

**St. Mary Catholic School**  
**Wellness Policy**  
**Last Updated August 2016**

**In accordance with Section 204 of the Child Nutrition Reauthorization Act (2004) which explicitly directs all schools (or school districts) participating in federally funded Child Nutrition Programs to create Wellness policies, St. Mary Catholic School in Stayton, Oregon hereby establishes the following:**

**Setting Nutrition Education Goals:**

(1) Promote increased participation in school based nutrition programs through: limiting the availability within the school of competitive foods with lesser nutritional value. St. Mary will not have pop or snack vending machines and will encourage parents often to provide healthy lunches and snacks for their children (especially those not participating in our hot lunch program).

(2) Use a comprehensive curriculum approach to nutrition in preschool through 8th grade. All preschool-8th grade instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

- Knowledge of the Food Guide Pyramid Healthy heart choices
- Sources & variety of foods Dietary Guidelines for Americans
- Diet and disease Understanding calories
- Healthy snacks Healthy breakfast
- Healthy diet Food labels
- Major nutrients Multicultural influences
- Serving sizes Proper Food Safety/Sanitation
- Identify and limit foods of low nutrient density

**Setting Physical Activity Goals**

(1) Physical education shall be taught as a required subject in all grades for all students with the purpose of promoting the physical well-being of all students. All preschool-8th grade students will have physical education classes at a minimum of three times weekly for 30 minutes per session.

(2) Provide recess everyday for at least 20 minutes for elementary students outside of lunch recess.

**Establishing Nutrition Standards for All Foods Available on School Campus during the School Day**

(1) Administrators, staff, and extracurricular groups shall ensure that all school activities, including classroom practices and incentives, are consistent with the sound nutrition practices taught in the classroom and implemented in the school meal programs.

(2) School staff shall use food as a reward for student accomplishment sparingly, and at the elementary level only after 2:00 p.m. during the school day.

(3) Staff is encouraged to model healthy eating by offering healthier choices at school meetings and events.

(4) Continue policy of no in-school access to vending machines offering food and beverages

(5) Alternatives to using food as rewards or incentives:

- Pencils Stars
- Stickers Certificates
- Coupons for extra computer time, Rulers
- Free time, reading time, etc.
- Movie coupons

### **Setting Goals for Other School-Based Activities Designed to Promote Student Wellness**

(1) Adequate time to eat in a pleasant dining environment. Students will have no less than 20 minutes of time to eat lunch and socialize

### **Setting Goals for Measurement and Evaluation**

(1) The School Advisory Council and Principal will assess and monitor components of the nutrition and physical activity standards.

### **School Goals:**

- Goal 1: Classroom instruction incorporates nutritional themes in health and science curriculum
- Goal 2: School schedule accommodates minimum recess time for all students
- Goal 3: School schedule accommodates minimum physical education time for all students
- Goal 4: School schedule accommodates minimum eating time for all students
- Goal 5: School administration will monitor, evaluate, and monitor wellness policy and implementation on a regular basis

\*Notes: (1) Parents, students, kitchen staff, advisory council members, and school principal were involved in developing this policy; (2) Guidelines for reimbursable meals will not be less restrictive than regulations and guidelines issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and the Richard B. Russell National Lunch Act.

**St. Mary Catholic School**  
**Wellness Policy Assessment**  
**June 2016**

**School Goals:**

- Goal 1: Classroom instruction incorporates nutritional themes in health and science curriculum
  - Result: All teachers satisfactorily incorporated themes throughout the school year. Principal monitored lesson plans and instruction.
- Goal 2: School schedule accommodates minimum recess time for all students
  - Result: Successful scheduling exceeded minimum requirements.
- Goal 3: School schedule accommodates minimum physical education time for all students
  - Result: Successful scheduling exceeded minimum requirements.
- Goal 4: School schedule accommodates minimum eating time for all students
  - Result: Successful scheduling exceeded minimum requirements.
- Goal 5: School administration will monitor, evaluate, and monitor wellness policy and implementation on a regular basis
  - Result: Principal checked in weekly with teachers on scheduling and lesson planning as well as monitoring classroom instruction.