

**ST MARYS CATHOLIC SCHOOL  
WELLNESS POLICY  
2009-2010**

St. Mary's Catholic School has established a wellness policy that addresses goals for nutrition education, physical education, other school based activities that promote student wellness, and nutrition guide lines for foods available to students on campus. A plan and a team that will meet biannually have been developed for implementing and monitoring progress toward goals contained in the policy. The team members are as follows:

Amy Allen - Principal  
Beverly Wilson – Food Service Director  
Joanie Dickson – Board Member  
Barbara Barton – Teacher  
Lisa Richie - Parent  
Lucy Knotts – Teacher  
Katie Nielson – Board Member  
Cara Skinner – Parent  
Dr. Karen Roberts – Nutrition Consultant

The student body and the public will be surveyed annually for input to be considered for the development of wellness policy for St. Mary's Catholic School.

**Health/Nutrition Education Guidelines**

Early Childhood through Seventh Grade will be provided with a minimum of 30 minutes of nutrition education weekly

Eighth Grade will be provided with a minimum of 60 to 90 minutes nutrition education weekly.

**Physical Education Guidelines**

Early Childhood through Kindergarten will be provided with 90minutes of physical education weekly

First through Fifth grades will be provided with 150 minutes of physical education weekly

Sixth through Eighth grades will be provided with 200 minutes of physical education weekly.

## **Other School Based Activities**

St. Mary's School hosts a Fun Run every year where children and families of our community and beyond are encouraged to participate. The children may participate in a 1 mile, a 5K or a 10K run.

A school wide announcement about healthy living is given 1 time a week.

Our school has an outstanding Athletics program for Sixth through Eighth grades, which includes soccer, volleyball, basketball and track.

Third through Fifth grades train for and participate in Fall and Spring Relays, which includes jump rope, relay running, short distance running, shuttle running, Long jump, softball throw, basketball toss, etc....

First through Eighth grades train for and participate in the Presidents Challenge annually.

Manners Meals are done twice a year where all the school comes together at the same time for lunch. A well balanced lunch is served family style with older children serving to the younger children that are sitting at the same table with them. In this way we encourage trying new foods, using proper etiquette, social skills, and older children modeling Christian values and behavior to the younger children.

## **Nutrition Guidelines**

### **Lunch**

Children will be served everything on the lunch tray daily without the option to pass on fruits and vegetables.

Items that students will be allowed to order extra entrees/doubles on will be limited.

Students have fruits and/or vegetables daily.

Whole milk, Low-fat milk, and 50-100% juice are offered.

Desserts with more that 5 grams of fat per serving are offered no more than twice in a week.

No foods of minimal nutritional value are served

The lunch room/cafeteria is clean and orderly with adequate seating and supervision.

### **A La Carte**

Students may order fruits, vegetables, or an extra en tree (on limited items,i.e. Chicken nuggets)

Fresh,dried and/or canned fruit, yogurt, nuts and vegetables are alternatingly available.

Snacks, except for nuts, seeds, and nut butters, will not have more than 35% of total calories from fat (or 4g or less per 100 calories).

Snacks, except for fruit without added sugar, will not be more than 35% of weight from total sugar (or 9g or less per 100 calories)

No foods of minimal nutritional value are sold.

### **Vending**

Beverages are limited to water, 50-100% juices, electrolyte replacement beverages.

Snack Items will meet the same criteria as “A La Carte” items

No foods of minimal nutritional value are sold.

### **E-C, Kindergarten and After School snacks**

No foods of minimal nutritional value are provided.

Low-fat 2% milk, whole milk, 50-100% real fruit juice offered daily

Snacks will meet the same criteria as “A La Carte” items.

### **Monitoring and Implementation**

Monitoring and Implementation will be done by Amy Allen, Principal and Beverly Wilson, Food Service Director through student council filling out tray waste forms per menu meal once every nine weeks,(for example, in August tray waste monitoring on hamburger day, etc....)

In this way we can provide healthy meals to the majority of the children, and adjust menu items accordingly.