

## **St. Mary's School Wellness and School Nutrition Policy**

This policy supports the mission of St Mary's School; sharing God's word and teaching Catholic virtues through excellence in education. Nutrition influences a child's development, health, well-being, and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment.

This school-wide nutrition policy encourages all members of the school community to create an environment that supports life-long healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

St. Mary's School community strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy i.e. whole grains, fresh fruits, and vegetables. In an effort to support the consumption of nutrient dense foods in the school setting, all Federal and State Child Nutrition Program laws and regulations apply to all sales of food, beverages, and candy on school grounds. These guidelines apply to all food and beverages served, distributed, or sold.

The policy of the St. Mary's School is to:

### **1. Provide a positive environment and appropriate knowledge regarding food**

- Ensure that all students have access to healthy food choices during school and at school functions.
- Provide a pleasant eating environment that encourages healthy choices for students and staff.
- Allow a minimum of 20 minutes for students to eat lunch in the designated cafeteria area.
- Enable all students, through curriculum, to acquire the knowledge and skills necessary to make healthy lifestyle choices for a lifetime.

### **2. The school will provide a School Breakfast and Lunch Program that will meet or exceed the guidelines set by the federal and state child nutrition program laws and regulations applicable to schools.**

- The Food Service Department will promote participation in the School Breakfast and Lunch Programs.
- Food Service will work to provide substitutions for students with special food needs and/or allergies whenever required or requested.

**3. When using food as a part of a curriculum-based experience, class snack, class activity or student incentives, staff and students are encouraged to utilize healthy, nutritious food choices.**

- Provide guidance for healthy nutritious food choices.
- During classroom celebrations and activities, food choices should consist of at least 50% nutrient dense food and beverage options (birthday treats are excluded).
- Teachers who take students on a school-sponsored field trip during the school day are encouraged to order bag lunches through the school or have Food Service prepare bulk items for their mealtime needs.

**4. All staff are encouraged to model healthy behaviors.**

- Consumption of foods and beverages that do not meet minimum nutritional value standards set by the federal and state child nutrition program laws and regulations is discouraged during the school day, especially in the presence of students.

**5. Reduce student access to foods of minimal nutritional value.**

- In keeping with contractual obligations to the National School Lunch/Breakfast programs, food and beverage sales during school hours that are in direct conflict with the lunch/breakfast programs are prohibited. This includes vending machines, ala carte, school stores, and fundraisers. This prohibition does not apply to sales of milk, water and 100% fruit juices.
- Groups selling food and beverages through concessions on school grounds are encouraged to practice good nutrition by reducing the marketing, sale, and distribution of foods of minimal nutritional value by:
  - Reducing access to non-nutritional foods.
  - Educating students about healthy foods.
  - Selective pricing that favors sales of healthy foods.

**6. Donation and acceptance of produce**

- Acceptance of donated produce is acceptable as long as washed, stored properly and processed in a timely manner.
- If any donated produce is questionable (not good, spoiled), the school will dispose of accordingly.

## Physical Activity Promotion

St. Mary's School personnel will provide a comprehensive physical education curriculum in accordance with the Superior Diocese curriculum requirements. Classroom health education will complement Physical Education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle. Physical activity will be encouraged across the curriculum and throughout the school day at all grade levels.

### **1. Integrating Physical Activity into the Classroom Setting**

For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Teachers will be conscientious concerning time spent on sedentary activities, such as watching television or movies.
- Opportunities for physical activity will be incorporated into other subject lessons.
- Classroom teachers will promote short physical activity breaks between lessons or classes, as appropriate.

### **2. Daily Recess**

All St. Mary's students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which school personnel should encourage moderate to vigorous physical activity.

School staff should discourage extended periods (i.e. periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, teachers should give students periodic breaks during which they are encouraged to stand and be moderately active.

### **3. Physical Activity Opportunities Outside of School**

Our school offers a variety of physical activity programs in cooperation with the public school that are associated with both co-curricular and extracurricular programs. Tomahawk School District offers a range of activities that meet the needs, interests, and abilities of most students, including boys, girls, students with disabilities, and students with special health-care needs. Participation in these programs is encouraged.

### **4. Physical Activity and Punishment**

Within the school day, teachers and other school and community personnel are prohibited from using physical activity (i.e. running laps, pushups) or withholding opportunities for physical activity (i.e. recess, physical education) as punishment or remediation unless there are safety concerns.

### **5. Use of School Facilities Outside of School Hours**

Building use by the community will be encouraged for physical activity opportunities.

### Implementation and Evaluation

St. Mary's Education Advisory Committee (SEAC) will advise and implement wellness policy, procedures, and measurable goals. The committee will also establish and evaluate a plan for policy implementation. SEAC will measure the implementation of the policy and will encourage participation of parents, students, food service personnel, the Physical Education instructor, school health professionals, administrators and parish community members.

A school wellness report will be provided to update school personnel, parents, students, and community members regarding goal progress.

*Policy Updated: September 2018*