

## **ST. MARY SCHOOL WELLNESS POLICY**

**Philosophy.** We believe that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. We also believe that a healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

### **1. Goals for (a) nutrition education, (b) physical activity and (c) other school based activities that promote wellness.**

#### **a. Nutrition Education**

- We will implement the health objectives relating to diet, nutrition and exercise as stated in the 2016 Diocesan Graded Course of Study for Health
- Nutrition guidelines, food pyramid charts, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in or near the school cafeteria. (St. Mary School will exhibit posters and/or student-made signs in the hallways, classrooms, or cafeteria.
- The school lunch period will be scheduled so as to provide nourishment within a reasonable time from the start of the school day.
- Recess or snack breaks will be scheduled for students as needed to maintain energy levels.

#### **b. Physical Activity**

- All students will participate in St. Mary School's physical education program.
- Physical Education programs will implement the objectives of the 2016 Diocesan Graded Course of Study for Physical Education.
- All classes will have access to recess according to the school's schedule.
- Discipline will be encouraged in ways other than depriving a student of recess or physical education class.
- Students will be encouraged to participate in school and community sports programs, and be physically active outside of school.

#### **c. Other School-Based Activities**

- We encourage the use of non-food rewards for student behavior.
- We further encourage teachers and parents to provide healthy snacks, and to minimize sugary treats for classroom celebrations.
- We will encourage Home and School to consider healthy food and non-food fundraisers.

- We will encourage our staff to provide parent education on nutrition and the benefits of physical activity.
- Teachers are encouraged to provide short physical activity breaks between lessons or classes as appropriate.

## **2. Nutrition Guidelines for all Foods Available on School Campus During the School Day**

- The St. Mary School lunch and breakfast program will follow nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services.
- All foods sold on premises outside of the breakfast and lunch meals will be smart snack compliant and will meet the criteria established by the Healthy Hunger Free Kids Act of 2010.
- Drinking fountains are available on all floors, the gymnasium area, and the cafeteria.

## **3. Guidelines for Reimbursable School Meals**

- St. Mary School will continue to follow the state and federal guidelines and procedures for reimbursement for the school lunch and breakfast programs.

## **4. Plans for Measuring Implementation of the Wellness Policy**

- Some physical education classes may include having students regularly monitor heart rate with heart monitors or pedometers as part of their physical fitness programs.
- The local wellness committee should revisit the wellness policy annually to revise, update, or amend the policy as needed. The “bottom line” is the overall health and well-being of the students.

## **5. Community Involvement in the Development of the Plan**

- The community had input through the committee made up of parents, students, school food authority, administration, and physical education teacher.

### **Committee Members:**

Parent – Mrs. Gail Cole

Teacher – Mrs. Liz Litzenberg

Student – Miss Sierra Felt

Cafeteria Manager – Mrs. Susie Davis

Administrator – Mr. Jack Mental