



St. Jarlath Catholic School
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St. Jarlath Catholic School has been serving the Dimond District since 1930. Serving a diverse ethnic, cultural and religious population in the city of Oakland, our mission is to educate children in the Catholic faith and nurture their minds, bodies, and souls, inspiring them to live the Gospel of Jesus Christ, achieve their highest academic and creative potential, and actively serve and enrich the community.

In November 2016, St. Jarlath passed 100% Healthy Beverage and Physical Activity policies. The staffs changed a lot of their eating habits and now incorporate more water into their day. Instead of processed snacks, staffs take turns bringing fresh cut fruit or vegetables and even healthy homemade dishes for lunch, meetings and potluck gatherings. Everyone has their own water bottle and frequently use the Britta water pitcher in the staff room. In addition, regular physical activity has been incorporated into staff meetings and scheduled walks around the campus during lunch. Some staff has also joined the daily Zumba class held at the church. Ms. Deonna, 5th grade teacher says, "We always tried to be healthy but now since we have formal policies, it holds us accountable."

