



*St. Mary's Catholic School educates the whole child spiritually,  
intellectually, and physically.*

## **Wellness Policy**

St. Mary's shall promote student well being and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. St. Mary's recognizes that collaborating with parents, students, school personnel, and community members is the most effective method of creating a healthy environment for children. Learning about and adopting positive lifestyle habits are essential for them to achieve their full academic potential, as well as lifelong good health and wellbeing.

### **Rationale:**

- Good nutrition and adequate physical activity help children grow, develop, and do well in school.
- A good portion of children's diets are consumed in the school environment.
- Childhood weight problems are a medical concern, not just cosmetic. Poor nutrition, lack of physical activity, and being overweight can lead to complications such as elevated blood cholesterol and blood pressure, gallbladder disease, osteoarthritis and joint problems, asthma, type II diabetes, depression, anxiety and sleep apnea.

### **Nutrition Education:**

- St. Mary's Catholic School will offer lunch each school day, which follow federal guidelines.
- School meals will be consistent with the current Dietary Guidelines for Americans published by the USDA.
- Meals will feature a variety of healthy choices that are tasty, attractive, of excellent quality and served at the proper temperature.
- The cafeteria will be monitored for disruptive behavior.
- Students eat more healthful food safely in a supervised environment with enough time to eat and socialize.

### **Physical Education:**

- The students will be provided physical education a minimum of:

80 minutes for PK 3 & PK4, 90 minutes for grades K-5<sup>th</sup> and 120 minutes for grades 6<sup>th</sup> – 8<sup>th</sup> per week.

- Promote other activities that involve physical activity at recess and lunch time.
- Encourage and allow faculty and staff to attend professional development trainings and workshops that focus on positive use of physical activity in the classroom.
- Support efforts by staff and faculty to become physically fit.
  - Physical activity helps to combat obesity issues and has been found to promote learning.
- St. Mary's will encourage families and community members to support programs outside of the school that encourage physical activity.
- St. Mary's provides an environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Physical activity programs are carried out in environments that reflect respect for body-size differences and varying skill levels.

### **Marketing:**

- Students should receive positive, motivating, messages, both verbal and non-verbal about healthy eating and physical activity in the school. All school personnel should help reinforce these positive messages.
- Healthy eating and physical activity should be actively promoted to students, parents, teachers, administrators, and the community at registrations, PTO meeting, Open Houses, Health Fairs, teacher in-services, etc.

### **St. Mary's Wellness Committee:**

Will set goals, monitor and review the policy and guidelines and ensure that we are in compliance with all Federal, State, and Local Regulations pertaining to the Wellness Policy. The Committee will then report to the Principal its recommendations for improvements and goals for the school year.