

WELLNESS POLICY

Approval Date: March 17, 2010

Review Date: April 22, 2020

Policy Statement

St. Mary's Catholic Elementary School promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The following goals are part of the St. Mary's Catholic Elementary School's plan:

- Provide a learning environment for developing and practicing lifelong wellness behaviors.
- Support and promote proper dietary habits contributing to students and staff's health status, job performance and academic performance.
- Provide adequate time for students to engage in physical activity.
- Promote academic success by acknowledging and embracing the critical role that health plays in academic performance.

Title of Guidelines

WELLNESS GUIDELINES

Guidelines Statement

The belief that children and youth who are healthy individuals can learn more and can learn better and the belief that healthy staff members can more effectively perform their assigned duties as well as model appropriate wellness behaviors for students comprise the twofold foundation upon which the following guidelines have been built.

Hot Lunch

- The full meal program will continue to follow the U.S. Government's Nutrition Standards.
- The Hot Lunch provider will be expected to make every effort to follow the School's Nutrition Standards (see 3.57B Springfield Catholic School's Nutrition Standards).
- A la carte items that do not meet the School's standards may be acceptable when offered on an intermittent basis.

Lunchroom Climate

- A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
- It is encouraged that the lunchroom environment be a place where students have adequate space to eat and a pleasant surrounding, adequate time for meals, and convenient access to hand-washing facilities before meals.

Fundraising

- All fundraising projects are encouraged to follow the School's Nutrition Standards.
- All fundraising projects for sale and consumption within and prior to the school day will be expected to make every effort to follow the Schools Nutrition Standards when determining the items being sold.
- Items being sold that do not meet the School's Nutrition Standards may be acceptable for student consumption within moderation.
- Items being sold that do not meet the School's Nutrition Standards may be acceptable when offered on an intermittent basis.

Teacher-To-Student Incentives

- Strong consideration should be given to nonfood items as part of any teacher-to-student incentive program.
- Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the School's Nutrition Standards.

Student Nutrition Education

- All instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The benefits of good nutrition should be emphasized. Nutritional themes could include but are not limited to knowledge of food guide pyramid, healthy heart choices, sources and variety of foods, guide to a healthy diet, diet and disease, understanding calories, healthy snacks, food labels, serving size, proper sanitation, identify and limit junk foods, etc.
- The School's Wellness Policy reinforces nutrition education to help students practice these themes in a supportive school environment.

Parent Nutrition Education

- Nutrition education will be provided to parents beginning at the elementary level and continuing throughout the middle and high school years.
- Nutrition education may be provided in the form of handouts, postings on the system's website, or presentations that focus on nutritional value and healthy lifestyles.

St. Mary's Nutrition Committee

- The committee's membership will include a food service representative, an administrator and a physical education staff member.
- Health Education and Life Skills
- Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

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Physical Education and Activity

- Physical education shall be taught by a certified specialist.
- Physical activity shall be provided by a qualified staff member.
- Physical education and physical activity shall be an essential element of each school's instructional program.
- The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles.
- The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.
- The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

Healthy and Safe Environment

- A healthy and safe environment for all, before, during and after school supports academic success. Safe communities promote healthy students and healthy students do better in school and make greater contributions to their community. Therefore, every effort will be made to insure that school buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, and will be kept, inviting, clean, safe and in good repair.

Social and Emotional Well-Being

- Programs and services that support and value the social and emotional well-being of students, families and staff build a healthy school environment. Therefore, every effort will be made to enhance the social and emotional development of students through programs and services that are adopted or promoted.

Family, School and Community Partnership

- Schools will support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

Staff Wellness

- The school shall provide information about wellness resources and services.
- Each school site shall be in compliance with drug, alcohol and tobacco-free policies.
- Each school site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- Employees shall be encouraged to engage in daily physical activity.