**St. Michael’s Catholic School Wellness Policy**

**Preamble**

St. Michael’s Catholic School is committed to the optimal development of every student and staff. St. Michael’s Catholic School believes that for students and staff to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that three components, good nutrition, positive mental health, and physical activity before, during, and after the school day, are strongly correlated with positive student and staff outcomes. For example, student participation in the U.S. Department of Agriculture’s (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically, socially, and emotionally. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines St. Michael’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

* Students in St. Michael’s Catholic School have access to healthy foods throughout the school day ‒ both through reimbursable school meals and other foods available throughout the school‒ in accordance with Federal and State nutrition standards.
* Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
* Students have opportunities to be physically active before, during, and after school.
* Staff and students engage in nutrition and physical activity promotion and other activities that promote student wellness.
* School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
* Students have access to mental health support through Heartland Counseling and Siouxland Mental Health,
* Self-advocacy training is supported in all classrooms,
* Mental Health Awareness training and teaching are provided to the staff annually,
* Self-awareness training and teaching are provided to students throughout the year,
* Training in Restorative Practices to repair relationships and not punishment is practiced throughout the year.
* The community is engaged in supporting the work of St. Michael’s Catholic School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
* St. Michael’s Catholic School establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and families of St. Michael’s Catholic School. Specific measurable goals and outcomes are identified within each section below.

1. **School Wellness Committee**

***Committee Role and Membership***

St. Michael’s Catholic School will with work our existing school health committee that meets at least three times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this school-wide wellness policy (heretofore referred as “wellness policy”).

The school health committee membership will represent all school levels and include invitations to, but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g.., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the school wellness committee will reflect the diversity of the community.

***Leadership***

The principal or designee(s) will convene the school wellness committee and facilitate the development of and updates to the wellness policy and will ensure each school’s compliance with the policy.

The designated official for oversight is:

Sandy Williams

Principal of St. Michael’s Catholic School

(402) 494-1526

dnswilli2632@smcsssc.com

The names, titles, and contact information of this/these individuals are:

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Title / Relationship to the School or District** | **Email address** | **Role on Committee** |
| John Newman | Teacher/Student Council Moderator | [Johnlissa@smcsssc.com](mailto:Johnlissa@smcsssc.com) | Assists in the evaluation of the wellness policy implementation |
| George Clay | Physical Education/Health | [George.b.clay@smcsssc.com](mailto:George.b.clay@smcsssc.com) | Assists in the evaluation and implementation of the wellness policy |
| Melissa Newman | Lunch Director | [mnewman@smcsssc.com](mailto:mnewman@smcsssc.com) | Assists in the evaluation of food nutrition |
| Crystal Wagner | Tech Coordinator | [mrswagner@smcsssc.com](mailto:mrswagner@smcsssc.com) | Assist in the evaluation of the policy and promotes it on social media. |
| Zulema Nuno | Teacher | [nunozulema@smcsssc.com](mailto:nunozulema@smcsssc.com) | Teacher/student advocate |
|  | Student Council Copresidents |  | Student Representatives |
|  | Heartland Counseling |  | The school Counselor update us on mental health concerns |
|  | St. Michael’s Board of Education |  | Current members are updated on the policy and their input is included in the policy |
|  | Siouxland Health Department |  | The current representative that works with us on mental, medical, and physical health concerns |

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

1. **Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

***Implementation Plan***

St. Michael’s Catholic School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines; and includes information about who will be responsible to make what change, by how much, where, and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The school uses the [Healthy Schools Program online tools](http://www.schools.healthiergeneration.org/) to complete a school-level assessment based on the Centers for Disease Control and Prevention’s School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at: *www.smcsssc.com.*

***Recordkeeping***

St. Michael’s Catholic School will retain records to document compliance with the requirements of the wellness policy at the St. Michael’s Catholic School office and/or on the St. Michael’s Catholic School Server. Documentation maintained in this location will include but will not be limited to:

* The written wellness policy.
* Documentation demonstrating that the policy has been made available to the public.
* Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the school wellness committee.
* Documentation to demonstrate compliance with the annual public notification requirements.
* The most recent assessment on the implementation of the local school wellness policy.
* Documentation demonstrating the most recent assessment of the implementation of St. Michael’s Catholic School Wellness Policy has been made available to the public.

***Annual Notification of Policy***

St. Michael’s Catholic School will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and implementation status. St. Michael’s Catholic School will make this information available via the district website, Sycamore Education, and/or in district-wide communications such as in Remind, Facebook, during parent meetings, and Back to School Open House. St. Michael’s Catholic School will provide as much information as possible about the school nutrition environment. This will include a summary of the St. Michael’s Catholic School events or activities related to wellness policy implementation. Annually, St. Michael’s Catholic School will also publicize the name and contact information of the St. Michael’s Catholic School officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

***Triennial Progress Assessments***

At least once every three years, St. Michael’s Catholic School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

* The extent to which St. Michael’s Catholic School complies with the wellness policy.
* The extent to which St. Michael’s Catholic School wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy; and
* A description of the progress made in attaining the goals of St. Michael’s Catholic School wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Sandy Williams, Principal of St. Michael’s Catholic School, dnswilli2632@smcsssc.com.

The school wellness committee will monitor the school’s compliance with this wellness policy.

St. Michael’s Catholic School will actively notify households/families of the availability of the triennial progress report.

***Revisions and Updating the Policy***

The school wellness committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as St. Michael’s Catholic School priorities change; community needs change; wellness goals are met; new health science information, technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

***Community Involvement, Outreach, and Communications***

St. Michael’s Catholic School is committed to being responsive to community input, which begins with awareness of the wellness policy. St. Michael’s Catholic School will actively communicate ways in which representatives of the school wellness committee and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. St. Michael’s Catholic School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, the availability of child nutrition programs and how to apply them, and a description of and compliance with Smart Snacks in School nutrition standards. St. Michael’s Catholic School will use electronic mechanisms, such as email or displaying notices on the school’s website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. St. Michael’s Catholic School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means like other ways that the district and individual schools are communicating important school information with parents.

St. Michael’s Catholic School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. St. Michael’s Catholic School will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

1. **Nutrition**

**Goal**

St. Michael’s Goal is to serve nutritious meals following the Federal Nutrition Guidelines for breakfast, lunch, and afternoon snacks in the After School Program.

***School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer’s specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

St. Michael’s Catholic School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Fresh Fruit & Vegetable Program *(FFVP).* St. Michael’s Catholic School also operates additional nutrition-related programs and activities including Breakfast in the Classroom. St. Michael’s Catholic School is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

* Are accessible to all students.
* Are appealing and attractive to children.
* Are served in clean and pleasant settings.
* Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (St. Michael’s Catholic School offers reimbursable school meals that meet [USDA nutrition standards](http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals).)
* Promote healthy food and beverage choices using at least seven of the following [Smarter Lunchroom techniques](http://smarterlunchrooms.org/ideas):
  + Whole fruit options are attractively displayed.
  + Sliced or cut fruit is available daily.
  + Daily fruit options are displayed in a location in the line of sight and reach of students.
  + All available vegetable options have been given creative or descriptive names.
  + All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meals.
  + White milk is placed in front of other beverages in all coolers.
  + A reimbursable meal can be created in any service area available to students.
  + Student surveys and taste-testing opportunities are used to inform menu development, dining space decor, and promotional ideas.
  + Student artwork is displayed in the service and/or dining areas.
  + Daily announcements are used to promote and market menu options.

**In Addition:**

Menus will be posted on St. Michael’s Catholic School website and Facebook.

St. Michael’s Catholic School child nutrition program will accommodate students with special dietary needs.

Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.

Students are served lunch at a reasonable and appropriate time of day.

Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s schools.

St. Michael’s Catholic School will implement the following Farm to School activities:

Local and/or regional products are incorporated into the school meal program.

Messages about agriculture and nutrition are reinforced throughout the learning environment.

School hosts field trips to local farms.

The school utilizes promotions or special events, such as tastings, which highlight local/ regional products.

***Staff Qualifications and Professional Development***

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](http://www.fns.usda.gov/sites/default/files/CN2014-0130.pdf). These school nutrition personnel will refer to [USDA’s Professional Standards for School Nutrition Standards website](http://professionalstandards.nal.usda.gov/) to search for training that meets their learning needs.

***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day at St. Michael’s Catholic School. St. Michael’s Catholic School will make drinking water available where school meals are served during mealtimes.

* Water cups/jugs will be available in the cafeteria.
* All water sources and containers will be maintained regularly to ensure good hygiene, health, and safety standards.
* Students will be allowed to bring and carry water bottles filled with only water with them throughout the day.

***Competitive Foods and Beverages***

St. Michael’s Catholic School is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase the consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with the implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day\* will meet or exceed the USDA Smart Snacks nutrition standards. The exception will be no more than two school fundraisers each semester that may have additional snacks other than Smart Snacks.

***Celebrations and Rewards***

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. St. Michael’s Catholic School will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. Classroom snacks brought by parents. St. Michael’s Catholic School will provide parents with a [list of foods and beverages that meet Smart Snacks](https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/browse_products/?product_category_id=720)' nutrition standards.
3. Rewards and incentives. St. Michael’s Catholic School will provide teachers and other relevant school staff with a [list of alternative ways to reward children](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/non-food_rewards/).

***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. St. Michael’s Catholic School will make available to parents and teachers a list of healthy fundraising ideas.

***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.

St. Michael’s Catholic School will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

* Implementing seven or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](http://smarterlunchrooms.org/ideas); and
* Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards except for two or fewer per semester. Additional promotion techniques that district and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

***Nutrition Education***

St. Michael’s Catholic School will teach, model, encourage and support healthy eating by all students. St. Michael’s Catholic School will provide nutrition education and engage in nutrition promotion that:

* Is designed to provide students with the knowledge and skills necessary to promote and protect their health.
* Is part of not only health education classes but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.
* Includes enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.
* Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.
* Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise).
* Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services.
* Teaches media literacy with an emphasis on food and beverage marketing.
* Includes nutrition education training for teachers and other staff.
* Includes nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards; and
* All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

**Essential Healthy Eating Topics in Health Education**

St. Michael’s Catholic School will include in the health education curriculum a minimum of eight of the following essential topics on healthy eating:

* Relationship between healthy eating and personal health and disease prevention
* Food guidance from [MyPlate](http://www.choosemyplate.gov)
* Reading and using FDA's nutrition fact labels
* Eating a variety of foods every day
* Balancing food intake and physical activity
* Eating more fruits, vegetables, and whole-grain products
* Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain transfat.
* Choosing foods and beverages with little added sugars
* Eating more calcium-rich foods
* Preparing healthy meals and snacks
* Risks of unhealthy weight control practices
* Accepting body size differences
* Food safety
* Importance of water consumption
* Importance of eating breakfast
* Making healthy choices when eating at restaurants
* Eating disorders
* Reducing sodium intake
* Social influences on healthy eating, include social media, family, peers, and culture.
* How to find valid information or services related to nutrition and dietary behavior.
* How to develop a plan and track progress toward achieving a personal goal to eat healthfully.
* Resisting peer pressure related to unhealthy dietary behavior.
* Influencing, supporting, or advocating for others’ healthy dietary behavior

***Food and Beverage Marketing in Schools***

St. Michael’s Catholic School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. St. Michael’s Catholic School strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on St. Michael’s Catholic School property that contains messages inconsistent with the health information St. Michael’s Catholic School is imparting through nutrition education and health promotion efforts. St. Michael’s Catholic School intends to protect and promote students’ health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with St. Michael’s Catholic School wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made to promote the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

* Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or its container.
* Displays, such as on vending machine exteriors.
* Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards.
* Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by St. Michael’s Catholic School.
* Advertisements in school publications or school mailings.
* Free product samples, taste tests, coupons of a product, or free samples displaying advertising of a product.

As St. Michael’s Catholic School nutrition services/Athletics Department/PTA/PTO review existing contracts and considers new contracts, equipment, and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by St. Michael’s Catholic School Wellness Policy.

1. **Physical Activity**

**Goal:**

All students will have available 60 minutes or more of physical activity throughout the school day. All students will have 20 minutes or more of physical activity per day through recess, brain breaks, physical education classes, and more.

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students’ physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all the components: quality physical education as the foundation; physical activity before, during, and after school; staff involvement and family and community engagement, and St. Michael’s Catholic School is committed to providing these opportunities. Schools will ensure that education (addressed in the “Physical Education” subsection). St. Michael’s Catholic School will be encouraged to participate in Shape America {shapeamerica.org} to successfully address all CSPAP areas.

To the extent practicable, St. Michael’s Catholic School will ensure that its grounds and facilities are safe, and that equipment is available to students to be active. St. Michael’s Catholic School will conduct necessary inspections and repairs.

* St. Michael’s Catholic School will work with schools to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure enough equipment are available to encourage physical activity for as many students as possible.

***Physical Education***

St. Michael’s Catholic School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided with an equal opportunity to participate in physical education classes. St. Michael’s Catholic School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment, as necessary.

St. Michael’s Catholic School elementary studentsin each grade will receive physical education for at least 60-90 minutes per week throughout the school year.

St. Michael’s Catholic School physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](http://www.pyfp.org/) or other appropriate assessment tools) and will use criterion-based reporting for each student.

* Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
* All physical education teachers in St. Michael’s Catholic School will be required to participate in at least a once-a-year professional development in education.
* Waivers, exemptions, or substitutions for physical education classes are not granted.

***Essential Physical Activity Topics in Health Education***

Health education is required for grades kindergarten through eighth grade at St. Michael’s Catholic School. St. Michael’s Catholic School will include in the health education curriculum a minimum of nine of the following essential topics on physical activity:

* The physical, psychological, or social benefits of physical activity,
* How physical activity can contribute to a healthy weight,
* How physical activity can contribute to the academic learning process,
* How an inactive lifestyle contributes to chronic disease,
* Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition,
* Differences between physical activity, exercise, and fitness,
* Phases of an exercise session, that is, warm up, workout, and cool down,
* Overcoming barriers to physical activity,
* Decreasing sedentary activities, such as TV watching, video gaming, and social media time,
* Opportunities for physical activity in the community,
* Preventing injury during physical activity,
* Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active,
* How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity,
* Developing an individualized physical activity and fitness plan,
* Monitoring progress toward reaching goals in an individualized physical activity plan,
* Dangers of using performance-enhancing drugs, such as steroids,
* Social influences on physical activity, including media, family, peers, and culture,
* How to find valid information or services related to physical activity and fitness,
* How to influence, support, or advocate for others to engage in physical activity
* How to resist peer pressure that discourages physical activity,

***Recess (Elementary)***

St. Michael’s Catholic School will offer at least 20 minutes of recesson all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene before eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition period/timeframe before students enter the cafeteria.

**Outdoor recess** will be offered when the weather is feasible for outdoor play. Students will be allowed outside for recess except when the outdoor temperature is below 15 degrees Fahrenheit, inclusive of wind chill factors, during “code orange” or “code red” days, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.

If the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

***Classroom Physical Activity Breaks (Elementary)***

St. Michael’s Catholic School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. St. Michael’s Catholic School recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, physical education class, recess, and class transition periods.

St. Michael’s Catholic School will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](http://healthymeals.nal.usda.gov/resource-library/physical-activity-school-aged-children/activities-and-tools) and the [Alliance for a Healthier Generation](https://www.healthiergeneration.org/take_action/schools/physical_activity/physical_activities/).

***Active Academics***

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

St. Michael’s Catholic School will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, and activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

***Before and After School Activities***

St. Michael’s Catholic School offers opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods. St. Michael’s Catholic School will encourage students to be physically active before and after school by:

* Participating in the before-school activity period
* Participating in the After School Program
* Participating in the After School Wellness Program
* Participating in interscholastic sports

***Active Transport***

St. Michael’s Catholic School will support active transport to and from school, such as walking or biking. St. Michael’s Catholic School will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

* Designate safe or preferred routes to school,
* Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week,
* Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area),
* Instruction on walking/bicycling safety provided to students,
* Promote the safe routes program to students, staff, and parents via newsletters, websites, local newspapers,
* Use crosswalks on streets leading to schools,

**V: Mental Health**

**Goal:**

St. Michael’s School will provide mental health resources for all staff, students, and families and training for staff that include but will not be limited to, the five key skills in Social and Emotional Learning: self-awareness, self-management, social awareness, relationship skills, and responsible decision making.

Social-emotional training for staff can help prevent burnout, which is an outcome of stress, poor self-care, challenging classroom behaviors, and a lack of support. It can also help teachers recognize and respond to their students’ emotions and needs, which can reduce student behavior problems and promote caring and supportive environments.

Classroom strategies are used throughout the day to promote a positive environment for all students. Activities may include but are not limited to talking about the gospel values in class and as situations arise, Circle Time, class/team building activities, anti-bullying education and activities, Lighthouse Project, Unity Day activities, 5-minute walk and talk, time out of the classroom to destress, Restorative Practices, Student Mentorship Program, and activities that promote kindness in our classroom, school, and community.

**VI: Other Activities that Promote Student Wellness**

St. Michael’s Catholic School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. St. Michael’s Catholic School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, social-emotional health, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

St. Michael’s Catholic School will coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or St. Michael’s Catholic School curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary to the wellness policy, including but not limited to ensuring the involvement of the school wellness committee.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

***Staff Wellness and Health Promotion***

The school wellness committee will focus on staff wellness issues, identify, and disseminate wellness resources and perform other functions that support staff wellness in coordination with human resources staff.

St. Michael’s Catholic School will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies St. Michael’s Catholic School will use, as well as specific actions staff members can take, include eating school lunch and participating in the before and/or after-school activity programs, St. Michael’s Catholic School promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

***Professional Learning***

When feasible, St. Michael’s Catholic School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help St. Michael’s Catholic School staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Goals:

1. Promote healthy eating daily by following the SNLP, FFVP, and Breakfast, ASP snack, and Smart Snack fundraisers.
2. Promote healthy exercise through PE, Before and After School activities, and in the ASP.
3. Promote Healthy Mental Well-being through Circle time, Counseling partnerships, Restorative Practices, and All School Activities and fun.

St. Michael’s Catholic School will support the nutritional, mental, and physical health of all staff by including, but not limited to, the following activities: mental health sources, physical activity before, during, and after school, mentorship program, monthly socials, Professional Learning Communities, Restorative Practices, and team building activities.

***Community Partnerships***

St. Michael’s Catholic School will continue relationships with community partners in support of this wellness policy’s implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

***Community Health Promotion and Family Engagement***

St. Michael’s Catholic School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection***,*** St. Michael’s Catholic School will use electronic mechanisms (e.g., email or displaying notices on the district’s website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

The Wellness program will be evaluated and changed yearly by using the latest research relating to the physical, nutrition, and emotional well-being of all staff, students, and when possible – the families of St. Michael School.