




St. Jude Thaddeus Catholic School

Where Faith and Knowledge Meet

2022-2023 Wellness Policy

St. Jude Thaddeus Catholic School will:

1. Engage students, parents, teachers, food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
2. Provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
3. Provide physical activity every day for preschool through 8th grade students.
4. Encourage healthy eating with plenty of fruits and vegetables.
5. Encourage eating whole grain breads and pasta.
6. Give children easy access to drinking water throughout the day.
7. Supply hand sanitizer, especially before lunch.
8. Teach children to cover their mouths while coughing or sneezing.
9. Not allow children to put coats and hats in a pile due to the spread of head lice.
10. Stress washing hands, especially after using the restroom.
11. Encourage parents to keep their children home when they are not feeling well.


Mrs. Katie Kopp (Principal)


Mrs. Lisa Wood (Kitchen Supervisor/Cook)