

# Immaculate Conception School Wellness Policy

This Wellness Policy has been adopted by Immaculate Conception School to promote the health and well-being of its students. Recognizing the critical role of schools in curbing the epidemic of childhood overweight and obesity, this plan provides an opportunity for Immaculate Conception School to create an environment conducive to healthy lifestyle choices.

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

### A. Nutrition education

- All grades will implement the health objectives relating to diet, nutrition, and exercise as stated in the 2024 Archdiocesan Graded Course of Study for health.
- Nutrition guidelines, food portion plates, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in the cafeteria.
- Lunch periods (and snacks for K-3) will be scheduled as to provide nourishment within reasonable time frames.

### B. Physical activity

- All students will participate in the school's physical education program, which will implement the standards in the 2015 Archdiocesan Graded Course of Study for Physical Education.
- Recess will be scheduled for all students as a means to maintain energy levels.
- Teachers will endeavor to use means of discipline that do not deprive a student of the physical activity of recess or physical education class.
- Students will be encouraged to be active during recess periods.
- The school will encourage students to be active outside of the school day, including providing information about community sports programs.
- The school will provide volleyball and basketball programs for 5th and 6th (and sometimes 4th and younger) grade students and encourage them to participate.
- Students will be encouraged to get adequate sleep and to reduce their stress with appropriate activities.

### C. Other school activities to promote wellness

- Teachers will endeavor to use non-food rewards for student behavior.
- For classroom celebrations, sugary treats will be provided on a more limited basis. Snacks, whether provided by the school or by parents, will consist of healthy foods, and the total amount of food will be limited.
- Birthday treats sent from home will be limited to one small item for each child, rather than a bag. Parents are encouraged to send non-food treats or healthy snack items, and all items sent in are requested to be pre-packaged so that nutrition labels are available for those students with special dietary needs, such as CF or diabetes.
- Fundraisers during the school day will consist mostly of healthy foods, with sugary treats offered on a limited basis.

- The school will provide the teachers training in nutrition and/or in physical activities conducive to learning.
- Students and are encouraged to carry water bottles and drink from them regularly. IC School has secured a grant and private donations to change all water fountains to bottle filling stations.

## **2. Nutrition guidelines for foods available at school**

- All student lunches served by the school will follow nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services and USDA for reimbursable school meals.
- The school will use the "Offer vs Serve" program, as specified by the Office of Child Nutrition Services. Students must take a minimum of three of the five components offered.
- Students will be encouraged to eat the foods they choose to take in the cafeteria and to try a variety of foods.
- Parents are encouraged to pack healthy foods if students bring their lunches from home. Packed lunches may not include soft drinks or items from fast food restaurants.
- Students will not have access to pop or candy machines during the school day.
- Students will have access to drinking fountains as needed. Teachers may also choose to permit students to have water bottles at their desks or otherwise accessible.

## **3. Plan for measuring implementation of Immaculate Conception School's wellness policy.**

- Various fitness measures will be monitored, either as part of physical education class, or in the homeroom. Care will be taken that this process does not result in self-consciousness in the students.
- The school's wellness policy will be reviewed at least every two-three years in order to revise and update as needed, to assess whether it is furthering the goal of improving the overall health and well-being of the students.
- Parents may be surveyed about eating choices and physical activity outside of school.

## **4. Community involvement in the wellness plan.**

- Immaculate Conception School's Wellness Policy was developed with input from the teachers and cafeteria staff.
- Teachers, parents, and cafeteria staff will be involved in implementing the plan.
- The Immaculate Conception School Advisory Board will monitor the program and review the plan at least every two-three years.
- Feedback will be sought from students, parents, teachers, cafeteria staff and/or administration in order to assess the success of the plan.

Immaculate Conception's Wellness Policy was first written in 2006 by Principal Kathy Mescher and has continued to serve the school well since that time. It has been revised in 2015 and again in October of 2019 by Principal Polly Muhlenkamp. It has been approved by the Immaculate Conception School Advisory Board in January, 2016, and again in October of 2019. This was again revised and approved by the School Advisory Board on September 5, 2023. It was again revised and approved by the School Advisory Board on March 16, 2026.