



St. Michael

CATHOLIC SCHOOL

2021-2022 Wellness Policy

**St. Michael Catholic School
2301 West Gilbert Street
Muncie, Indiana 47303
765.288.5878
stmichaelmuncie.org**

2021-2022 Wellness Policy Committee:

Rob Frey	Principal
Amy Hartwell	Food Service Coordinator
Suzann Giesman	Cafeteria Manager
Natalie Reece	Physical Education Teacher

revised September 2021

Description of our Wellness Policy:

St. Michael Catholic School recognizes the role that quality health practices play in the development of children. As we acknowledge that students' ability to learn and develop is influenced by their diet and physical health, we strive to provide a healthy environment. School Wellness Policies, which include all areas of health and wellness, have been shown to increase school attendance, improve student concentration, reduce behavior problems, and promote learning and positive attitudes towards school (National School Board Association).

Goals of our Wellness Policy:

The school shall maintain a Wellness Council. This Council shall include the Principal, Food Service Coordinator, Cafeteria Manager, and Physical Education Teacher. The Wellness Council will develop, implement, monitor, and review the school's Wellness Policy on an annual basis. The Wellness Council will revise the Wellness Policy as necessary.

Food and beverages served by the school will meet the nutritional recommendations of the USDA, and be in compliance with all federal, state, and local statutes.

All students will have opportunities, support, and encouragement to be physically active on a regular basis.

Implementation of our Wellness Policy:

School Lunch Program:

Our school will serve daily lunches provided by Chartwells. These lunches meet all of the nutritional requirements of the National School Lunch Program (NSLP). St. Michael does not provide in-school breakfast or take-home meals.

Lunch is served between 10:50AM-12:30PM each day, with an opportunity for students to wash their hands prior to eating. Our school lunch program will meet nutrition requirements established by local, state, and federal regulations. We serve only non-fat or 1% milk or nutritionally equivalent non-dairy alternatives. We feature meals that are attractive and appealing to children, including hot meals. Our cafeteria is a clean and pleasant setting that is periodically evaluated by the Delaware County Board of Health.

Nutrition Protocols:

Sharing and/or trading of food and beverages at lunch is prohibited. Cafeteria staff will encourage students to consume all or most of their meal during daily lunch service. Energy drinks (Red Bull, Monster, etc.) are prohibited at school. Healthy snacks are encouraged during school, during After-School Care, and at social and extracurricular events. Birthday parties and other celebrations will be conducted only after lunch is over for the day.

Monitoring our Wellness Policy:

The Principal will ensure compliance with all policies included in the Wellness Policy. The Food Service Coordinator will remain knowledgeable about USDA nutrition guidelines, as well as new regulations and statutes set forth by federal, state and local entities. Chartwells will ensure compliance with the nutritional policies. The Food Service Coordinator will report to the Principal concerning any additions or changes to nutrition guidelines.

Medications:

The school may administer prescription and over-the-counter medications to students at school. Before this can happen, parents must complete a **Student Medication Permission Form**, which is available in the office. This form must be filled out for each child, each school year.

Physical Activity:

Students will participate in structured, standards-based Physical Education classes twice a week. At least 70% of PE class time will involve physical activity.

PS, PK, K:	50 weekly minutes of Physical Education
Grades 1-2:	60 weekly minutes of Physical Education
Grades 3-8:	90 weekly minutes of Physical Education

In addition to Physical Education classes, students will be given opportunities to participate in physical activities for short period of time during the school day. Recess will be offered every school day for every student. The After-School Care program will encourage outdoor play as weather allows.

Also, students in grades 4-8 will be given opportunities to participate in Volleyball, Soccer, Basketball, and Track.

Screenings:

Grades 1, 3, 5, 8: Vision screenings will be conducted annually by the School Nurse or appropriate designee.

Grades 1, 4, 7: Hearing screenings will be conducted annually by a designated speech-language pathologist.

Grades 4-6: Scoliosis screening will be conducted annually by a physician

Grades 4-8: Sports Physicals will be conducted annually by a physician

All grades: Head lice screenings will be conducted by the School Nurse on an as-needed basis.