

# Our Lady of the Lake Wellness Policy

## **Wellness Policy Leadership**

The principal will have the authority and responsibility to ensure that Our Lady of the Lake complies with this wellness policy.

Sherri Kirschner, Principal  
269-429-0227

## Nutrition

### **Nutrition Education**

Every year, all students, PreK-5, shall receive nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors integrated into the curriculum. It shall be offered throughout the building: classrooms, lunchroom, all-purpose room, hallways. Teachers will utilize programs from the USDA , CDC, Dairy Association of Michigan, Michigan Apple Committee, mihealthyschool.org, and others.

### **Nutrition Promotion**

The school will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. The food environment will encourage healthy nutrition choices for lunch and snack in voice, notes, and posters. Students and staff will receive consistent nutrition messages.

### **Standards and Nutrition guidelines for all Foods and Beverages**

The school staff shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students during the school day are consistent with federal and state regulations. Reimbursable school meals must meet requirements found in USDA Nutrition Standards for School meals. All foods sold to students outside the federally regulated child nutrition programs (Snack Store) should be consistent with the USDA's Smart Snacks in School nutrition standards.

Neither fast food nor "pop" will be permitted in the lunchroom or allowed as a snack. Water bottles in the classroom are to only hold water. Snacks brought to school may not include candy. Every effort on the part of the parent should be made to send a nutritious snack.

### **Food and Beverage Marketing**

Our Lady of the Lake does not advertise or promote food or beverage sales.

## Physical Activity and Physical Education

The school shall offer physical education once or twice a week depending on the grade level. PE shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Students will participate in PE under a certified teacher utilizing Michigan's Standards for Physical Education.

Students, PreK-5, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle. These will be instructed and modeled by teachers. Short classroom recess time and lunch recess time will be utilized as well as PE.

#### Other School-based activities that Promote Student Wellness

Our Lady of the Lake will hold a yearly Walk for Education to raise funds, but also to convey healthy physical activity messages. We are also part of the Yearly Turkey Trot, a 5K.

#### Implementation, Assessment, Documentation, and Updates

##### **Implementation**

Our Lady of the Lake will complete a school-level assessment and create an evidence-based action plan that fosters implementation. This began April 2023.

##### **Assessment**

Our Lady of the Lake participates in our NCEA Accreditation process every 3 - 5 years and the program will be monitored yearly as needed between accreditation years.

##### **Documentation**

The Wellness policy will be available on the school website [ollakers.org](http://ollakers.org) under Our School, PK-5, files and forms. Access to Implementation, Assessment, and Documentation is available in the school office.

##### **Policy Updates**

Our Lady of the Lake will update the policy at least every three years or 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.

Updated August 2024