All Saints Catholic School

TRIENNIAL WELLNESS ASSESSMENT RESULTS 2024

DATE MARCH 5, 2024 **CONTACT US:** ✉ ASOFFICE@ALLSAINTSCS.ORG

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MEET THE TEAM	**Team Leader:** Dex Conwell, gym and health teacher Brissa Romero: Office manager and SFA Leader Amanda Hunt: Kitchen Manager Mary Margaret Leonard: Assistant Principal Jennifer Kroupa: Paraprofessional/ Parent
POLICY COMPLIANCE RESULTS	**Areas of Strength** • Health Class Standards are established and given to students to be met. • We have maintained an after-school care program and after-school extracurriculars; including volleyball, cheer, basketball, and soccer throughout the school year. • The school provides students with 2-3 meals a day that are well-balanced and follow the federal and state standards. **Opportunities for improvement** • Information promoting healthy habits such as posters and signages throughout the school. • Communication with parents regarding the importance of healthy meals • Promoting a smart snack for classroom celebrations such as Birthdays, Holiday Parties, or classroom rewards.
WELLNESS POLICY GOALS	1. The school will provide nutritional posters throughout the building to provide visual examples for students. 2. Fitnessgram, a fitness exam, will be implemented during gym class to measure improvements in students' health. The mentioned tests and what each test measures are as follows: Pacer (Aerobic capacity), Push-ups (muscular strength and endurance), Sit-ups (abdominal strength and endurance). 3. The school is interested in implementing ballroom dancing for the 5th-grade class to promote a different type of fitness.
MOVING FORWARD	All Saints Catholic School Wellness Policy committee will meet a minimum of 2 times a school year to ensure that the triennial wellness assessment is complete. The student handbook will contain all and new policies for the school year, which will be provided digitally through the school website.