St. Roch Catholic School Wellness Policy

Mission Statement

St. Roch Catholic School is committed to fostering all students' spiritual, physical, mental, and emotional well-being. In partnership with parents and the broader school community, we promote lifelong healthy habits that align with our Catholic values, recognizing that caring for the body is essential to honoring God's creation.

I. Nutrition & Healthy Eating

1. **School Meals & Snacks**
    - School meals will meet or exceed federal and state nutrition guidelines.
    - Healthy food options will be offered, including fresh fruits, vegetables, whole grains, and lean proteins.
    - Only approved USDA Smart Snacks are promoted & sold during the school day.
    - Students can access clean, safe drinking water throughout the school day.
    - The consumption of sugary drinks and unhealthy snacks is discouraged.
2. **Healthy Fundraising & Celebrations**
    - School fundraisers will prioritize the sale of healthy foods or non-food items.
    - Classroom celebrations will include nutritious food choices or non-food activities.
3. **Nutrition Education**
    - Students will receive age-appropriate nutrition education integrated into health and science curricula.
    - Teachers and staff will model and encourage healthy eating habits.

II. Physical Activity & Fitness

1. **Physical Education & Recess**
    - All students will participate in regular physical education classes aligned with state standards.
    - Daily recess will be provided to encourage unstructured play and movement.

- Students will be encouraged to engage in a variety of physical activities that promote strength, endurance, flexibility, and teamwork.

2. **Active Learning & Movement Breaks**
    - Teachers will incorporate movement-based learning activities into the classroom to support student engagement.
    - Short activity breaks will be encouraged throughout the school day to promote focus and well-being.
3. **Extracurricular & Athletic Opportunities**
    - A variety of sports and physical activity clubs will be available to students.
    - All students, regardless of skill level, will be encouraged to participate in physical activities that promote teamwork, discipline, and perseverance.

III. Mental & Emotional Well-being

1. **Faith-Based Guidance & Support**
    - Students will be encouraged to care for their mental and emotional well-being through faith-based practices such as prayer, reflection, and service to others.
    - School counselors and faculty will provide support for students experiencing emotional challenges.
2. **Bullying Prevention & Positive School Culture**
    - The school will maintain a safe and respectful environment where all students feel valued.
    - Anti-bullying programs and character education rooted in Catholic teachings will be implemented.
3. **Social & Emotional Learning (SEL)**
    - Students will engage in age-appropriate SEL activities that foster resilience, empathy, and self-regulation.
    - Faculty and staff will receive training to support student well-being and recognize signs of distress.

V. Policy Implementation & Review

1. **Wellness Committee**
    - A Wellness Committee, consisting of school administrators, teachers, parents, students, and community members, will oversee the implementation of this policy.
    - The committee will meet annually to assess progress and make necessary updates.
    - Policy Updates will be available on the school website & promoted in the Rocket Report.
2. **Evaluation & Accountability**
    - The effectiveness of wellness initiatives will be reviewed through student participation, feedback, and health outcomes.
    - St. Roch Catholic School will strive to continuously improve wellness practices in alignment with Catholic values and educational excellence.

Wellness Committee Members 2026

Sara Allen	Food Service Manager
Shannon Burton	PE Teacher
Suzanne Smock	PE Teacher
Joelle Delaney	Food Service Assistant/Parent
Bobbie Vickers	Food Service Assistant/Parent
Megan Delaney	School Nurse/Parent
PJ Miles	Principal
Meredith Elam	Vice Principal
Jessica Harris BSN, RN	Non-stakeholder
Student Government Leaders	Students

New Members Welcome!

We invite parents, students, teachers, staff and members of the public to participate in the development, implementation and review of our local wellness policy. Please email Sara Allen at sallen@strochindy.org if you are interested in learning more or joining our committee!

Updated November 2026