

St. Mary Magdalene School Wellness Policy

May 15, 2024

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Catholic schools recognize that it is essential to educate the whole child, spiritually, academically, physically, socially, and emotionally. Similarly, wellness education must be multi-dimensional and encompass all the same areas in order to promote ultimate health, well-being, and students' ability to learn. Catholic schools aid this emphasis on total wellness by embracing the reverence for life, self-respect, and respect for others.

Nutrition Promotion and Education Goal: to positively impact eating behaviors.

- Wellness objectives concerning nutrition are supported through the Diocesan Health Course of Study (2022) grade-level indicators relating to diet, nutrition, and exercise. Additionally, similar grade-level indicators are included in the Science Course of Study (2019).
- Nutrition guidelines, food pyramids, charts, suggestions for healthy food choices, and other messages that support wise food choices will be displayed in or near the cafeteria as well as in classrooms during the nutrition unit of instruction.
- Snack breaks, if applicable, will be scheduled as necessary to maintain energy levels.
- All students are required to participate in nutrition education.
- Nutrition education shall be provided to families via handouts, newsletters, website, presentations, and workshops.
- Parents are encouraged to provide healthy snacks.
- Staff and teachers are asked not to consume sugary drinks or snacks in the classroom. If they eat in the presence of the students, they are asked to promote healthy eating behaviors.
- Drinking water will be available to students via drinking fountains. Students are permitted to keep water bottles at their desks.

Physical Education Goal: to promote physical fitness and habits that will be beneficial in later life.

- Physical fitness is supported through the Diocesan Physical Education Course of Study (2019).
- All students shall participate in Physical Education.
- All appropriate grade levels will have scheduled recess times.
- Discipline should not include loss of recess time except in rare instances.
- Students will be encouraged to participate in school and community sports programs and to be physically active outside of school.

Other School-Based Activities Goal: to be mindful of the connection between nutrition and physical education when planning the activities.

- The Religion Course of Study (2022) supports reverence for life, self-respect, and respect for others, which are foundational concepts of

wellness. All school-based activities are also rooted in these Religion Course of Study concepts.

- Staff and teachers will use food in limited ways as a reward for behavior and minimize sugary treats for classroom celebrations.
- All school related organizations are encouraged to consider healthy food or non-food fundraisers.
- Teachers will be offered professional development in nutrition as is needed, and in physical activities that might be appropriate to incorporate in the classroom.

Additional Guidelines

- Any food and beverage sold to students at schools during the school day must be smart snack compliant.
- The school cafeteria manager and staff will complete the required number of USDA approved Professional Development training hours annually.
- The school cafeteria will follow the current USDA Dietary guidelines for breakfast and lunch menu planning.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Nutrition guidelines, food plate recommendations, charts, and other messages that suggest healthy food choices will be displayed in or near the cafeteria as well as around the school.

Public involvement, public updates, policy leadership, and evaluation plan.

The school will designate a person to be in charge of the wellness policy's compliance. The policy will be reviewed annually to evaluate school-wide compliance and effectiveness. An appointed committee will meet each year during the month of May to complete this review. Staff, parents and other interested parties will be invited to participate in this meeting. Based on these regular reviews, Saint Mary Magdalene School's Wellness Committee will determine any revisions necessary to support wellness in the school. The Wellness Policy Assessment Tool will be completed every three years, and the results will be posted on the school website and a copy is available upon request.