



## **Student Wellness Policy Statement**

The link between nutrition and learning is well documented. St. Mary's School recognizes that good health fosters student attendance and education. We also recognize that students need nourishing foods and physical activity in order to grow, learn, and thrive. Therefore, St. Mary's School will strive to help students develop skills, knowledge and attitudes necessary to adopt and maintain a healthy lifestyle.

### **Purpose/Goals**

- Provide students access to nutritious food and beverages;
- Provide opportunities for physical activity and develop mentally appropriate exercise; and
- Require that all meals served by the school corporation meet the federal guidelines issued by the USDA.

### **School Meals**

- St. Mary's School will offer lunch and, when applicable, after school snacks.
- School personnel, along with parents, will encourage students to choose and consume full meals.
- Meals will comply with meal pattern requirements as specified by Federal and State regulations. Meal pattern requirements for breakfast and lunch meals can be found at <http://www.doe.in.gov/sites/default/files/nutrition/copy-5-day-meal-pattern-lunch.pdf>.
- Food safety will be a key element of the school food service operation. Professional development and training will be provided to food service managers and staff on an annual basis.
- Drinking fountains will be available for students to get water at meals and throughout the day.
- School personnel will assist all students in developing the healthy practice of washing hands before eating.

### **School Celebrations or Special Occasions**

- Parents and teachers will be encouraged to provide healthy, store bought beverages and/or food at class/school celebrations. Store bought items are more likely to include nutrition and allergen information on packaging.
- The principal will monitor food and drinks brought on to the school grounds for class/school celebrations.

## **Nutrition Education and Promotion**

- Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
- School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition.
- Nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations and any other appropriate means available to reach parents/guardians.
- Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

## **Physical Activity**

- Each school day shall incorporate several minutes of physical activity or exercise as determined at each building level in addition to the physical education curriculum.
- Nutrition, health, and fitness topics shall be integrated within the health education curriculum taught at every grade level. These topics may be integrated with other curriculum areas as deemed appropriate.
- St. Mary's will encourage parents and community members to institute programs that support physical activities.
- St. Mary's will aim to include one physical activity outside regular physical education curriculum and recess per month.

## **Compliance**

- The principal or designee shall jointly share the operational responsibility for ensuring that the provisions of this policy and its regulations are met.
- The principal or designee is also responsible to prepare rules, regulations, and guidelines to implement and support this policy. Such provisions should address all foods, beverages sold and/or served to students at schools, including competitive food sales, vending machines, fundraising activities, and rewards to students.

## **Policy Review**

- The school board shall appoint a school health advisory council, consisting of the following: Parents, Food Service Director, Food Service Staff, Students, School Nurse, Physical Education Staff, School Board Members, School Administrators, Health Professionals, and other interested community members and organizations.
- The advisory council may review the corporation's wellness policy on a yearly basis and suggest to the school board approval for changes to the policy that comply with Federal and State regulations.
- The school Wellness Policy shall be made available to students and families on the corporation website or by request.