



Christ the King Catholic School

education enlightened by faith

Student Wellness Guidelines

The school administration and School Advisory Council recognizes that childhood obesity has become an epidemic throughout the nation. Healthy eating patterns and increased physical activity are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well-being. Christ the King Catholic School participates in the National School Lunch Program (NSLP) and is committed to providing time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods.

Nutrition Education

Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, Kindergarten through 8th grade.

Nutrition Guidelines

Although the school believes that the Hot Lunch Program should be financially self-supporting, it recognizes, however, that the nutrition program is an essential educational and support activity. Therefore, budget neutrality or profit generation must not take precedence over the nutrition needs of our students.

Physical Activity

Physical activity is included in a school's daily education program. Physical activity should include regular instructional physical education as well as co-curricular activities, and recess.

Evaluation of the Local Wellness Policy

The school administration and School Advisory Council will review this policy with input from Christ the King Parish administration, Archdiocese of Portland Department of Catholic Schools, parents, students, and other community members.