

Each local school commission and principal should adapt the archdiocesan model wellness policy for local adoption and promulgation,
The local School Commission/Board may assist in the accomplishment of this goal by appointing a subcommittee for the purpose of reviewing progress of the Wellness Policy, responses, and initiatives at the school and reviewing the annual report, listing its responses to the wellness policy requirements.

The Archdiocese of Indianapolis is committed to supporting school environments that promote and protect the health, well-being, and ability of students to learn by supporting access to healthy foods, nutrition education, and participation in physical activity.

In addition, St. Michael School has set some guidelines to achieve these goals:

1. All students will have opportunities to be physically active on a regular basis.
2. Health education is to be offered at all grades levels to provide students with the knowledge and skills necessary to promote and protect their health.
3. SMS will support parental efforts to provide a healthy diet and daily physical activity regarding health and nutrition.
4. School lunches will serve as a focus to support the integration of nutrition education with healthy lifestyle choices.
5. SMS will refrain from scheduling tutoring, Glubs, or organizational meetings or activities during meal time, unless students may eat school lunch during such activities.
6. Parents and students will be encouraged to include fresh fruits and other healthy items, rather than packaged chips, etc.
7. Soft drinks may not be brought to school for lunch.
8. SMS students do not have access to vending machines during the school day.
9. Fast food meals brought to schools will occur no more than once per month.
10. In light of the information available regarding childhood nutrition, SMS will not use candy, pop, or food snacks for academic performance or good behavior.

11. Food or beverages, including food served through the cafeteria, will not be withheld from students as a disciplinary measure.

12. Classroom teachers will make adaptations, which will allow students to experience a healthy physical environment by examining the school day for opportunities for increased physical movement.

13. Students will not be kept from participation in physical education classes for academic or disciplinary reasons.