

# St. Mary School Wellness Policy

St. Mary School is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

## **Nutrition Education**

Every year, all students, Developmental Kindergarten through grade 6, shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*<sup>1</sup>. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

## **Nutrition Standards**

The school shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations<sup>2</sup>. The school shall encourage students to make nutritious food choices.

The school shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The school shall consider nutrient density<sup>3</sup> and portion size before permitting food and beverages to be sold or served to students.

The administrator shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

## **Physical Education and Physical Activity Opportunities**

The school shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education

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<sup>1</sup> Michigan Department of Education Health Education Content Standards and Benchmarks, July 1998. [http://www.michigan.gov/documents/Health\\_Standards\\_15052\\_7.pdf](http://www.michigan.gov/documents/Health_Standards_15052_7.pdf).

<sup>2</sup> Title 7- United States Department of Agriculture, Chapter ii- Food and Nutrition Service, Department of Agriculture, Part 210-National School Lunch Program. [http://www.access.gpo.gov/nara/cfr/waisidx/04/7cfr210\\_04.html](http://www.access.gpo.gov/nara/cfr/waisidx/04/7cfr210_04.html)

<sup>3</sup> Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients.

[http://www.health.gov/dietaryguidelines/dga2005/report/HTML/g1\\_Glossary.htm](http://www.health.gov/dietaryguidelines/dga2005/report/HTML/g1_Glossary.htm)

instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*<sup>4</sup>.

Every year, all students, Y5-6, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

The school may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

### **Implementation and Measurement**

The administrator shall implement this policy and measure how well it is being managed and enforced. The administrator shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school committee members, and administrators, shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The district superintendent shall report to the local school board as requested on the school's programs and efforts to meet the purpose and intent of this policy.

Staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- ❖ Self respect
- ❖ Respect for others
- ❖ Healthy eating
- ❖ Physical activity

These local rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of St. Mary School's Local Wellness Policy. Any school stakeholder wishing to express a viewpoint, opinion, or complaint regarding these local rules should contact:

Mrs. Lisa Seeley  
220 W Downie St.  
Alma, MI 48801

Students, staff, and parents/guardians will be informed about the Local Wellness Policy annually.

### **Nutrition Education**

Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the school. The school may offer age-appropriate nutrition

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<sup>4</sup> Including goals for physical activity is required by federal law Section 204 of Public Law 108-265. Physical education, while recommended, is not required. <http://www.fns.usda.gov/tn/Healthy/108-265.pdf>

education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

The school shall implement a quality nutrition education program that addresses the following:

- ❖ Curriculum
  - Has a curriculum aligned with the *Michigan Health Education Content Standards and Benchmarks*.<sup>5</sup>
  - Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.
- ❖ Instruction and Assessment
  - Aligns curriculum, instruction, and assessment
  - Builds students' confidence and competence in making healthy nutrition choices.
  - Engages students in learning that prepares them to choose a healthy lifestyle.
  - Includes children of all abilities.

Nutrition education should also be made available to parents/guardians. This may be provided in the form of handouts, wall or bulletin board posters or banners, postings in the parish website, community and student-oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

### **Nutrition Standards**

The school shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The school shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the school policy of promoting a healthy school environment shall be discouraged.

The school shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverages choices that comply with this policy's purpose.

The school shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students.

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<sup>5</sup> The Role of Michigan Schools in Promoting Healthy Weight. September 2001.  
<http://www.emc.cmich.edu/pdfs/Healthy%20Weight..pdf>

## **Physical Education and Physical Activity Opportunities**

Developmentally appropriate physical education shall be offered every year to all students. In addition, physical education topics shall be integrated into the curriculum when appropriate.

The school shall implement a quality physical education program that addresses the following:

### *Curriculum:*

- ❖ Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- ❖ Has a curriculum aligned with the *Michigan Physical Education Content Standard and Benchmarks*.
- ❖ Influences personal and social skill development.

### *Instruction and Assessment:*

- ❖ Aligns curriculum, instruction, and assessment.
- ❖ Builds students' confidence and competence in physical abilities.
- ❖ Includes students of all abilities.
- ❖ Keeps all students involved in purposeful activity for a majority of the class period.

### *Opportunity to Learn:*

- ❖ Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- ❖ Provides facilities to implement the curriculum.
- ❖ Provides a minimum of 10 minutes per week per student spent in physical activity.

The school will offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Y5-6. Recess should be in addition to physical education class, and not be a substitute for physical education. The school shall provide proper equipment and a safe area designated for supervised recess. School staff should make all effort to avoid withholding participation in recess from students. Staff should avoid canceling recess to make up for missed instructional time.

## **Other School-Based Activities Designed to Promote Student Wellness**

The school shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following shall be implemented:

### *Dining Environment:*

- ❖ A clean, safe, enjoyable meal environment shall be provided.
- ❖ There shall be enough space to ensure that all students have access to school meals with minimum wait time.

- ❖ Drinking fountains will be maintained, so that all students have access to water throughout the day.
- ❖ Identity protection will be provided to students who eat free and reduced-price meals.
- ❖ Smoking is prohibited on school grounds.

*Time to Eat*

- ❖ The school shall ensure adequate time for students to enjoy eating healthy foods with friends in school.
- ❖ Lunch time will be scheduled as near to the middle of the school day as possible.

*Food or Physical Activity as a Reward or Punishment:*

- ❖ The school shall discourage the use of food as a reward or punishment.
- ❖ The school will avoid denying participation in physical activity as a form of punishment or to make up classroom time.
- ❖ The school will encourage using physical activity as a reward.

*Consistent School Activities and Environment:*

- ❖ Provide opportunities for professional training the development for foodservice staff and teachers in the areas of nutrition and physical education.
- ❖ Encourage parents/guardians, teachers, administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both at school and at home.
- ❖ Provide information and outreach materials about other food and nutrition service programs such as Food Stamps and Women, Infants, and Children (WIC) to students and parents/guardians.
- ❖ Encourage physical activity across the curriculum throughout the school day or in all subject areas, for example, Brain Breaks.<sup>6</sup>
- ❖ Encourage the use of protective clothing, hats, and/or sunscreen, especially if the students will be outdoors for more than 30 minutes.

The principal shall appoint a wellness committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public and school administrators to oversee development, implantation, evaluation and periodic update of the wellness policy. The Wellness Committee shall be an ad hoc committee with members recruited and chosen.

The Wellness Committee shall be responsible for:

- Assessment of the current school environment;
- Review of the school's wellness policy
- Presentation of the wellness policy to the Administration for approval
- Measurement of the implementation of the policy

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<sup>6</sup> Tips and tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.  
<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

- Recommendation for the revision of the policy, as necessary

Before the end of each year the Wellness Committee shall recommend to the administrator any revisions to the policy it deems necessary.

The Principal shall report annually to the Director of Parish Life on the progress of the Wellness/School Committee and on its evaluation of policy implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining goals of policy.

The Principal is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Principal shall include information in the parent/student handbook and on the school's website.