

# *Wellness Policy*

**Saint Mary Elementary and Preschool  
640 First St NE  
Massillon, OH 44646**

## **Requirements for Local Wellness Policy:**

- 1) Our wellness goals for nutrition education, physical activity and other school-based activities are designed to promote student wellness;
- 2) There are nutrition guidelines for all foods served through the National School Lunch Program;
- 3) Guidelines have been set for reimbursable school meals;
- 4) A plan for measuring implementation of the local wellness policy has been established;
- 5) There is community involvement in the development of the plan.

## **1. Goals for (a) nutrition education, (b) physical activity and (c) other school-based activities that promote wellness:**

### **A. Nutrition education**

- All schools implement the health objectives relating to diet, nutrition and exercise as stated in the Youngstown Diocesan Graded Course of Study for Science and Health
- Nutrition guidelines, food pyramid charts, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in or near the school cafeteria. Good eating habits posters are in the cafeteria. Food pyramid posters are in the classrooms.
- School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the school day.
- Recess or snack breaks will be scheduled for students as needed to maintain energy levels. Morning snack times for grades 1-6 are at 9:30.

### **B. Physical activity**

- All students participate in the school's physical education program.
- The physical education program implements the objectives of the Youngstown Diocesan Graded Course of Study for Physical Education.
- Grades K-6 have access to recess according to the school's schedule.
- Students are encouraged to participate in school and community sports programs, and to be physically active outside of school (ex: dance, scouting programs, etc.) Saint Mary's sports program includes football, basketball, volleyball, track and cheerleading.

### **C. Other school based activities:**

- The school encourages the use of non-food rewards for student behavior.

- Teachers and parents are encouraged to provide healthy snacks, and to minimize sugary treats for classroom celebrations.
- The school and other organizations have non-food fundraisers and are encouraged to consider healthy food fundraisers.
- Teachers are offered training in nutrition as needed, and in physical activities conducive to learning and appropriate for classrooms. Teachers are encouraged to have students use the chalk/white board regularly, computers for research and use Brain Gym activities or other body/brain movements.
- Teachers are offered in-services regarding food allergies. In-services include food allergy awareness and emergency actions.

## **2. Nutrition guidelines for all foods available on school campus during the school day:**

- The School Lunch program follows nutritional guidelines established by Ohio Department of Education, Office of Child Nutrition Services.
- Teachers ask for at least a healthy alternative snack and beverage. No pop or candy machines are permitted in the building nor is pop permitted for lunch or snack.
- Drinking fountains and/or water coolers are available in every building. Students are permitted water bottles on their desks.
- Skim chocolate, skim strawberry and skim vanilla milk as well as 1% white milk is available during lunchtime.

## **3. Guidelines for reimbursable school meals:**

St Mary School continues to follow the state and federal guidelines and procedures for reimbursement for school lunch.

## **4. Plan for measuring implementation of the local wellness policy:**

- Periodically, health classes survey students and/or parents on eating choices and behavior and physical activity outside of school
- Students can keep a food/exercise log (no names) for a week for a specific class, and comparisons can be made to determine any changes in eating habits or physical activity.
- The physical education teacher will have students monitor heart rate of their physical fitness programs
- The local wellness committee will revisit the wellness policy annually to revise, update, or amend the policy as needed. The “bottom line” is the overall health and well being of the students.

## **5. Community involvement in the development of the plan:**

Input and evaluation for our Saint Mary's committee is comprised of our nurse, hot lunch coordinator, administrator and parent. Community members are invited to participate in the assessment and development of the Wellness Policy. Date for review will be posted on the St Mary website.