

Immaculate Conception Catholic School Wellness Policy

As required by the State of Michigan, the Wellness Committee of Immaculate Conception Catholic School establishes the following wellness policy.

The Wellness Committee of Immaculate Conception Catholic School recognizes that our bodies are a gift from God. We also recognize that the Holy Bible teaches us to live a life that promotes entering God's Kingdom. Immaculate Conception Catholic School is committed to providing an environment that promotes and protects our children's health. We strive for both spiritual and physical well-being. We nurture our children's God given gifts by promoting healthy eating habits and physical activity.

Nutrition

Nutrition Education

Nutrition and physical education programs at Immaculate Conception Catholic School are developed with input from parents, teachers, health professionals, and other interested community members. Students PreK-8 shall receive nutrition education that is aligned with Michigan Health Education GLCEs and CDC recommendations. Nutrition education that teaches the knowledge, skills, and values need to adopt healthy eating habits and behaviors shall be integrated into the curriculum.

SMART Goals for Nutrition Education:

- *Nutrition education shall be included with the physical education curriculum, and supported by the classroom teachers, so that instruction is standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
- *Nutrition standards and benchmarks shall be age-appropriate and culturally relevant.
- *Nutrition standards and benchmarks shall be behavior focused.
- *Nutrition education posters, such as MyPlate, will be displayed in the classrooms and cafeteria.

Nutrition Promotion

Nutrition Promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages and by creating food environments that encourage healthy choices. Immaculate Conception Catholic School will promote healthy food and beverage choices for all students.

SMART Goals for Nutrition Promotion:

- *Encourage students to increase their consumption of healthy foods during the school day.
- *Snacks that are provided or brought in will include healthy options.

*Possible options:

cheese sticks veggie tray w/ranch popcorn pretzels fresh fruit GoGurt
apple slices w/peanut butter (dependent on allergies) granola bars baked chips
veggie straws 100%juice pouches fruit cups applesauce (individual)

*Create an environment that reinforces the development of healthy eating habits.

Physical Education and Physical Activity

Physical Education

Immaculate Conception Catholic School shall offer physical education opportunities that include the components of a quality physical education program. Physical Education instruction shall be aligned with the Physical Education GLCEs put forth by the State of Michigan and will equip students with the knowledge, skills, and values to promote lifelong physical activity.

SMART Goals for Physical Education:

*All students at Immaculate Conception Catholic School will be encouraged to develop lifelong healthy eating and physical activity habits through participating in physical education classes (PreK-30 min., K-8 50 min.) and active recess programs (minimum 15 min.).

*A sequential, comprehensive physical education program shall be provided for students in PreK-8 in accordance with the Health Education GLCEs established by the State of Michigan.

*Physical education classes shall provide students with opportunities to learn, practice and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.

*The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.

*Planned instructions in physical education shall teach cooperation, fair play, and responsible participation.

*Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

*Planned instruction in physical education shall meet the needs of all children, including those with disabilities, special health care needs, and those who are not athletically gifted.

SMART Goals for Physical Activity:

*Physical activity shall not be used as a form of discipline or punishment.

*Physical activity and movement shall be integrated, when possible, across the curricula and throughout the day.

*Immaculate Conception Catholic School shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, tennis, etc.

Other

Other school-based activities that promote student wellness

Immaculate Conception Catholic School will implement other evidence-based programs throughout the school to create environments that are conducive to healthy eating and physical activity and convey consistent health messages.

SMART Goals for other school-based activities that promote student wellness:

*Immaculate Conception Catholic School will provide 35 minutes (total lunch & snacks) daily for students to eat.

*Immaculate Conception Catholic School shall schedule mealtimes so there are minimal disruptions by recess and other special programs and events.

*Students are permitted to have bottled water in the classroom. No other beverages except during lunch.

*Students are discouraged from sharing their food and beverages with one another during mealtimes, given concerns about allergies and other restrictions on some students' diets.

*School parties shall be limited to 3 per year. Healthy food choices should be considered so that there is a minimal amount of sugar as the primary ingredient.

Triennial Assessment

Immaculate Conception Catholic School will assess the wellness policy every 3 years, at a minimum. The Wellness Policy Committee will assess to determine: Compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy. All required documentation will be kept on file as a part of the Accreditation process.

Updates to Wellness Policy

Immaculate Conception Catholic School's Wellness Committee will update or modify the wellness policy as appropriate based on the results of the Triennial Assessment; as the local school district priorities change; community needs change; wellness goals are met; new health science, information and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be updated, as needed, at least every 3 years, following the Triennial Assessment.

Immaculate Conception Catholic School's Wellness Committee will inform the public annually about the local wellness policy, including its content and any updates to and about the policy. The Triennial Assessment, including progress toward meeting the goals of the policy, will also be made available to the public. The school will provide information on how the public can participate on the wellness committee and assist with the development, implementation, and periodic review and update of the wellness policy. All communication will be culturally and linguistically appropriate and will be available via the school's website and/or other school communication.