



RESPECT | RESPONSIBILITY | RESOURCEFULNESS  
**WELLNESS POLICY**

**Component 1: Commitment to Nutrition and Physical Activity**

A. School Health Advisory Committee (SHAC) has been established which includes: Parents, teachers, community members, school board members & school nutrition coordinator

B. The SHAC will address nutrition and physical activity issues and will develop, guidelines that support a healthy school nutrition environment in compliance with the requirements listed in this document. This committee shall offer revisions to these guidelines annually or more often if necessary.

C. The SHAC will review the St. Mary's School Wellness Plan annually.

D. Before the end of each school year, the committee will recommend to the Principal any revisions it deems necessary to the Student Nutrition/Wellness Plan. Community/Families will be notified of the changes via updates made to the plan located on the STMS school website and STMS Handbook

**Component 2: Physical Activity**

A. A minimum of 150 minutes per week in elementary and 225 minutes in middle school.

B. Two 15 minute or one 30 minute recess per day

C. PE for all middle school students

D. Continuing education for PE teachers

E. Certified PE teacher who is qualified in Physical fitness.

G. Staff encouraged to model physical activity

H. PE Equipment will be age appropriate and meet students developmental needs

**Component 3: Quality School Meals/Pleasant Eating Experience**

A. Lunch is provided to all students with choices being Hot Entrée' or Choice

B. Menus conform to good menu planning principles, including healthy choices served at proper temperature.

Lunches served meet the USDA guidelines for child nutrition as outlines by the National School Lunch Program Federal Guidelines.

No fried foods are served

A variety of milk is offered: fat free white, fat free chocolate and 1% white

Students are encouraged eat full meals and are served meal portions that are required under offer versus serve.

Students that require Special dietary needs are required to have a doctor statements are on file.

Students eat in a pleasant atmosphere:

Students have input to menus by communicating likes and dislikes to Kitchen staff who notifies contracted meal vendor.

Target Nutrient analysis is available and listed on monthly menu's e-mailed home, and listed by the lunch line.

School activities during lunch-time only involve extra curricular activities.

- 20 minutes for lunch

- Adult role modeling

- Cold water in cups and Drinking fountains available

-Elementary (K-5) recess after lunch & Middle School (6-8) recess is before lunch

-Students wash hands before eating

- Students are encouraged to socialize



<b>Component 4: Other Healthy Food Options</b>
A. The SHAC has developed and recommended to the administration guidelines on nutrition standards for food and beverages offered throughout the school including parties, celebrations and social events. STMS does not participate in the SMART Snack program
B. STMS does not have vending machines available
C. School organizations are recommended to use non-food items or healthy food for fundraising as defined by school policy.
D. School staff does not used food as a reward. Instead treasure boxes are used with donated trinkets which the children
E. School staff does not use withholding of food or meals as a punishment for students. Withholding foot or a meal from a student is prohibited.
F. The school district does provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
<b>Component 5: Nutrition Education</b>
A. Nutrition Education occurs as part of the PE/Health program
B. Students may not bring fast food for lunch. My Plate program from the USDA is utilizes and updated daily based on the school lunch. My Plate is located in the lunch line for students to see.
<b>Component 6 : Marketing</b>
A. Staff encourage students to eat until they are full and promote <b>positive</b> nutrition by modeling and eating healthy foods.
B. Lunch Room posters include art provided by National School Lunch Program of healthy food choices; mostly pictures of fresh fruits and vegetables and milk.
C. Healthy eating and physical activity is actively promoted to students, staff, and community.
<b>Component 7: Body Image</b>
A. Schools encourage acceptance and respect related to height, weight, shape or size.
B. Sschool does not measure weight and only measures height in Kindergarten as a benchmark to chart growth for math