



St. Mary Catholic School Local Wellness Policy 2016.17 School Year

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, Preschool-8, receive nutrition education. 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.

Nutrition Standards

St. Mary shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. St. Mary shall encourage students to make nutritious food choices.

St. Mary will continue to monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. St. Mary shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

Student Wellness Policy

The administration of St. Mary shall continue to not allow vending machines in the cafeteria or on school property for student use.

Physical Education and Physical Activity Opportunities

St. Mary offers physical education opportunities that include the components of quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

Every year, all students, Preschool-8, 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. St. Mary School participates in the National A.C.E.S. day – All Children Exercising Simultaneously.

Implementation and Measurement

St. Mary School Principal shall implement this policy and measure how well it is being managed and enforced annually. St. Mary shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in physical education), parents, students, representatives of the school food service program, school board members, and the school health team will be considered before implementing such rules.

St. Mary school administration will provide in cooperation with the School Health Team an ongoing review and evaluation of the St. Mary Local Wellness Policy. A Coordinated School Health Team may include representatives from the following areas:

- Administration
- Food Services
- Parents
- Students
- Physical Education Teacher

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 rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of St. Mary School Local Wellness Policy at the following:

St. Mary School
2 Union St.
Mt. Clemens, MI 48043
Tel: (586) 468-4570
Fax: (586) 464-0718

Students, staff, and community will be informed about the Local Wellness Policy annually. The Local Wellness Policy will be found on our website.

Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered every year to all students of St. Mary School. St. Mary School may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

Opportunity to Learn:

- Includes students of all abilities
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

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

Other School-Based Activities Designed to Promote Student Wellness

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

Dining Environment:

- The school shall provide:
 - A clean, safe, enjoyable meal environment for students,
 - Enough space and serving areas to ensure all students have access to school meals with minimum wait time,
 - Drinking fountains in all schools, so that students can get water at meals and throughout the day,
 - Encouragement to maximize student participation in school meal programs, and
 - Identity protection of students who eat free and reduced-price meals.

Time to Eat:

- St. Mary School shall ensure:
 - Adequate time for students to enjoy eating healthy foods with friends at school,
 - That lunch is scheduled as near to the middle of the school day as possible, and

- That recess for elementary schools is scheduled before lunch so that children will come to lunch less distracted and ready to eat.

Food or Physical Activity as a Reward or Punishment

- The school district shall:
 - Prohibit the use of food as a reward or punishment in schools,
 - Not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time,
 - Not to use physical activity as a punishment, and
 - Encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess.

Consistent School Activities and Environment

- St. Mary School shall:
 - Provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education,
 - Make efforts to keep school physical activity facilities open for use by students outside of school hours,
 - Encourage parents, teachers, students, food service professionals to serve as role models in practicing healthy eating and being physically active, both in school and at home,
 - Encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas,
 - Implement physical activity across the curriculum throughout the school day or in all subject areas, for example, brain breaks.
 - provide information and outreach materials about other Food and Nutrition Service programs such as Food Stamps, and to Women, Infants, and Children (WIC) to students and parents/guardians,
 - encourage all students to participate in school meal programs, (i.e., the National School Lunch, including snacks for After School Program, and School Breakfast programs),

Implementation and Measurement

All employees of St. Mary School are encouraged to be positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity.

Student Wellness Policy

St. Mary administration shall report to the Board, as requested, on the school's programs and efforts to meet the purpose and intent of this policy.

(Employees choosing to violate or ignore these rules will be subject to possible disciplinary action as determined by the administration of St. Mary School in accordance with their Employment Agreement.)

Revised 8.19.16