



OUR LADY OF MT. CARMEL  
CATHOLIC SCHOOL

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SCHOOL WELLNESS POLICY**

The School Council, parents, faculty, and staff of Our Lady of Mt. Carmel School recognize that physical activity and healthy eating patterns are essential for students to achieve their full academic potential, for physical and mental growth, and for lifelong health and well-being.

We are aware that childhood obesity or being overweight has become an increasing problem that can result in conditions such as Type 2 diabetes, heart disease, high blood pressure or stroke and that habits developed during childhood often follow us into our adult life.

We believe that our school can encourage positive wellness attitudes and actions to help prevent future health problems for our students and staff by having the knowledge and skills to practice a healthful lifestyle.

Therefore,

**A. With regard to nutrition education, the school shall:**

1. Promote, in the classroom and through material sent home, the benefits of a balanced diet that includes fruit, vegetables, whole grain products, and low-fat and fat-free dairy products.
2. Reinforce lifelong balance by emphasizing the link between caloric intake and exercise.
3. Sequentially teach the skills needed to adapt healthy eating behaviors including:
  - proper hand washing
  - trying new foods
  - importance of drinking adequate water
  - serving sizes
  - nutrition facts label reading
  - food safety (storing, cleaning)
  - foods that keep the body healthy
  - foods that may contribute to poor health (including oral health)
  - importance of meals and how meal time contributes to family life
  - evaluating fad diets
  - healthful ways to lose/gain weight
  - eating disorders
4. Research participation in “Team Nutrition School Program” ([www.fns.usda.gov/tn](http://www.fns.usda.gov/tn))

- and consider a nutritional newsletter for teachers' resource.
5. Work towards providing nutrient analyses of school menus on the school's website and health and nutrition tips in the weekly parent newsletter.
  6. Educate students, staff, and parents about food and beverage allergies and other restrictions some students experience in relation to their diets.

**B. With regard to nutrition and other foods available during the school day, the school shall:**

1. Have a dietician involved in evaluating school menus to increase whole grains, fruits and vegetable offerings.
2. Limit the number of celebrations involving foods during the school day .
  - parties are scheduled by administration
  - parents will be provided with a list of acceptable snacks for Kindergarten
  - classroom birthday celebrations will be scheduled as defined by the school administration
3. Require that some healthy food choices be offered at class parties.
4. Distribute a list of snack items to teachers and parents that comply with the current USDA Dietary Guidelines for Americans, as well as a list of poor choice foods to raise awareness of healthy snack food choices.
5. Encourage teachers to use non-food items as rewards (supply a list to teachers with suggested non-food rewards).

**C. With regard to physical activity, the school shall:**

1. Provide sequential Physical Education instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health enhancing physical activity.
2. Promote participation in physical activity by teaching skills in physical education that can be utilized outside of school and provide information to families which will encourage and assist them in their efforts to incorporate physical activity in their children's lives.
3. Provide the following time allotments for physical education classes:

K	30 minutes one day a week
1-5	45 minutes one day a week
6-8	45 minutes two days a week
4. Encourage parent participation in physical education classes.
5. Encourage classroom teachers to incorporate physical activities in their lessons or provide physical activity between classes/lessons (supply a list to the teachers with suggested classroom physical activities).
6. Provide a daily recess period at least 20 minutes in duration to all students K-8.

**D. With regard to other school-based activities designed to promote student and staff wellness, the school shall:**

1. Have a dietician work with the athletic director to incorporate healthy snack offerings in the concession stand.

2. Encourage after school organizations to offer healthy snack food choices (OLMC School will make lists available).
3. Encourage that recess is not denied as a form of discipline.
4. Maintain a drug, alcohol and tobacco free building.
5. Continue to offer a Flu Shot Opportunity for the school and parish community.
6. Promote self blood pressure monitoring by setting up a B/P monitoring machine in the teacher's lounge.
7. Enforce no student access to soda and vending machines during the school hours.
8. Research health screens (cholesterol, blood sugar, B/P, etc.) for staff members.
9. Research an optional walking program for the students.

The administration of Our Lady of Mt. Carmel School will be responsible to measure and evaluate the implementation and progress of this policy.

This policy will be reviewed annually by a committee consisting of the administration, faculty members, school council, parents, students, health care provider, and community representatives as necessary.



This policy was adopted by Our Lady of Mt. Carmel School Council on 6-5-06.