

## **St. Mary of the Immaculate Conception School Wellness and Nutrition Policy**

St. Mary School promotes healthy schools by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. We encourage all members of the school community to help create an environment for students that support active and healthy lifestyles. Improved health optimizes student performance.

### **Implementation:**

In order to create and maintain an environment which supports and teaches healthy eating habits as well as physical activity, the lunch program, physical education and health curriculums will work together to meet the following goals.

### **Nutrition Education/Promotion:**

1. Healthy nutrition guidelines will be established according to the Health Hunger Free Kids Acts 2010.
2. A unit on healthy food choices will be taught in the school curriculum.
3. Healthy school lunches, as certified by a school health agent will be offered.
4. Healthy snacks based on school nutrition guidelines will be encouraged.
5. Posters indicating point of decision prompts that encourage healthy eating will be located throughout the school.
6. Healthy eating habits are encouraged with parent communications throughout the year.
7. Fundraising projects will be encouraged to follow St. Mary's wellness guidelines.

### **Lunchroom Climate:**

A lunchroom environment that provides students with a relaxed, enjoyable climate.

The lunchroom environment is a place where students have

- adequate space to eat and pleasant surroundings
- adequate time for meals (the American Food Service Associations recommends at least 20 minutes for lunch from the time students are seated)
- convenient access to hand washing facilities before meals

### **School Day Physical Activity:**

1. 15 minutes of recess is offered each morning. (Grades Preschool -5).
2. 30 minutes or more for physical activity is offered in the afternoon (Grades Pre-Kindergarten – 5) 15 minutes (Grades 6-8)
3. Students 1-4<sup>th</sup> Grade have at least three activity breaks (3-5 minutes in length) throughout the school day (not including recess or lunchtime).
4. The Physical Education program meets two days per week for 30 minutes (K-4) and 45 minutes (5-8).
5. Students 5-8<sup>th</sup> Grade will be offered the opportunity to earn the.  
*President's Challenge Active Lifestyle Award.*
6. 5<sup>th</sup> – 8<sup>th</sup> grade students perform offered physical fitness test and establish fitness goals.

### **After – School Physical Activity:**

1. Competitive team sports are offered 5-8<sup>th</sup> (Cross Country, Track, Volley Ball, Basketball, and Softball).
2. Activity Contracts, like those used to earn the *President's Challenge Active Lifestyle Award*, are used to increase physical activity outside of the school day (Grades 6-8).
3. Social support programs that promote physical activity, such as a walking program and/or small group activity programs, will be available after school through sports and the Aftercare program.
4. Community events and after school, St. Mary sponsored events, are encouraged through emails, "Cat's Meow", family weekly information envelope and Facebook.

## **St. Mary of the Immaculate Conception Nutrition Guidelines**

### **Food:** Offer vs. Serve:

The consumption of nutrient dense foods, i.e., whole grains, fresh fruits and vegetables.

It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines. Students are highly encouraged to bring healthy snacks to share for special occasions, keeping in mind food allergies throughout the school.

### **Beverages:**

Encourage the consumption of milk, water and 100% fruit juices.  
1% milk is sold for morning milk break and Tru Moo Chocolate Milk  
The sale of soda will not be permitted on school grounds.

### **Candy:**

The sale of candy will not be permitted on the school grounds during instructional days.

### **Teacher to Student Incentives:**

Strong consideration is 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 St. Mary Nutrition Guidelines.

## **St. Mary's Wellness Committee-2021-22**

School Principal-Mrs. Fuller  
Physical Education Teacher-Mr. Hammen  
Parish-Mary Taylor  
Teacher-Cindy Krueger  
Food Service Representative-Mrs. Winterfeldt  
Parent-Anne Whitney

### **EXAMPLES OF HEALTHIER SNACKS FOR "BIRTHDAY TREATS" AND CLASS PARTIES/FUNCTIONS**

- Fruit Smoothies
- Unsweetened Fruit Juices
- Vegetable Juices
- Fresh fruits
- Fresh vegetables (cut-up)
- Canned fruits/fruit cups (in Juice)
- Yogurt (low fat or fat free)
- Go-Gurt
- Yo-J
- String cheese
- Sliced cheese and crackers
- Air-popped popcorn
- Whole grain crackers
- Whole grain cookies
- Unsweetened cereal
- Whole-grain bagels – small size
- Nuts or trail mix (when bringing nuts to school for distribution to other students-make sure that no student in the class has food allergies)

### **EXAMPLES OF NON-FOOD TEACHER REWARDS/INCENTIVES FOR STUDENTS**

#### Recognition

- Ribbon, certificate, trophy in recognition of achievement or a sticker with an affirming message (e.g., "Good job")
- Recognizing a child's achievement during school morning announcements
- A phone call, e-mail or letter sent home to parents/guardians commending a child's accomplishments
- A note from the teacher to the student commending his/her achievements
- Gift Cards

#### Privileges

- Sitting by friends
- Going first
- Reading outdoors
- Teaching the class
- Having extra art time
- Choosing a class activity

- Helping the teacher or helping in another classroom
- Having an extra few minutes of recess with a friend
- “No homework” pass
- Playing an educational computer or other game
- Reading to a younger class
- Listening to music while working
- Earning play money for privileges
- Walking with or eating lunch with a teacher or principal
- Having the teacher read a special book to the class
- Eating lunch outdoors with the class
- Designing a class or hall bulletin board
- Taking care of the class animal for the day
- Taking a trip to the treasure box (filled with stickers, pencils, erasers, bookmarks, etc.)
- Having the teacher perform special skills (i.e., sing)
- Getting a “free choice” time at the end of the day

“This Institution is an equal opportunity provider and employer.”