote wellness through school-based activities.

- The cafeteria eating environment will be clean and pleasant
- Students will have adequate time to eat, relax, and socialize during lunch.
- Safe drinking water will be available for the students throughout the day. Two drinking fountains will be maintained.
- Each student is encouraged to bring a water bottle to school each day to remain well hydrated.
- Convenient access to facilities for hand washing shall be available.
- Hand sanitizers, Kleenex and Clorox wipes have been placed in all bathrooms and classrooms for daily use by students.
- Disinfectant for all equipment is used at the gym after each use and the entire room is thoroughly cleaned weekly.
- Purrell or hand washing stations are available in other office spaces in the building.
- *Arrupe Jesuit Parent Network* provides mental health awareness training to families.
- The school counselors provide individual mental health sessions for student on a needs basis.
- The school counselors provide school wide training on social issues, mental health issues, and motivation.
- Freshman and sophomores participate in advisement, which includes presentations, and check ins on issues surrounding mental health, bullying, social topics, and academics.

Maintenance of School Wellness Policy Goal

- The responsibility and oversight of the Wellness policy shall be the responsibility of Zeran Johannsen, Arrupe's Human Resource Specialist.
- On an annual basis Zeran will establish a Committee to come together and determine that the Wellness Policy is current and make updates as necessary. The Committee will consider all aspects of the policy and the effectiveness of the policy in forwarding health in the student population.
- The Committee will also take note of feedback and nutritional analysis completed by the Colorado Department of Education.