

# Wellness Policy

There has been increasing concern in recent years about the health of America's youth. Great attention has been focused on decreasing the intake of sugar and fat; increasing the consumption of fruits, vegetables, and whole grains; and increasing daily opportunities for physical activity. St. Anthony School, in keeping with [Section 104 of Public Law 108-265 established by the federal government](#) and [a wellness policy adopted by the Archdiocese of Indianapolis](#), is forming a local wellness policy for our students to address this concern.

St. Anthony has created a Wellness Committee to create, implement, and communicate this policy. This is an ongoing process, but the committee has developed directives at present that address two major concerns: the manner in which students' birthdays are celebrated in school and the snacks that children are allowed to bring to school.

## Birthday Celebrations

In order to manage the number and types of treats brought to school to celebrate students' birthdays, the Wellness Committee has established dates for three birthday celebrations over the course of the school year. Students born in July, August, September, and October will be honored on a date in September. Students born in November, January, and December will be honored on a date in January. Students born in March, April, May, and June will be honored on a date in May. By the end of the school year, all students will be included in the All-School Birthday Celebrations. Announcements of the specific dates for these celebrations will be posted in [Wednesday Notes](#) and room mothers will contact parents for treats. Only those parents who are contacted should send in treats.

## Snacks Brought to School

In order to improve the nutritional value food brought to school, the Wellness Committee has established guidelines for the kinds of snacks that are considered appropriate for school. These have been communicated in [Wednesday Notes](#) and are available online in [this document](#).

## Parental Cooperation

We are adopting these requirements to comply with the law and because we share the same concerns for the health of all our children. We hope you can understand and appreciate the value of this new policy and are patient and supportive as it develops in our school. Thank you.