



Our Lady of Consolation

CATHOLIC SCHOOL

4865 11 Mile Rd NE Rockford, MI 49341

Our Lady of Consolation Wellness Program Policy

(UPDATED 2023)

School Wellness Committee

The school wellness committee is composed of the Principal, Food Service Director and PA Board Members. Members of the committee meet at least once a year

Background: This program has been created to meet the requirements of the Child Nutrition and WIC Reauthorization Act of 2004. This legislation directs each school, participating in the Federal Hot Lunch Program, to develop a local wellness policy.

Purpose: Our Lady of Consolation School is committed to creating a healthy school environment that enhances the development of lifelong wellness practices, promotes healthy eating habits, and encourages physical activities that support student achievement.

WELLNESS PROGRAM POLICY

The staff of Our Lady of Consolation School in conjunction with the Board of Directors recognizes that good nutrition and regular physical activity affect the health and well-being of our students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals.

The staff and school board members, however, believe this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the school alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable staff and students to establish good health and nutrition habits:

Nutrition Standards for All Foods In School:

- The foods and beverages sold outside of the school meal programs will meet the USDA Smart Snacks in School nutrition Standards
- The food service director offers reimbursable school meals that meet the USDA nutrition standards
- The school principal and teachers will encourage the use of healthy foods for all classroom parties, snacks and celebrations.
- Water filling stations are available in the cafeteria
- Sugary foods(candy,fruit snacks,sugary gu7m) are not used for “food reward” in the classrooms
- Students are encouraged to drink water periodically throughout the day.
 - **Goal for 2022/23**
 - **Integrate nutrition into core subjects**

Nutrition Promotion/Education:

- Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to compliment, but not replace, the standards and benchmarks for health education.
- Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
- Nutrition education shall extend beyond the classroom by engaging and involving the school’s food service staff.
- The school shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.
 - **Goal for 2022/23**
 - **provide information to families to encourage the consumption of healthy foods at home**

Physical Education

- A sequential comprehensive physical education program shall be provided for students in DK-8 in accordance with the standards and benchmarks established by the State.
- The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong health-enhancing physical activity.
- The sequential, comprehensive physical education program shall stress the importance of remaining physically active for life.
- Properly certified, highly qualified teachers shall provide all instruction in physical education.
- Physical activity and movement shall be integrated, when possible across the curricula and throughout the school day.

- The school shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in
- sports, aerobics, dance, gymnastics, and other physical activities sponsored by community agencies or organizations.
- Kids in grades 5-8 will be offered other opportunities outside of school to be physically fit.
- Physical activity throughout the day. Brain Breaks/GoNoodle/Extra Recess etc
- Mouthguards are encouraged to all students and recommended to all parents and/or gerd in all school based physical activities, including after school sports.
 - **Goal for 2022/23**
 - **Build in more activity breaks in the school day**

Other School-Based Wellness Activities:

- The school will promote it to parents/caregivers. families and community the benefits of and approaches for healthy eating and physical activity.
- The school shall provide attractive, clean environments for the students to consume their snacks and meals.
- The school wellness committee meets a minimum of 3 times a year
- Students shall be permitted to have water.
- After obtaining food, students will have at a least 20 minutes to eat lunch
- Oral health professionals come into school to provide preventative oral education
 - **Goal for 2022/23**
 - **Staff wellness days**

Furthermore, with the objectives of enhancing student health and wellbeing, and reducing childhood obesity, the following guidelines are established:

- The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- All foods provided by the food service program on campus during the school day shall comply with the current USDA Dietary Guidelines for Americans.
- The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards. · Continuing professional development shall be provided for food service staff.

The principal shall develop administrative guidelines necessary to implement this policy, including, but not limited to, the manner in which the implementation of

this policy shall be regularly evaluated by the administrator.

The Principal shall report on the school's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the board.

Smart Snack

The Smart Snacks in School standards apply to all foods and beverages sold to students during the school day outside of federally reimbursable meal programs (i.e., outside of NSLP, School Breakfast Program, Afterschool Snack Program, and the Child and Adult Care Food Program), also called "competitive foods." The standards do not affect sales during the school day of bulk food fundraisers not meant for immediate consumption (e.g., Girl Scout Cookies, frozen pizza kits, frozen cookie dough), classroom parties, food brought from home or food given as a reward for performance or behavior. These unaffected sales may not take place in the foodservice area during meal times.

As of July 2015, Michigan allows two fundraisers per week per school building that do not meet the Smart Snacks standards. A fundraiser may last up to one (1) day. These exemptions are optional and are up to the schools to track on their own. They may not be sold in the foodservice area during mealtimes.

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

- Celebrations and Parties:
 - The school will provide a list of healthy party ideas to parents and teachers, including non food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA
 - Classroom snacks brought by parents. The school will provide to parents a list of foods and beverages that meet Smart Snack nutrition standards.
 - Rewards and incentives
 - The school will provide teachers and other relevant school staff a list of alternative ways to reward children. Food and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior

Triennial Assessments

At least every three years the school will evaluate compliance with the wellness policy, assess the implementation of the policy and include.

- The extent to which the school are in compliance with the wellness policy
- The extent to which the school's wellness policy compares to the Alliance for a Healthier Generations model wellness policy

- A description of progress made in attaining the goals of the schools wellness policy

The position/person responsible for managing the triennial assessment and contact information is Kevin Varner: kvarner@olcschoolrockford.org

Updates to the Policy

The school will update or modify the wellness policy as appropriate based on the results of the HSAT and Triennial Assessments; as school priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be updated at least every three years, following the Triennial Assessment.

Public Updates

The school will inform the public annually about the local wellness policy, including its content and any updates to and about the policy. The Triennial Assessment, including progress toward meeting the goals of the policy, will also be made available to the public. The school will provide information on how the public can participate on the wellness committee and assist with the development, implementation, and periodic review and update of the wellness policy. All communication will be culturally and linguistically appropriate and will be available via the school website and/or districtwide communications (email, newsletters, mailings).

