



St. Mary Catholic Schools  
*Grades P3-12*

## **St. Mary Catholic Schools Health and Wellness Policy**

### **Nutrition Education**

St Mary Catholic Schools' (SMCS) goal is to provide nutrition education that will teach, encourage, and support healthy behaviors. It therefore follows the Wisconsin Nutrition Education Standards. This is achieved within the school day and by connecting school-to-home healthy behaviors.

### **Nutrition Promotion**

SMCS promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. SMCS Nutrition Promotion is consistent with the Green Bay Diocesan, and the USDA techniques to encourage healthy food choices, introduce a variety of physical activities, motivate by utilizing non-food item rewards along with improving our lunchroom environment.

### **Nutritional Guidelines**

SMCS Food Service participates in the National School Lunch Program (NSLP), and all menus meet or exceed nutrition standards established by the USDA. We provide healthy, quality school meals, and aim to offer a variety of options that are both nutritious and appealing to students. (USDA.gov & choosemyplate.gov)

### **Hot Lunch Program**

The school meal program will follow the NSLP Nutrition Standards. The school meal program will meet the requirements of the Healthy, Hunger Free Kids Act, by increasing the availability of fruits, vegetables, whole grains, and fat-free and low-fat milk. In addition, the amount of sodium, saturated fat, and trans fat in meals will be reduced.

### **General Standards**

Entrees, snacks, and sides must meet one of the following:

- Be a whole grain-rich product
- Have a fruit, vegetable, dairy product, or protein food (meat, beans, poultry, etc.) as the first ingredient

### **Nutrient Standards**

Entrees, snacks, and sides for sale with accompaniments, must meet current NSLP requirements for calories, fat, sodium and sugar per serving size.

### **Sale of Food Items on School Grounds**

SMCS strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to promote health and prevent disease. The consumption of nutrient dense foods such as whole grains, fresh fruits and vegetables are highly encouraged. To support the consumption of nutrient dense foods in the school setting, SMCS has adopted the aforementioned Nutrition Standards governing the sale of food items before, during and after the instructional day. The school administrator must approve exceptions to this rule for special occasions.

### **Physical Education (K-12)**

All students in grades K-12 within SCMS will receive the benefits of a quality physical education program aimed to develop motor skills, improve physical fitness, self-discipline, stress reduction, and increased self-confidence by a certified physical education teacher. Physical education instructional strategies and other practices should meet the diverse needs and interest of all students, and provide the students with opportunities to increase physical activity and acquire the skills and knowledge needed to establish and sustain an active lifestyle. Students will spend at least 50 percent of their physical education class time participating in moderate to vigorous physical activity.

### **Physical Activity**

Outside of a structured physical education class SMCS will also create opportunities for the students to increase physical activity. Schools will offer a range of activities that meet the needs, interests and abilities of all students, including boys, girls, and students with disabilities and students with special health-care needs.

### **Before, During and or After the School Day**

SMCS encourages additional physical activity such as:

- Elementary Open Gym is available for students to walk prior to the start of classes in the morning.
- Elementary & Middle School Enrichment Programs offer various opportunities to increase physical activity.
- Special Events offered such as Walk/Bike to School Day to encourage physical activity.
- Active Classroom curriculums to create and stimulate motor skills and brain function for students and staff
- Elementary active recess (even when indoors) will provide students unstructured physical activity.
- Plyometric sessions and group runs offered for high school and employees two nights a week during winter season.
- New fitness center to be completed 9/2017 for students and employees

### **Physical Activity and Punishment**

Teachers and other school and community personnel will not use physical activity (e.g., running, pushups...). Withholding opportunities for physical activity (e.g., recess, physical education) as punishment is strongly discouraged.

### **Employee Wellness**

SMCS highly values the health and wellbeing of every employee. At the direction of and with the support of SMCS president and leadership team, policies and activities are planned and implemented to support the employees' personal efforts to maintain a healthy lifestyle. SMCS encourages various dimensions of wellness such as healthy eating, physical activity, stress management, and spiritual engagement.



### **Policy Implementing, Evaluating, and Monitoring**

SMCS will implement our Health & Wellness Policy through the approval of our board of trustees and Principals. Evaluation and Monitoring will be assessed by the Principals of each site and anyone that they assign to monitor the progress of our Policy. Policy Public Reporting and Updates SMCS will inform the public of our Health & Wellness Policy and also post any updates via our website. This institution is an equal opportunity provider.