

Wellness Policy

Nutrition/Wellness Education

Every year the students of St. Margaret's School will receive nutrition/wellness education. This instruction will center around the skills and values needed to adopt eating habits and physical activities that promote a healthy lifestyle. Nutrition education information will be offered in conjunction with science education. nutrition/wellness education will constitute 5% or more of the time allocated for science instruction. Each classroom teacher will follow lesson plans outlining topics and activities used to teach nutrition/wellness at their prospective grade levels. Eighty percent of students will satisfactorily complete a performance assessment as a summative evaluation of the lesson topics selected by their grade level addressing nutrition/wellness.

Ninety percent of kindergarten through 5th grade students attending St. Margaret's School will be able to correctly categorize foods that belong in certain food groups. Students will be assessed through schoolwide assessments appropriate to their grade level. St. Margaret's students will complete these assessments with a score of 80% or greater.

Nutrition Standards

St. Margaret's School will ensure that reimbursable meals meet the program requirements and nutritional standards found in NSLP federal regulations. (Title 7 – United States Department of Agriculture, Chapter ii – Food and Nutrition Service, Department of Agriculture, Part 210 – National School Lunch Program.) <http://www.access.gpo.gov/nara/cfaisidx/04/7crf210/04.html> . St. Margaret's School staff will model and guide students eating hot lunch in selecting healthy choices from our hot lunch offerings.

St. Margaret's School will encourage students to make nutritious food choices. St. Margaret's School will monitor food and beverages served to students, including

those available outside of the federally regulated child nutrition programs. St. Margaret's School does not have vending machines or sell snacks to students. Outside of the National School Lunch Program, one annual bake sale and three classroom parties are held annually. One hundred percent of students participating in the NSLP will satisfactorily be able to select the required amount of fruits and/or vegetables required by the NSLP as they select foods for their lunch daily.

Physical Education and Physical Activity Opportunities

St. Margaret's School offers physical education instruction comprised of skills and strategies which promote quality physical health. Our physical education program is geared to equip students with the knowledge and values necessary for lifelong healthy living.

Every year, St. Margaret's students, K - 5 have the opportunity to participate in supervised physical activities, intended to maintain physical fitness. In addition, volleyball and basketball team sports are available to intermediate grade students at St. Margaret's School.

St. Margaret's School will post nutrition information quarterly in our **Week at a Glance** newsletter for parents. St. Margaret's will send each family a monthly school lunch menu, and post the menu in various areas of our school.

Other School-Based Activities Designed to Promote Student Wellness

St. Margaret's School may implement other appropriate programs that help create a school environment which conveys consistent wellness messages, and is conducive to healthy eating and physical activity. The food service staff shall also work with those responsible for nutrition components of the school's wellness policy to achieve common goals, and to teach nutrition/wellness.

Implementation and Measurement

St. Margaret's School will implement this policy and take steps to ensure that it is being managed and enforced. Our food service staff will hold regular meetings providing teachers with the expectations of the National School Lunch Program. The school principal will monitor wellness/nutrition lessons of those responsible for teaching nutrition/wellness. The school principal will take steps to ensure that wellness/nutrition instruction is included in science lesson plans at each grade level K – 5.

Eighty percent of students will satisfactorily complete a performance assessment as a summative evaluation of the lesson topics selected by their grade level teacher.

All kindergarten through 5th grade students attending St. Margaret's School will be able to identify and correctly categorize foods that belong in specific food groups. Students will be assessed through schoolwide assessments appropriate to their grade level. St. Margaret's students will complete these assessments with a score of 80% or greater.

St. Margaret's School shall report to the local School Commission, as requested, on the school's programs and efforts to meet the purpose and intent of the wellness policy.

St. Margaret's School wellness policy will be reviewed and updated every 3 years by the members of the Wellness Policy Committee:

Christy Quinn, Kitchen Supervisor National Lunch Program

Maria Corbett, Records Manager National Lunch Program

Jo Laux, Principal

Mary Elizabeth Petro, Head Teacher

Bryan Thoman, Physical Education Teacher

Allison Barlow, Parent

Maria Corbett, St. Margaret's School Secretary
Phyllis Zenk, Trinity School Secretary

St. Margaret's School will announce when Wellness Policy Committee meetings are held, and encourage all interested stake holders to take part in these meetings. St. Margaret's School will accept and recruit additional members for the Wellness Committee as needed.