

St. Therese Catholic School Wellness Policy

Updated: June 1, 2024

Preface

The Michigan State Board of Education recognizes and acknowledges that “schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy.” The Board believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

A local school wellness policy is a written document that guides the building administrator’s efforts to establish a school building environment that promotes students’ health, well-being, and ability to learn. The wellness policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level so the unique needs of each school can be addressed.

This State Board of Education Model Local School Wellness Policy was developed to assist Michigan school districts in developing their own local wellness policies. This document supersedes the 2005 model policy and must be modified to reflect local school district policy and procedure. Evidence-based goals must be specific, measurable, achievable, realistic, and time based (SMART).

Wellness Committee and Policy Leadership

Committee Role and Membership

Action:

Due to the size of our team, the wellness committee will be a part of the school improvement team which coordinates all goals and policies, including those for health and wellness. The LCAB will participate through their review and input on school improvement goals. The building administrator will be responsible for communicating goals and oversee school health policies and programs, including development, implementation, and periodic review and update of this local wellness policy.

The committee represents all school constituencies via established means of goal coordination. By relying on existing school structures as outlined in the NSBEC’s, access to planning and implementation is open to parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health

professionals (e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists), school administrators, school board members, health professionals (e.g., dietitians, doctors, nurses, dentists). When possible, membership will also include Supplemental Nutrition Assistance Program Education (SNAP-Ed) coordinators.

Wellness Policy Leadership

The Office of Schools will establish wellness policy leadership of one or more official(s) (e.g., superintendent, building principals) who have the authority and responsibility to ensure each school building complies with this policy.

Nutrition

Nutrition Education

Action: Create evidence based SMART goal(s) for Nutrition Education.

Every year, all students, Pre-K-5, shall receive nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors and shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms.

Nutrition and Health education will be included in vertically and horizontally integrated curriculum maps taught through science and CKLA. Curriculum maps are available to all constituencies via the school website. Emailed or physical copies of the curriculum map may be requested via the school office.

Nutrition Promotion

Action: Create evidence based SMART goal(s) for 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). Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices (and participation in school meal programs). Students and staff will receive consistent nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeterias.

Nutrition and Health education will be included in vertically and horizontally integrated curriculum maps. Curriculum maps are available to all constituencies via the school website. Emailed or physical copies of the curriculum map may be requested via the school office.

Standards and Nutrition Guidelines for all Foods and Beverages

Action: The school will establish nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks provided by parents, or other foods used as incentives).

Statement regarding the provision of healthy snacks is included in the Home-School and Staff Handbooks. The Home-School Handbook is available via the school website. A copy of the Staff Handbook is available for viewing in the school office.

Reimbursable school meals must meet requirements found in United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals. All foods and beverages sold to students outside the federally regulated child nutrition programs (referred to as "competitive" foods and beverages) should be consistent with USDA's Smart Snacks in School nutrition standards.

https://fns-prod.azureedge.net/sites/default/files/allfoods_fundraisers.pdf

On Wednesdays, St. Therese Catholic School provides an optional pizza lunch. The lunch consists of pizza, a fruit (sugar free applesauce), nut-free dessert and water. There is an additional option to purchase milk.

Food and Beverage Marketing

Action: The building administrator will review existing contracts and when considering new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.

St. Therese Catholic School does not participate in food and beverage marketing defined as advertising and other promotions in schools which may include oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

It is the intent of the school to protect and promote student's health and to provide consistent health-related messaging. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards.

Physical Activity and Physical Education

Action: Create evidence-based SMART goal(s) for Physical Education.

St. Therese Catholic School cooperates with Wayland Union Schools to provide 2 class periods of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

Action: Create evidence-based SMART goal(s) for Physical Activity.

Students, Pre-K-5th grade, 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.

During full instructional days, all students will have the opportunity to engage in unstructured outdoor activity as least once a day for a minimum of 15 minutes, weather permitting.

Other School-based Activities that Promote Student Wellness

Action: Create evidence-based SMART goal(s) for other school based activities that promote wellness.

Teachers will include movement breaks and opportunities to integrate mind and body into daily lesson plans.

Implementation, Assessment, Documentation, and Updates

Implementation

The school will develop and maintain a plan to manage and coordinate the implementation of this wellness policy. The plan will delineate roles, responsibilities, actions, and timelines specific to each school building. It is recommended that school buildings use the Healthy School Action Tool (HSAT)²⁴ to complete a school-level assessment and create an evidence-based action plan that fosters implementation.

Assessment

Action: Conduct triennial policy assessment

The Wellness Policy Leadership (Office of Schools) will conduct an assessment of the wellness policy every three years, at a minimum. The assessment will determine: building level compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

Documentation

Action: Create link to wellness policy on school website; denote location at which the required documentation will be maintained.

Wellness Policy is available on the school website.

<https://sttcatholicschool.org/st-therese-school-wellness-plan>

The building administrator will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: a copy or web address of the current wellness policy, documentation on how the policy and assessments are made available to the community, and the most recent assessment of implementation of the policy.

Policy Updates

Action: Update wellness policy at least every three years

The building administrator will update or modify the wellness policy as appropriate, including 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.

Public Updates

The building administrator will inform the community annually about the local wellness policy, including its content and any updates to and about the policy. Annual updates will be provided via Friday Notes, weekly parent communication tool.