

Wellness Policy (revisions in process) Updated 3-22-2022

St. Augustine Catholic High School has always followed the Diocese of Tucson Wellness Policy recommendations. As most were designed for the elementary schools, we have adapted them to the high school level. In 2020, we began implementing an official Wellness Policy revision process based upon the NSLP (National School Lunch Program) guidelines. We started NSLP in January 2020.

The following goals and steps were initiated upon a preliminary department meeting to discuss implementation:

1. To implement a Local Wellness Policy utilizing individuals currently familiar with the school organization
2. To establish a committee to develop a revised Diocese of Tucson Wellness Policy
3. To post details of the policy and be able to invite anyone interested in participating as well as providing progress reports.

Steps to address by the new committee include:

1. Write goals for:
 - a. Nutrition Promotion
 - b. Nutrition Education
 - c. Physical Activity and Physical Education
 - d. Other School-Based Activities that Promote Wellness
 - e. Nutrition guidelines for all foods and beverages, including marketing and promotion
2. Include descriptions of:
 - a. Public involvement and public notifications
 - b. Leadership
 - c. Evaluation Plan for measuring implementation and final assessment

Shortly after this initial goal was set up, the school site was closed for COVID purposes. We were operating on a hybrid basis with many staff members working remotely for the 2020-2021 school year. During the 2021-2022 school year, the committee members were identified, but an official meeting has not yet taken place. Some additions to the initial goals were identified as a result of the COVID pandemic and the resulting Learning Lab under construction to assist students both mentally and emotionally. The following updates to the initial plan include:

- Identifying Committee Members to now include:

Principal, President, Finance Director-LEA representative, Athletic Director, Dean of Academics, Dean of Student Culture, Campus Minister, Guidance Counselor, School Board President, Student Council Faculty Representative, Student Council-student members, Wolf Pac-parent group, and other Cafeteria staff.

- Learning Lab:

Construction of the 2nd floor wing to create a learning lab. A Special Education Director was hired to assist those students that fell behind with the virtual learning. A Counselor was also hired, to address the socio-emotional issues of students returning to campus. Both programs are designed to help with the health and well-being of our students.

- Athletic Director:

A new A.D. was hired this year, assisting with both physical activity and education through the P.E. and sports team programs. The school also has a yoga class for students.

- Spiritual needs:

The school re-initiated daily announcements and prayer over the school's intercom system, on-site class retreats, community service projects and student social activities (dances, pep rallies, art showcases, music programs, and school plays).

- Nutrition Education and Promotion:

Nutrition Education will continue as found on the school syllabus in the following classes: Health, Culinary, Theology, and P.E.

Nutrition Promotion will be incorporated through participation in the NSLP program and working with the student council. The committee will identify promotion and education for students.

Once the official Wellness Policy is revised and completed, that policy will be made available in the Student Handbook as well as posted online. We are in the 2nd of a 3 year process to initiate this program. Any questions can be directed to Ms. DeLong at sdelong@staugustinehigh.com