

Wellness Policy

2026



In the Child Nutrition and WIC Reauthorization Act of 2004, the US Congress established a new law requiring all schools with federally funded school meal programs to develop and implement policies that address nutrition and physical activity by the start of the 2006-2007 school year.

SMG created a wellness policy in 2004 and has continued to update the policy at least every 3 years. As required by federal law, the wellness committee was contacted in spring 2026 to review and evaluate the SMG wellness policy. The purpose of the communication was to examine actions taken over the past 3 years to make SMG a healthier place and discuss actions that can improve student and staff health in the future. During the past 3 school years, school safety has become a priority in schools across the country. Enhanced security measures (additional fences, cameras, hiring private security, drills) have been placed throughout our school and church campus. Although the original wellness policy created in 2006 only addressed the federally mandated nutrition and physical needs of school students and staff, the policy now includes goals to address physical, mental and social needs. The policy also

addresses school health with specific actions and goals to promote student health and decrease the spread of disease in the school community.

St. Maria Goretti's Wellness Committee consists of the following representatives from our community:

Food Service Representative

Administrator

Classroom teachers (health, general instruction from several grade levels)

School Council Member

Community member/parents

School Nurse

School Doctor

School counselor

Dietician

Medical Professionals

PE teacher

School parents

Students

This committee will meet regularly to oversee the Wellness Policy and review its implication as required by federal law.

The following **nutrition, physical activity, mental health and education policies** are based on nutrition science, public health research and existing practices. **The Committee's first priority is to promote children's health and well-being resulting in optimal performance in school.**

Goals for Nutrition, physical and educational activities

It has long been accepted that nutrition, health and well-being are directly linked to a child's school performance. St. Maria Goretti school community is committed to teaching healthy living habits in the classroom, cafeteria and playground. Modifying a child's behaviors can play a critical role in preventing the leading causes of death, disability, obesity, hospitalizations, illness and school absence. Health risk factors are typically established during childhood and adolescence. The physiological processes that lead to chronic diseases also can start in youth. The federal government recognizes that a coordinated effort by the entire community including child nutrition professionals, school council members, parents, students, school administrators, teachers and the business community is needed. Our goal is to teach healthy living habits today for long term health and happiness in the future.

Monitoring and Policy Review

The School Wellness Policy went into effect in August 2006. The committee continues to meet regularly and update the policy as needed and in compliance with state law. Assessments will be repeated more often as needed by the school wellness committee to help review policy

compliance, assess progress and determine areas needing further improvements. This policy is always available to parents, students and staff members. The policy is enforced every day in our cafeteria, classrooms and physical activity areas. The nurse office publishes requests asking for suggestions for our wellness policy and reminding the community how to find the wellness policy on our website. The nurse office also publishes weekly health news items explaining the school health and wellness policies. This includes immunization information, nutritional information for upcoming all school parties, community runs, hearing and vision screen information and health tips.

Nutrition

Nutrition Education

Nutrition education is offered at each grade level and is designed to provide students with the knowledge and skills necessary to promote optimal health. Healthy themes are integrated into all core subjects.

The school cafeteria manager publishes the monthly school lunch menu in the school Angel News letter. The daily lunches are prepared in compliance with state/federal regulations including a balance of fruits, vegetables, proteins, grains, dairy, meat/meat alternatives. The detailed nutrition information for all lunch items is available upon request. The lunch menu's nutritional components will be communicated to parents via the food website. The nurse office and cafeteria manager will also research and find nutritional values as needed. An example would be the carbohydrate count for foods eaten by a diabetic student and food components for students needing an egg free diet.

SMG encourages parents to pack healthy lunches and snacks and to refrain from beverages and foods that do not meet the nutritional standards. This is communicated in our school policy guide and teacher's newsletters.

Health/nutrition education is coordinated between grade levels via our diocesan and state curriculum guidelines to provide a sequential and comprehensive program designed to provide students with the knowledge and skill necessary to make independent healthy choices. The homeroom teacher, and physical education teachers give instruction on general health and nutrition in kindergarten through 5th grade. In science class body systems, food chains and nutrition providing energy to our bodies is taught in 6th grade. In 7th grade, nutrition, heart health, food, drug, alcohol addictive behaviors, as well as understanding the different body systems (digestive, circulatory, respiratory) working together are taught for optimum health. Food and drug education, chemistry including understanding the chemicals that compose the daily products we eat and surround us is taught in 8th grade. Junior high students take science classes and have science labs to learn about nutrients, oxygen, carbon dioxide and other gasses important for our bodies. They learn about elements such sodium, iron, calcium, and the vital role nutrients play in healthy growth and development. They also learn about heart anatomy and a heart healthy diet. For middle school health class, students focus on wellness information and

how to make healthy life choices. Health class includes a disease unit which talks about communicable and noncommunicable diseases. The teacher discusses risk factors as well as ways to help minimize risks for a healthy lifestyle. The nutrition unit in health class covers MyPlate, Food Groups, and reading a food label. Guest speakers come in from our local health department with presentations on nutrition, dental health, social media, and other topics.



All staff members are encouraged to integrate nutritional themes into daily lessons when appropriate. These nutritional themes include:

- Knowledge of healthy food choices
- Healthy heart choices
- Sources and variety of foods
- Guide to healthy diet
- Diet, disease and allergies
- Understanding calories
- Healthy snacks
- Healthy breakfast
- Food labels
- Major nutrients in foods
- Serving sizes
- Proper sanitation
- Identify foods with high calorie count and little nutritional value

The curriculum design also affords opportunities for:

- Enjoyable, developmentally appropriate activities such as poster contests, food diaries, promotions, farm visits, camps, etc. “How do SMG students stay healthy” bulletin board
- Healthy food preparation methods.
- Emphasis on caloric balance between food intake and energy expenditure
- Media literacy with emphasis on food marketing
- Training for staff when needed.
- Tobacco education
- Guest speakers on “health” topics
- Art class paints tasty red and green apples in the fall to decorate the cafeteria



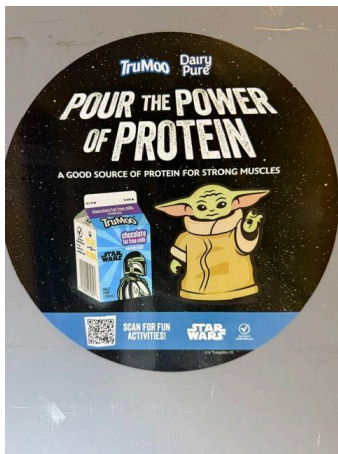
Promotion

School based marketing will be consistent with nutrition and health promotion. SMG will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals.

School based marketing of brands promoting foods and beverages with low nutritional value are prohibited. Promotion of healthy food, including fruits, vegetables, whole grain and low fat dairy products are encouraged.

Partnerships between school and businesses are encouraged and business sponsorship of educational activities and materials shall be acknowledged. However, such partnerships shall be designed to meet identified educational needs and healthy school environment goals and shall be evaluated on an ongoing basis.

Soda or vending machine access by students is not allowed during school hours. The machine in the gym area is not accessible to students. The advertising on the machines promotes healthy drink choices.



Food in School (other than school lunch-food at school parties and daily snack)

Parties

Student's birthdays are to focus on "celebrating" the child. Food treats are NOT used to celebrate birthdays. We encourage nonfood rewards and celebrations through the school year. Teachers use extra recess, games in class, decorated hats/crowns, exercise in halls, dance parties and other innovative ideas to reward and celebrate students.

Snacks served or brought in from home at lunch, parties, in class or anytime during the school day are chosen to make a positive contribution to the child's healthy diet. It is recognized that there may be rare special occasions when the school principal may allow all school parties or a school group to deviate from these guidelines. Food lists for parties have been developed. Classrooms are nut free. All snacks brought into the classroom must be nut free. Nurses along with PTO and teachers will collaborate to offer a snack for all school parties. All foods offered at all school parties will be published in the school newsletter before the party.

Nurses or teachers will email or talk to parents of students with special dietary needs and provide a list of the party foods ingredients before the foods are brought into the classroom. Parents may choose to send in a different snack as needed or the nurses can offer an alternate snack. An example might be a student with a dairy intolerance eating a popsicle instead of an ice cream cup served at a school party.

Rewards, incentives and punishment

Food is not used as a reward for good grades or good behaviors. Rewards and incentives for exemplary performance (grades, shared talent and commendable behavior) should be given careful consideration as to the messages they send to students receiving them. (If food is included in recognition of performance, it should be used in the general celebration of the achievement not as the reward). Teachers have nonfood rewards given for good grades or achievements such as free homework passes, extra recess, dance parties in the classroom and silly sock day.

Food shall not be withheld from students as punishment.

Items sold

Snacks offered or sold should be high in nutrients. If a new snack is considered, all nutritional components are entered into the “Smart Snack Standards” calculator. If the food item passes, the item may be purchased for students depending on cost, availability and other factors.

Food and drink offered in the cafeteria must have at least the USDA’s minimal nutritional value. Healthy fruit and vegetables offered as snacks will be competitively priced. Food pricing strategies shall be designed to encourage students to purchase nutritious foods.

Snacks in the classroom

Pre-kindergarten-2nd grade has the early 11AM lunch period. 6th-8th grade have the latest 12:10 PM lunch period. Students in these grades may bring in a healthy, easy to grab and eat, nut free snack. The teacher will supervise and give the preschool-2nd grade students time to eat their snack in the afternoon and the older grade students will have the opportunity to eat a snack at a convenient time determined by the teacher. The added snack opportunity helps curb hunger and hopefully increases student performance/productivity in the classroom. Teachers in all grades can offer students the opportunity to bring in their own, nut free snack and eat the snack at the designated time.

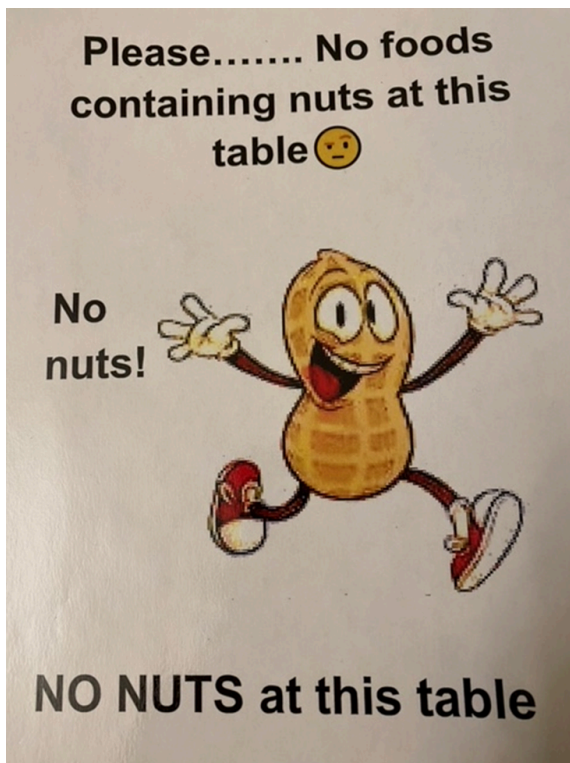
Allergies:

SMG has approximately 500 preschool through 8th grade students. Over 25 students and staff have some sort of food allergy with reactions ranging from a mild skin rash to severe anaphylactic reaction. As part of our policy, we try to be proactive to prevent any food reactions. We will have a “**nut free**” **table in the lunch room** available for students with nut allergies. All tables are wiped down after each lunch period. We continue to limit food parties to 3 per year. Students with food allergies are offered alternatives from home or the nurse office. Other nonfood celebrations are encouraged such as dance time, movies during lunch, talent shows, extra recess, crazy sock day and growing a garden. An emergency EpiPen is accessible to all staff in a bright yellow box on the nurse office door. At the beginning of every school year, staff receive “allergy” training including:

- how to detect an anaphylactic emergency,
- how to give Benadryl adult pills, children’s chewable tablets and liquid Benadryl.
- how to use an Epinephrine device and the appropriate emergency response.
- Students with allergies may carry their own EpiPen with doctor and parent permission.

All families with students with allergies or special dietary needs are contacted by the nurses and have a documented health plan outlining the specific food allergies or food intolerances. Before food is given to students for a school party or an individual classroom celebration, parents are notified by the school weekly newsletter. Parents are told the food served, all the ingredients and have the option to bring in a substitute food item as needed. Foods are chosen which have the least number of allergens possible. All food items served at SMG parties are nut free. During our 2 pizza parties, gluten free pizzas are offered to our students with dietary restrictions. The advanced notice has given parents time to check food labels, call the nurses and send in a substitute as needed. Our goal is to be trained, prepared and ready as needed and NOT have any anaphylactic reactions at school.

Hand washing is encouraged throughout the day to stop the virus/bacteria spread and avoid food allergy cross contamination. An “allergy-hand washing” inservice is given to all students at the beginning of each school year. Students eating peanut butter for example must wash their hands after eating so their classmate, allergic to peanuts, does not become sick. Kindergarten and first grade students receive additional hand wash training to encourage proper technique and remind students to wash their hands. To avoid cross contamination, spread of disease and spread of allergens, all the school iPads and shared chrome books are cleaned at least every week. Teachers and students wipe the surface clean both weekly and whenever a contaminant is visible. We will continue to use the hand sanitizer stations, reminder signs and enhanced cleaning throughout the school. 2 new hand sanitizer stations have been added to the cafeteria as suggested by our school council. 1 station is placed by the hot food line, the other 2 are strategically placed for all other students coming from either classrooms or recess to wash their hands before eating their sack lunch and to wash again as needed after lunch. We will also have a mobile staff cleaning cart for teachers to bring into the classrooms for enhanced cleaning as needed.



Students are encouraged to wash hands or use the hand sanitizer before and after meals and after using the bathroom facilities. Hand sanitizers will be available to every student during lunch time and will be used after eating to prevent allergen spread. Hand sanitizers should not consistently replace hand washing.

Daily School Lunches

Eating environment

The SMG guidelines require the eating environment to:

Be attractive to children.

Be served in a clean, pleasant, setting.

Students shall have adequate time to eat, relax and socialize. Offer at least 20 minutes to eat beginning from the time the student sits down.

Healthy food will be offered and healthy food choices will be encouraged through health posters in the cafeteria. Water will always be available free of charge in compliance with federal law. Posters and photos of nutritious foods and healthy living are displayed throughout the year as well as student art projects showing healthy food choices.

*In order to reduce waste the cafeteria is switching its service model to what the Department of Education refers to as an Offer vs Serve model. Offer Vs. Serve allows students the option to decline components of a meal. Please see the table and poster below for more details. Students will only be required to take 3 of the 5 components as outlined by the Department of Education. These components consist of Meat/Meat Alternate, Grain, Vegetable, Fruit, and Milk. 1 of the 3 components must be a fruit or vegetable. To receive the full nutritional and financial value of a meal, it is recommended students take or “try” everything. We ask teachers and parents to discuss with your student(s) the advantages to trying all foods.

Meal program Service Model

SMG operates an Offer Vs. Serve service model. Under OVS, students must select three meal components to ensure they get the nutritional benefits of a meal. OVS is required for lunches served in high schools, but is optional in middle and elementary schools. OVS is not required for meals offered as part of field trips or for any other meals served away from the school campus.

The required five food components must be offered for school lunch. Students must select at least 3 of the 5 required food components, including at least ½ cup of fruit and/or vegetable, to have a reimbursable lunch. See the Required Food Components table for a listing of **required food components** and their minimum quantities that must be offered. Meats/meat alternates and grains are measured in ounce equivalents (oz eq is considered the amount of food product that is equal to 1 ounce).



Required Food Components Daily Minimum Requirements

Required Food Component	Each Grade Level			
	K-5	6-8	K-8	9-12
Vegetables	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup	1 cup
Fruits	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
Grains	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Meats/Meat Alternates	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Fluid Milk*	1 cup	1 cup	1 cup	1 cup

Meal Program Nutritional Requirements

SMG will serve “whole grain rich” bread, low fat and nonfat milk or 100% juice as required by federal law. No drinks with minimal nutrition value will be served. Water will always be available at no charge for students in the cafeteria. *Lactose free milk is now available in the cafeteria.

Any food provided should have no more than 35% of its total calories derived from fat with only 10% from saturated fat. Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat and omega 3 fatty acids.

Foods served in the SMG cafeteria will meet minimum nutrition requirements established by the USDA’s National School Lunch and Breakfast Program.

No student will go without food for lunch. If a student forgets to bring their lunch, the student will be offered a sandwich or other nutritious choice.

Students will be encouraged to eat a healthy lunch, but will not be “bribed” or told they MUST eat a certain amount of food. Students will be allowed to eat the amount of food they choose but will be encouraged to eat their healthy “main meal.” Students identified as consistently making poor food choices which will affect both performance in the classroom and their long-term health may need a call to parents to discuss the nutrition and health of their student.

Daily lunch meal include the following:

- Offer a variety of fresh fruits/vegetables according to season.
- Include fruit packed in light syrup or natural juices and vegetables will be offered every day a fresh choice is not available.
- Salt should not be added to food but instead offered as a “condiment”.
- Offer at least 3 fresh fruits/week

- Offer at least 3 fresh vegetables/week.
- No foods offered will be fried.
- Use recipes and cooking times/methods that are safe and flavorful without overcooking/over seasoning.
- Breads will be “whole grain-rich products.

Calorie limit will be enforced as mandated by the federal government to receive subsidized food. Entrée items will be less than 480 calories, snack items less than 200 calories. Total fat will be less than or equal to 35% of calories. Sugar content will be less than or equal to 35% weight from total sugar in foods.

Soft drinks **will not** be brought in for school lunches and **will not** be available for purchase during the school day.

The SMG kitchen staff adheres to the strict nutritional rules dictating the amount of sodium, fat, carbohydrates and calories which can be served per meal per week.

As of July 1, 2024

Amount of Food¹ per Week (minimum per day)

Meal Components	Grades K-5	Grades 6-8
Fruits (cups) ²	2 1/2 (1/2)	2 1/2 (1/2)
Vegetables (cups) ²	3 3/4 (3/4)	3 3/4 (3/4)
• Dark green subgroup ³	1/2	1/2
• Red/orange subgroup ³	3/4	3/4
• Beans, peas, and lentils subgroup ³	1/2	1/2
• Starchy subgroup ³	1/2	1/2
• Other vegetables subgroup ^{3,4}	1/2	1/2
• Additional vegetables from any subgroup to reach total	1	1
Grains (oz. eq.) ⁵	8–9 (1)	8–10 (1)
Meats/meat alternates (oz. eq.) ⁶	8–10 (1)	9–10 (1)
Fluid milk (cups) ⁷	5 (1)	5 (1)

Dietary Specifications	Grades K-5	Grades 6-8
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Minimum-maximum calories (kcal)	550–650	600–700
Saturated fat (% of total calories)	< 10	< 10
Added sugars (% of total calories) - must be implemented by July 1, 2027	< 10	< 10
Sodium limit - in place through June 30, 2027	≤ 1,110 mg	≤ 1,225 mg
Sodium limit - must be implemented by July 1, 2027	≤ 935 mg	≤ 1,035 mg

Beverage Rules. All grade levels may buy: unflavored low-fat milk; lactose free milk, flavored or unflavored fat-free milk and soy alternatives; and 100% fruit or vegetable juice. Size limits: 8 oz for elementary schools & 12 oz. for middle and high schools. Water will always be available free of charge. Students may fill their water bottle or fill the cups provided in the cafeteria.

On April 25, 2024, FNS published the final rule, [Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans](#) (89 FR 31962). Among other provisions, this rule finalizes regulations that strengthen the School Meal Programs’ Buy American provision.

The Buy American provision requires school food authorities to purchase, to the maximum extent practicable, domestic commodities or products. The Buy American provision applies to school food authorities located in the 48 contiguous United States.

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There will be collaboration between the cafeteria staff and students to reinforce nutrition education lessons. These include the beginning of the year allergy awareness speech, list of snacks available for purchase, nutrition handouts, encouraging the washing hands before and after eating, bulletin board medical updates and nutrition tips. Changes in the cafeteria menu and options will be explained as needed.

An evaluation request will be offered yearly to ask staff, students and parents for menu ideas, and ways to improve the lunch experience. Suggestions have included new menu items, ideas to improve the flow in and out of the lunch room, better ways to encourage the students to eat healthy, ideas for parent volunteers. Ideas will be shared with kitchen and office staff to incorporate improvements into the next school year.

Milk, Sodium, and Grains Flexibility

- Beginning July 1, 2019 schools have permanently been granted the following flexibilities:
 - NSLP and SBP operators can offer flavored, low-fat (1%) milk with the meal and as a beverage for sale during the school day as long as unflavored milk is offered at each meal service.
 - Schools must have at least fifty percent of the weekly grain offerings as whole-grain rich options. Waivers will no longer need to be submitted for non-whole grain items being served in schools.

- Schools can continue ensuring that meals meet the Sodium Target 1 in the NSLP and SBP.

Nutrition Services monitor and review

SMG daily lunch program complies with federal nutrition laws. During fall 2025, SMG passed federal inspections which allowed SMG to both purchase food at reduced rates from the government and receive the federally reduced priced lunches. The inspection is repeated every 3 years. The rigid government requirements include calories allowed, carefully planned balanced menus, limited amounts of protein, sodium, sugar, and other nutrients. Students are required to place food from the different food groups on their tray even if they do not like the food. Students are encouraged to taste all foods and at least eat a small portion from each food group.

The school food service staff will ensure compliance with the nutrition policies mandated by the state of Indiana. At the annual assessment/improvement meeting, the food service coordinator gives an annual summary to the Wellness Committee and the state inspection results. We will continue to ask our school and parish community for suggestions, criticisms and any new ideas to make SMG a healthier school. Each wellness policy update includes a request for suggestions published in our parish bulletin and school newsletter. Suggestions will be reviewed and may be incorporated into the school lunch program. Cafeteria staff must maintain state nutrition standards and stay within budgetary restrictions. The principal or designee will ensure compliance with established nutrition, physical activity, student education and staff education wellness policies.

Nutrition observations and suggestions

Parents and students have offered these observations and suggestions.

The 7th & 8th graders suggested having water cups always available in the lunch room instead of having to remember to bring their water bottle to lunch and recess. Our lunch supervisor makes sure water and cups always available. Plastic reusable colorful cups are placed by the drinking fountain for students to use as needed. 5 touchless water stations are located throughout the school for students and staff to fill water bottles and cups.

5th Grade students had many school improvement suggestions. The nutrition suggestions include: eat less packaged food, eat more fresh food, offer more fruit, add a salad to every lunch, add some healthy snacks, have apples, oranges and pineapples at least 3 times /week, we need more veggies. Lots of students suggested more hand washing before and after eating. The kitchen manager listens to the suggestions and tries new ideas but must stay within the strict school nutrition laws.

Teachers and parents identified another nutrition problem. Our kindergarten through 2nd grade students have an early 11am, twenty-five-minute lunch period and are often hungry by the afternoon. One parent noted her 2nd grade son is so hungry he is shaking by carpool time. With our principal's approval, we began offering an afternoon snack. The k-2nd grade students have the option to bring in a NUT FREE, easy to open, 'not too messy' snack. Teachers sent out "snack guideline" letters to parents. This snack program has worked well the past 3 years and will continue. Our older grades with later lunch periods have snack time in the afternoon. We will adjust as needed through the school year and hope the snack increases student productivity and curbs hunger.

Parents and students also suggested more daily food choices. Students can order a PBJ, lunchy munchy combo or the published hot lunch each day. Both students and parents would like more choices such as a salad bar and the opportunity to choose the fruits/vegetables placed on their tray. These options at this time are not possible due to the federal regulations mandating the number of staff members needed to monitor the food line and specific food items from food groups that MUST be purchased by our school that must go on every student's tray. We will continually look for options to these challenges in the future. Food offered versus food served has been a continuing challenge in our school.

Physical Activity and Education

Physical Education Guidance

- Requiring the use of a written PE curriculum for grades K-12 that is aligned with national and/or state PE standards
- Licensed PE teacher
- Provide annual PD trainings to PE teachers
- Instruction time requirements for PE classes - SHAPE America recommends:
 - 150 minutes per week for elementary students
 - 225 minutes per week for middle and high school students





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Physical Education class

Physical education is taught by a licensed PE teacher following a written PE curriculum for grades K-8th aligned with national standards. Professional development (PD) training is provided for the PE teacher. One goal is to promote physical activity in a fun and appealing manner. One example is the “March madness fun” tournament for all grades to compete in a free throw contest. The students throughout the school participate and cheer on classmates in the hope to have their grade win the contest each year. Also the PE teacher sets up a staff versus 8th grade student volleyball game during January. Our K-7th grade students watch and cheer for their favorite team and hopefully are encouraged to enjoy/join a volleyball team.

PE:

All students in grades **Kindergarten-5th grade** attend weekly PE classes and daily recess. All grades have one 45 minute class each week, and then an additional 45 minute class every other week. Gross motor skill assessment is tracked with emphasis on noticeable and measurable improvement through the year.

PE goals for **K-2** focus on building a foundation of motor skills (running, jumping, throwing, balancing), developing personal and social skills (sharing, taking turns, following rules), object control (throwing and catching a variety of different shaped objects), the importance of spatial awareness, good sportsmanship, and fostering a lifelong enjoyment of physical activity through a variety of different games.

Physical strength is tracked starting in 3rd grade by completing a pushup challenge every quarter. Students in **3rd grade** must be able to complete 10 pushups without stopping. Students in **4th grade** also start the year off by completing 10 pushups. Each quarter, they must be able to increase the number of pushups they can complete by 2, so that by the end of the year, they can complete 20 total pushups. Students in **5th grade** begin the year by having to do 20 total pushups. Physical endurance tracking begins in 5th grade. At the beginning of the year, all students are required to complete a 1 mile run. They are then required to complete the 1 mile run each quarter after that, but must improve their time each run. Their time will then carry over into middle school the following year.

Students in grades **6th-8th** will attend PE on a Trimester basis. There are three 50 minute classes per week. These students also have a daily recess. PE for 6th-8th grade focuses on Sports Education as well as Personal Fitness. All students in 6th-8th grade will take part in several fitness tests throughout the year. The first test is the "1-Mile Run". Students will be required to run the 1 mile challenge three times per trimester in order to track their cardiovascular endurance progression. They will run at the beginning, middle, and end of the trimester. This is not a competition against other students. The goal is to improve their own individual time. All students will also be required to perform the "Push Up Challenge" three times per trimester. This test is also based upon individual improvement through the year.

All students will be engaged in moderate to vigorous activity 80-90% of the time while participating in PE.

A physical environment is provided that encourages safe and enjoyable participation for students of all abilities.

Teachers are encouraged to include movement in the classrooms every day.

The PE teacher will encourage all forms of physical activity for students and staff in and out of school. This may include CYO sports, swimming, walking, signing up for races, biking, etc.

Students with health concerns associated with physical activity will be identified. Examples include wheelchair bound students, asthma, diabetes and overweight/obesity. Health care providers, teachers and nurses will work in partnership to meet each student's health needs. Health care plans will be written, shared with teachers and all medical recommendations will be followed through the school year. Students will be encouraged to participate in gym class as much as physically possible.

Health Class:

All students in grades **7th-8th** will attend Health classes each year. This is done on a trimester basis. During the trimester that they have health, they attend one 45 minute Health class a week. A variety of topics will be covered over each year. Some of the topics include managing stress, improving social and emotional health, communicable and non-communicable diseases, health risk factors, nutrition, drug and alcohol risks, and body systems. Each year will build upon the previous to further develop a mastery of the material.

Physical Education is taught by a licensed PE teacher... with a degree, credentials and professional development classes taken yearly.

Physical Education and Health is taught by a certified PE/Health Instructor with a Bachelor of Science in Kinesiology. The PE teacher is also an active member of INSHAPE Indiana, and attends their professional development conferences each year.

Measured statistics showing athletic improvement.

Cardiovascular endurance measurements begin in **5th grade** by using the 1-mile run. Each student starts the year off running a mile, which establishes a baseline for the rest of the year. They will then run the mile each quarter with the goal of improving on their baseline score. At the beginning of the year, the average mile for both boys and girls was 10:34. By the end of the year, the average time was 8:16. This was an overall improvement of around 20%.

Cardiovascular endurance is measured in grades 6th-8th by using the 1-mile run on a trimester basis. Each student starts the trimester off with their final time from the previous year becoming their baseline, which makes their improvement numbers slightly lower, as they are continually encouraged to improve their personal best each year. They will then run the mile at the beginning of the trimester, the middle, and then the end with the goal of improving on their baseline score. At the beginning of the trimester, the average mile time for boys was 7:55 and girls was 8:28. By the end of the trimester, the average times were 7:35 and 8:03. This was an overall improvement of about 5% in both boys and girls.

Strength is measured in grade **3rd-8th** by using pushups. Students in grade 3 must be able to do 10 pushups. Students in grade 4 must be able to do 10 pushups at the start of the year, and then increase the number they can do each quarter by 2, ending the year completing 20 pushups. Students in grades **5th-8th** must be able to do 20 pushups. The goal is to be able to perform 20 standard push ups, without stopping. For students in 3rd grade, 100% of the students were able to do 10 pushups by the end of the year. For students in 4th grade, 100% were able to do 10 pushups at the beginning of the year, and 93% were able to do 20 pushups by the end of the year. For boys in 6th-8th grade, 94% were able to do all 20 pushups by the end of the trimester. For girls, 92% were able to complete all 20 standard push ups.

More physical movement opportunities

Programs that promote activity during or after school are in place and implemented. These programs include: CYO sports, cross country, track, football, basketball, wrestling, volleyball, baseball, soccer and lacrosse. Groups of staff and students train after school for races. Community wide walking/running races are advertised

through the SMG community through our newsletter and bulletin. See below, for a run/walk honoring/remembering one of our former students.



Paige Schemanske Cross Run

Saturday, June 13th - 9:00am

[Directions](#)

find joy

Events

5K Walk/Run

Price:

\$35

\$15 (age 10-18) | Free (age 9 and under)

Information about inexpensive/free community based programs for activity outside of school will be given to families. Examples include the Monon center free indoor exercise track, sports camps, YMCA, Boy and Girls Clubs, fun runs, OLMC Trinity Free Clinic run and Baby on Board run at a near-by school.

SMG promotes CYO and in-house sports. All students are encouraged to participate in team sports, camps or clinics. All students registering on time will be placed on a team. No student will be “cut” from a team, and all students will receive playing time.

Teachers and other school personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment. Other opportunities for making up missing assignments should be found instead of taking away or missing part of recess.

Recess

Students will be encouraged to walk, run and “play” during recess periods on the black top track, play ground or grass. No student will be permitted to sit idly during the entire recess period unless a medical excuse is given. (This includes sitting on curb/benches during recess).

Every student will have at least 20 minutes of supervised recreational time each school day.

Classroom

Classroom education will reinforce a physically active lifestyle and reduce time spent in sedentary activities. Extended periods of inactivity are discouraged. Students are encouraged to move! Exercise is encouraged throughout the day. Teachers have balance balls and blue “wiggle” pads in the classroom to encourage movement. Some of the movement programs used by teachers include: Move It, Go Noodle dance program, Bal-A-Vis-X, exercise videos, dance videos. Other exercise actions include:

- Incorporating 3-5 minutes of activity into every 60-minute lesson.
- Junior high students, not the teachers, will travel in halls to classes giving opportunities for walking in halls, going to lockers, bending/stretching while grabbing books for the next class.
- Short breaks between lessons for activity
- Offer opportunities for activity in subject lessons (i.e. activities to and from the board, moving to different locations around the classroom for activity centers, assignments, group projects, spelling bees, games, etc.)
- On standardized testing days, exercise breaks and extra recess are worked into the day
- When activities such as school wide testing make it necessary for students to remain sitting for long periods of time, teachers give students periodic breaks for moderate activity (stretching exercises, running in place, bathroom break).

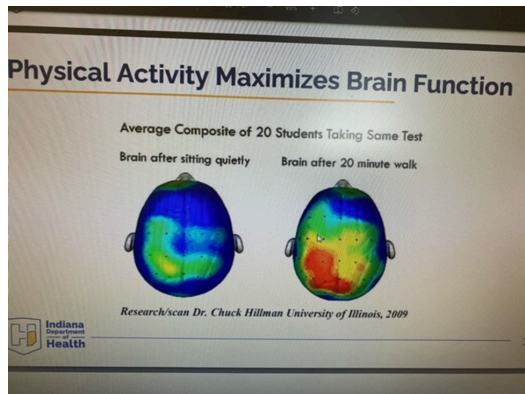
The Morning Mile

The 11-minute morning mile program offers students an opportunity to exercise before school. Students run, walk, jog, socialize, laugh, giggle and wake up their bodies before beginning the school day. After piloting the program for 2nd grade students, the teachers enthusiastically wanted to expand the program through the school. Second grade teachers wrote:

In 2019, our second grade piloted “the morning mile” program after reading encouraging research. Studies show, exercise in the morning helps wake up our brains and improves the ability to learn and retain knowledge. Our 2nd grade teaches report...

“We started day one and haven’t missed a day. We do it first thing in the morning. The behavior and engagement of the students is better than ever, especially those students with ADHD or tendencies. The kids have loved it. The kids walk or run for 11 minutes every morning.”

Students and staff in other grades were asking to also participate in the morning mile. This program has been very successful with noticeable improved student attentiveness, behavior, engagement and performance through the morning. As suggested in the wellness committee and with our principal's approval, SMG teachers expanded the program to include kindergarten through 8th grade. Teachers work out the logistics so all classes will have a place to run the mile through the school year. We will modify the location and time as needed to accommodate the k-8th grade.



Staff Health and Education

First Aid training, universal precautions, suicide prevention, addressing mental health issues, seizure management, sudden cardiac arrest and emergency management will be offered to all staff and teachers. CPR and AED certification will be offered every other year to all staff and teachers.

A Concussion Management Policy went into effect during the 2012-2013 school year and all parents read and sign off as part of the Family Policy Guide. Teachers/nurse/health care providers and parents will all work as a team and coordinate through the nurse's office the best recovery actions for a student diagnosed with a head injury. Students may need to stay home, delay taking tests, and gradually return or avoid sports for a specified time. This team approach to post-concussion care along with the health care provider's instructions will hopefully guide a student through the post-concussion recovery stage.

Sudden Cardiac Arrest "SCA" education: Indiana health department passed new laws in 2021 requiring sudden cardiac arrest education for staff members or parents who are responsible for athletes, cheerleaders or marching band members. The school nurse and athletic director will develop a plan to distribute educational material. Here is a summary of the education...

Requires that a student suspected of having symptoms of SCA: ▸ Be removed from the activity ▸ Parents notified ▸ Cannot return without verbal permission from parent ▸ Verbal permission must be replaced with written permission within 24 hours. ■ Requires that staff who are responsible for students listed in the definitions (athletes, cheerleaders, and marching band members) complete a SCA course and submit a certificate of completion to the school.

Seizure education: Staff members are taught the different types of seizures, the physical characteristics of a seizure and how to respond if a student is having a seizure. Absence seizures for example may present as staring spells and grand mal seizures may present with full body very obvious symptoms such as tonic clonic shaking. All staff members will receive yearly training to recognize symptoms and the actions to take to keep the student safe. Staff members will know when to call emergency services as needed for a seizure.

Stop The Bleed. The stop the bleed law takes effect in 2020. We have 10+ staff members trained and will have “stop the bleed” kits located by AEDs through our school. We will encourage more staff members to receive stop the bleed certification. All teachers receive first aid training and will receive a field trip bag or emergency back pack filled with first aid supplies for field trips, emergency /crisis occurrences.

Classroom medical needs folder: Each teacher will create a substitute teacher folder... “sub folder.” The folder will clearly identify students with health care needs and outline clear actions needed while teaching in that specific classroom. If the substitute teacher has further questions or concerns, the school nurse will offer further explanation as needed. Confidentiality will be stressed.

Medical care plans will be developed by the nurse, teacher, health care provider and parents for any student requiring medical intervention or observation during school due to a diagnosed illness or condition.

Health promotion and staff education will be offered at various times during the year and will coordinate with national health promotion events. Specific examples include information sent to staff and parents detailing signs, symptoms and care of students with strep throat, hand foot and mouth disease or pink eye.

When appropriate, speakers/experts will be brought in for staff education. When this is not feasible, flyers and outside community seminars will be utilized instead.

If a community health threat exists, the school nurse will contact the community state health department and coordinate all needed actions. During 2025-2026 there have been an increased number of people with measles. This could elevate to a health threat and is at present closely monitored by our local health department and our school. Immunization records for students and staff are up to date.

The PE teacher will attend health education conferences and provide health teaching information for other teachers as needed.

Professional development in the area of unintentional injuries, violence and suicide will be provided in the forms of flyers, in-services for all school employees. Topics should include by are not limited to

- How to identify and respond to students who are suicidal, or abused.
- The use of fire extinguishers
- Methods of responding to sexual harassment, bullying and threats.

Health and Safety Promotion and Education

Tobacco is not allowed on school property either during school or at any time. St. Maria Goretti is a no smoking facility.

The effect of allergies and asthma on learning and physical activity will be minimized through effective control of allergens and environmental asthma triggers the school building.

- No excessive plant material in one classroom.
- All attempts will be made to eliminate latex in any form in the classroom or in the health office. (e.g. balloons, gloves etc)
- No janitorial chemicals with noxious fumes will be used when children are in building
- No pest control will be used when children are in the building or when children may be in a building within a time frame allowing them to still be exposed to the chemicals used. Notify parents/employees of what is used and the schedule of its use as needed.

- Any area of the school found to have mold, mildew or a moisture problem will be corrected as soon as feasible.
- Asthma education will be provided for all teaching staff at the beginning of every school year.
- No gas powered machinery or equipment will be stored in the school building. Parents are asked to drive into the parking lot at carpool time and turn off their motors while students leave the building and approach the cars.
- No incense or scented candles are allowed in the classroom. The scent may trigger allergy/asthmatic reactions.
- Furry pets are allowed in the building on a limited basis for educational purposes only. Guide dogs for example, may be escorted into the school by their owner during disability awareness week
- Helmets and pads will be provided or brought in from home for the student for use during any physical activity to prevent severe injury. (e.g. Roller skating, scooters etc)

Safety and Security

A **Crisis Response Team** has been formed and is responsible for a written crisis response plan. The leader of the team plans drills through the year, educates staff and keeps up with the newest federal guidelines. The plan will be evaluated/updated and teachers and staff will receive instructions before each drill. The crisis team coordinator sets up “all school” drills for emergencies such as fire, tornado, active shooter and evaluates/modifies the response procedure as needed. The drills are practiced through the school year and evaluated. We have had great suggestions to improve our emergency response including having paper student contact and medical information ready if we have a power outage or lose internet and making sure all staff have keys to open and navigate through fire doors as needed. .

The OSHA expert of the school has been assigned and ensures safe school environmental standards are met. These include at a minimum each of the following:

- All poisons and chemical hazards will be labeled and kept in a secure area.
- Flooring surfaces will be slip resistant and kept dry. Wet floors will be clearly marked when the building is being used.
- First aid equipment and notices describing safety procedures are available.
- All AED are clearly marked with directions to the AED’s posted on entry doors.
- Pedestrians/students are offered special protection during carpool drop off and pick up.
- Cars will not idle during carpool pick up.
- The campus hallways and classrooms will be inviting and will be clutter free.
- The playground and sports fields will be assessed before each use and will be free of potholes, glass and other safety hazards. Repairs are made immediately when hazards are found. Efforts will be coordinated with the sports ministry to maintain safe athletic fields.
- Playground areas will be separated from traffic flows. (Use cones or barriers)
- Playground equipment will be maintained for safe use. New mulch and playground equipment repairs were completed during 2025.

Students are actively supervised by faculty and staff to promote safety and prevent unintentional injuries and violence everywhere on campus. (Classroom, church, lunchroom, playground, locker room, hallways, bathroom and parking lot). A locked sturdy iron fence has been added to the playground for safety. All visitors must enter the school through 1 of the 2 locked front double doors. These doors are monitored with “ring in” mechanisms to vet all visitors, before entering the school building. All other outside enter/exit doors are locked. Staff members have key cards for access.

The school administrators have partnered with the Westfield police department to continually evaluate and take actions to keep students safe. Active shooter scenarios have been carefully addressed with all staff members aware of both staff and law enforcement response. Local police officers have been hired for extra security

during “all school” masses and other special occasions. The parish has formed a “safety committee” to continually examine ways to keep our students and parish community safe. The school nurse has prepared medical supplies for injuries and ready for any medical emergency both in the school buildings and our church. Every classroom and meeting space has a backpack or tote filled with emergency medical supplies. The backpacks are taken with students to emergency sites during drills.

Rules are enforced for safe use of the playground. No use of age-inappropriate equipment should be permitted.

Information on health and safety will be provided to families and students through parent meetings and the school newsletter or school sponsored activities. Topics can include promoting physical activity and healthy eating. Other topics include influence of mass media on child health and safety, preventing injuries, accessing community health resources, vaccination information, immunization clinics and disease information.

Effective parenting strategies will be provided to families through information sent home or school sponsored events by the school counselor.

Health, nutrition, and safety awareness information will be displayed in an area of the school that is accessible to all students, such as hallway bulletin boards. Topics change to follow national health awareness events, such as February dental health, heart healthy habits and other topics to promote healthy growth and development.

Mental Health

Mental health 2026 update Wellness Policy

Mental Health:

SMG strives to help students perform their best. Student’s mental health needs are addressed in our everyday curriculum, our counsellor’s programs and our school mission statement. Students recite the SMG pledge every day and understand the expected behavior.

[I am building the kingdom of God today!](#)

[I am doing the right thing today!](#)

[I am treating people right today!](#)

[I am working my brain, I am happy and healthy,](#)

[St. Maria Goretti- pray for us!](#)

We will continue consulting with mental health experts and address issues affecting our students. The role of the School Counselor at SMG will focus on designing and implementing school counseling programs that promote academic, and social/emotional success for all students. The School Counselor acknowledges he or she may be the only counseling professional available to students and their families. Thus, the school counselor will:

- Deliver instruction that proactively enhances awareness of mental health; promotes positive, healthy behaviors; and seeks to remove the stigma associated with mental health issues.
- Provide students with appraisal and advice addressing their academic, career and social/emotional needs.
- Recognize mental health warning signs including:
 - changes in school performance and attendance
 - mood changes
 - complaints of illness before school
 - increased disciplinary problems at school.

- problems at home or with the family situation (e.g., stress, trauma, divorce, substance abuse, exposure to poverty conditions, domestic violence)
 - communication from teachers about problems at school
 - dealing with existing mental health concerns
- Provide short-term counseling and crisis intervention focused on mental health or situational concerns such as grief or difficult transitions.
- Provide referrals to school and community resources that treat mental health issues (suicidal ideation, violence, abuse and depression) with the intent of removing barriers to learning and helping the student return to the classroom.
- Educate teachers, administrators, families and community stakeholders about the mental health concerns of students, including recognition of the role environmental factors have in causing or exacerbating mental health issues, and provide resources and information.
- Advocate, collaborate and coordinate with school and community stakeholders to meet the needs of the whole child and to ensure students and their families have access to mental health services.
- Recognize and address barriers to accessing mental health services and the associated stigma, including cultural beliefs and linguistic impediments.

Mental Health Goals:

1. A primary goal of mental health at SMG is to increase awareness. This involves teaching children what mental health means, and how to maintain positive mental health. It is vital that youth understand the concept of self-care and that they are responsible for their own mental health.
2. To increase mental health awareness with staff at SMG. Continue to educate staff on the school-age children's mental health needs. This includes students who may or may not receive any behavioral and/or mental health private services.
3. To work with parents/guardians/family members to educate all stakeholders on mental health issues and continue to be able to provide resources for the SMG community as needed. This includes student and parent social media education.

Some of the school counselor projects taught in the classroom throughout the year include:

Cell phone education The St. Carlos parent group. The main project is titled “Wait to 8. This program encourages parents to wait at least until 8th grade to give their student a cell phone. The program reviews the importance of restricting social media.

Digital safety An expert on digital safety speaks to 4th-8th grade students in the classroom. A parent presentation and question/answer session is offered in the evening.

Drug/vaping education Our local health department representative gives a drug poison prevention program to the 6th grade students and a vaping education program to 7 and 8 grade students.

Social/emotional curriculum Our counselor uses the “frienzy” program in the classroom in prekindergarten to 8th grade students. This program addresses the social and emotional needs of the students. This includes how to be a good friend, making good choices, body image, when to bring concerns to a trusted adult in a faith based social, emotional curriculum.

Disability awareness. The counselor and volunteers bring a disability program into the classroom each year. This program has been enjoyed by students as they learn about other students with challenges. These may include visual or hearing impairments, mobility issues, and mental and physical challenges. Students may try spending time navigating through the halls in a wheelchair or wearing a mask over their eyes through the halls

as they learn about vision loss. The students learn about students with different challenges and learn how they can both approach or in some cases help the other student.

An example of a school weekly newsletter from our school counselor:

Published in the Angel News....



Updates
Mindful Mobile Apps

- [Ninja Focus App](#) (ages 3-12+) Meditations, Games, Music, and Mindful Activities - Free/Premium Options
- [Breathe, Think, Do with Sesame](#) (ages 3+) Help the Sesame Street friends learn how to calm down - Free
- [Headspace for Kids](#) (ages 5-12): Meditations and breathing exercises for sleep, kindness, focus, and calm -Free/Premium Options
- [Smiling Mind](#) (ages 7-18) : Meditations for sleep, stress and well being - Free
- [Mindful Powers](#) (ages 7-10): teaching children through play, social emotional learning lessons
- [Booster Buddy \(10+\)](#): Provides mental health check-ins in the form of a little animated buddy and self-care and coping skill activities - Free

Student Impact

Student Impact is open to residents of Westfield for students in grades 5-12. It is a great after school resource for students to get homework help, meet with a mentor, play games and make new friendships.

Camp Ethos

Student Impact puts on Camp Ethos each summer and is for incoming 5th, 6th and 7th graders who are residents of Westfield.

Social Emotional Resources

§ [Go Noodle](#): (Exercises, mindful meditations, and fun videos)

§ [Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lesson](#)

§ [The Imagine Neighborhood Podcast](#): for parents and children to listen to and discuss social emotional learning through a fun audio lens

§ [Mind Yeti](#): Brief video meditations for children who struggle with simply listening to a meditation

Helpful Articles

[How to help anxious kids in the summertime](#)

[Is technology affecting your child's mental health?](#)

Goals: The Indiana department of education presented a “report card” with 12 stated requirements for all schools which include goals and strategies for good health. The “report card” has been incorporated into the Wellness policy. SMG has met the requirements in the manner stated below:

- 1. Stakeholder Participation: Allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy.**

The Wellness committee was formed at SMG in 2006 and has continually updated the policy. The committee includes parents, students, food service administrators, PE instructor, school physician, school nurse, dietician, school board members, school administrators and teachers. A call for suggestions, help, and implementation is placed in our school newsletter, our parish bulletin and our staff emails. The wellness committee is contacted in April and May. The chairperson receives updates, suggestions and discusses implementation with school staff. Students have been assigned the task to offer wellness suggestions in class. We have had great responses. Students suggested many ideas to improve the lunch experience. Many wanted more food choices and nutritious snacks. Menu choices are limited by strict federal requirements, the short lunch periods and the number of volunteers needed to monitor the food offerings. We will meet with the cafeteria manager to explore more possible options. Many students did not realize water and cups are available for free during all lunch

periods. We set up an area with plastic, washable cups by the drinking fountain for students to easily see and use. Our 5th grade students suggested building more opportunities for physical activities during the day, more hand sanitizer stations and asked for more healthy food options. All suggestions will be presented to the teachers and kitchen manager for consideration. Parents suggested a list of improvements for our playground and basketball court and suggestions for our cafeteria. Our school community raised funds for a new playground, new soft plastic “bouncy” mulch and a gate to enclose the playground area. All improvements were completed and are now enjoyed by the school community. Our school council suggested more hand sanitizer stations in our cafeteria. Great idea! We now have 2 hand sanitizer stations for students entering and leaving the cafeteria and 1 specifically for students in line purchasing lunch. Staff have suggested ways to keep our school and the many items used daily in the classroom clean and limit the spread of germs from student to student. We will follow up on these suggestions. PTO, teachers and staff are helping to implement the new suggestions.

2. USDA requirements for school Meals: Has assured school Meals meet the USDA requirements.

Our food service manager and staff prepare all school meals in compliance with the USDA regulations. State inspectors examine our cafeteria work space and logistics 2 times each school year. A federal inspector examines our facility and set-up every 3 years. This inspection includes examination of meal plans, menus, facilities, food service workers and environment. Our last exam was fall 2025. SMG passed the inspection. SMG has received the USDA food requirement memos for the 2025-2026 school year and will comply with all federal laws. In order to reduce waste the cafeteria is switching its service model to what the Department of Education refers to as an Offer vs Serve model. Offer Vs. Serve allows students the option to decline components of a meal. This has dramatically reduced food waste.

3. Nutrition guidelines for all foods and beverages sold: has set Nutritional Guidelines for foods and beverages sold on the school campus during the school day.

All food sold in the lunch line and offered as optional snacks meet nutritional guidelines. If a new snack is considered, all nutritional components are entered into the “Smart Snack Standards” calculator. If the food item passes, the item may be purchased for students depending on cost, availability and other factors. Our kitchen supervisor prepares detailed data including menus, nutritional values and all federal requests to prepare for the inspection. The federal inspector had a list of all foods and drinks offered and inspected the facility and all foods were in compliance

with federal law spring 2025. As federal guidelines and laws change our cafeteria manager will adjust purchasing, menu formation, preparation and serving techniques to remain in compliance. Our cafeteria staff follows strict sanitary requirements, cleaning all equipment, washing all surfaces daily and serving students with gloves on in a cheerful, clean environment.

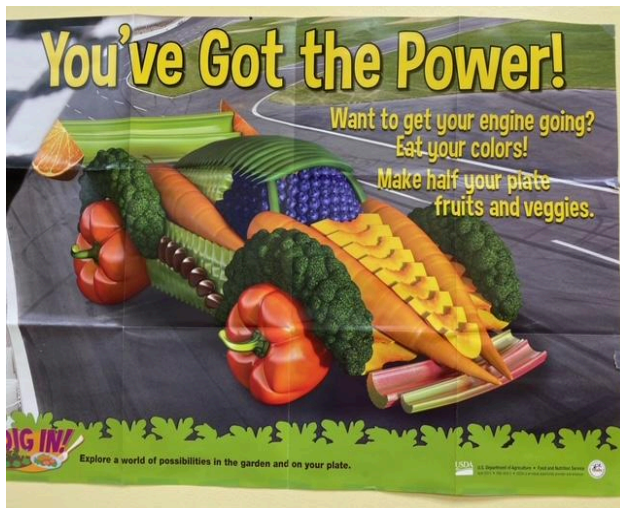
4. Nutritional guidelines for non-sold foods and beverages: Has set Nutritional Guidelines for foods and beverages not sold but made available on the school campus during the school day.

“Non-sold foods” are only offered to students 4-5 times a year during rare school celebrations. SMG is aware of the new guidelines and has written the guidelines to help choose the celebration food. Through the school year nutritious, tasty treats were offered at school celebrations such as a cup of calcium, Vitamin D rich ice cream, popcorn, Rice Krispie treats and fruit snacks. Healthy alternatives are offered to students with allergies and special dietary needs. Students on gluten free diets for example, are offered gluten free pizza and gluten free dessert.

5. Food and Beverage Marketing: allow marketing on the school campus during the school day of only those foods and beverages not sold but made available on the school campus during the school day.

There are no foods made available outside our cafeteria during the school day. There are NO food marketing signs in our food areas. There are NO soda machines or advertisements available to students.

Food and Beverage marketing include posters with healthy food marketing suggestions including “the health plate” with photos of food groups, famous sports stars eating nutritious foods and “try it” posters and tasty vegetable photos. Our goal will be to continue to promote healthy food choices through daily menu announcements, posters and creating a cheerful atmosphere.



6. Nutrition Education: Has at least 2 goals for Nutrition Education.

1. Students throughout the school will receive nutrition education classroom instruction in MANY classes through the school year NOT just health class. Instruction would include explaining the nutritional value of the foods, how to read food labels, food groups, what vitamins, minerals and more. Classes may include science, health, physical education and STEM. 2. The school nurse will teach all students not to share food because many students have food allergies. The school nurse will talk to the student body during the first week of school to make sure all students understand we have students with severe food allergies through our school and discuss best ways to prevent an allergic reaction. Students will learn to recognize symptoms of an allergic reaction, will understand some allergens such as peanut butter could seriously hurt a student with allergies and know the actions to take if they or a fellow student are having an allergic reaction.

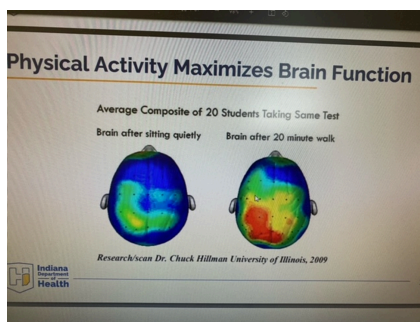
7. Nutrition Promotion: Has at least 2 goals for Nutrition Promotion

The nutrition promotion goals 1. Many students leave their lunch period hungry because either they did not have a nutritious lunch or they ran out of time to eat. The goal is to encourage students to choose one of the 3 food options to purchase that they will actually eat or bring a healthy, filling lunch from home. The principal will announce the Purchase lunch option on announcements the night before. Hopefully students will choose the best option for themselves. They can choose to buy or bring lunch the following day. Also remind students to first sit down and eat. Spend less time talking, visiting with friends and more time eating during the first portion of the lunch period then talking and visiting with friends. The short 25-30 minutes allotted for lunch offers challenges. Eating a full

nutritious lunch is a goal during their busy school day. 2. Our goal is to decrease hunger during the school day to promote maximum school performance by offering a snack time during class time. Our kindergarten through 2nd grade students have an early 11am lunch period and are often very hungry in the afternoon. The k-2nd grade students will be offered time every afternoon to eat a nutritious nut-free snack to increase productivity and cut down on hunger in the afternoon. 3rd-5th grade have a late 12:10 lunch period, they will have morning snack time offered to curb hunger through the morning.

8. Physical activity: Has at least 2 goals for physical activity

Physical activity goals 1. All students (without specific health conditions) will be required to be physically active during recess and morning mile periods. Students have in the past chosen to sit on the sidelines during recess. At a minimum, students may walk around the track or playground but will NOT be allowed to sit during recess. Exercise will stimulate the brain, improve health and classroom performance. 2. Students will recognize each of us have different physical abilities. The goal is not necessarily to be the fastest or throw the ball the farthest. The goal is to improve our personal best throughout the school year and enjoy the physical/mental benefits of daily exercise. 3. We will continue to expand the morning mile program to include K-8th grade students. During the 2025-2026 the program was a great success! Students in 2nd grade participate everyday and other classes have joined in through the year. Teachers noticed remarkable increased concentration and classroom performance. 4. Teach students in all grades the physical, mental and emotional benefits to a day filled with physical activity. This can include walking activities, recess playground climbing, jumping, running, organized sports, gaga ball and other opportunities.



9. Other activities: Has at least 2 goals for other school-based activities that promote student wellness

1. The goal is to address mental health issues with the help of our school counselor. Students and parents will understand the role of our new school counselor and contact the counselor as needed. Suggestions include continuing

a counselor's corner area in the school newsletter and sending letters addressing mental health issues to individual grades as needed. The school counselor will continue to bring guest speakers into the classroom for students and for parent meetings to address challenging topics including drugs and alcohol, vaping, school safety, dietary challenges (anorexia, bulimia) and others. 2. The goal is to make sure our students feel safe at school and know what to do if there is a fire, tornado, active shooter or severe weather. All staff will receive emergency instructions and drills will be conducted throughout the year so both staff and students know how to calmly respond to an emergency.

10. Wellness Evaluation: Every 3 years has evaluated the local wellness policy with an evaluation tool and has notified the public of the results

All written goals are examined and reevaluated on the wellness evaluation checklist. If goals are NOT met, new efforts are made to achieve the goals. Most notable goals met these past 3 years include: 1. construction of a new playground and bouncy mulch to prevent injuries and encourage fun physical activity on the playground. 2. new food choices in the cafeteria to encourage healthy food choice. 3. Enhanced safety measures (gates, security cameras, hired security guard) to ensure a safe environment to learn, play and socialize.

11. Person responsible: Has identified at least 1 person as responsible for monitoring the local wellness policy

The school nurse Mariann (Mimi) Burnside RN is responsible for monitoring the local wellness policy.

12. Communication: Has annually informed and updated parents, students, staff and the community about the content and implementation of the local wellness policy

The nurse office publishes a yearly request asking for suggestions for our wellness policy and reminding the community how to find the wellness policy on our website. The nurse office also publishes weekly health news items explaining the school health and wellness policies. This includes immunization information, nutritional information for upcoming all school parties, hearing and vision screen information and health tips. The following paragraph was published in our school newspaper and parish bulletin last year and will again be published in the future.

Published in the community parish bulletin and parent news letter:

[Wellness Policy:](#)

[Every 3 years a group of staff, students, medical personnel, a dietician, and community/family](#)

members meet to review and improve our federally required school wellness policy. We discuss strategies to implement in our school to have a safe, healthy school environment and teach our students strategies to live healthy lives. This includes physical activity, nutrition, healthy food choices, promoting healthy lifestyle, and teaching good health habits in the classroom. We welcome all suggestions! Please send the school nurse any ideas. These may include menu suggestions, field trips, guest speakers, ideas for PE class, ideas for physical education both in the gym and classroom and advertising healthy choices. The wellness committee meets in May. A copy of the wellness plan is posted on the SMG parish website smgonline.org under school, parent resources, wellness policy. Send suggestions to the nurse email: nurse@smgonline.org

Hello SMG Staff,

We are almost at the finish line! SMG has a wellness policy we review every 3 years with the goal to make SMG a healthy place for all staff and students. This is a federally mandated policy which encourages us to improve each year! Teachers could you take a moment to send me a few sentences or a paragraph with the efforts you make in the classroom to keep SMG healthy? This could include physical activity programs, mental health activities, the morning mile, mind stimulating activities, breaks, riding big wheels in the halls, teaching about nutrition, extra recess, March madness tourney, growing a vegetable garden...and please send ANY suggestions... Are there any measures specifically taken this year we should keep in place in the future? We have implemented past year suggestions include cleaning iPads, installing water bottle filling stations.

Thank you in advance for all your efforts to make SMG a “healthy” place to teach and learn,
Mimi Burnside

A copy of the wellness plan is posted on the SMG parish website smgonline.org under the education/SMG school/resources link.

An example of 1 weekly Angel News letter...

Nurse News

Health Care Plans and Action plans were emailed to all SMG families with students with medical needs. Parents please update, sign and return the health care plans now and make appointments with your healthcare provider for medications (EpiPens, inhalers) needed for the next school year! If you have any questions please call the nurse office.

Wellness Policy:

Every 3 years a group of staff, students, medical personnel, a dietician, and community/family members meet to review and improve our federally

required school wellness policy. We discuss strategies to implement in our school to have a safe, healthy school environment and teach our students strategies to live healthy lives. This includes physical activity, nutrition, healthy food choices, promoting healthy lifestyle, and teaching good health habits in the classroom. We welcome all suggestions! Please send the school nurse any ideas. These may include menu suggestions, field trips, guest speakers, ideas for PE class, ideas for physical education both in the gym and classroom and advertising healthy choices. The wellness committee meets in May. A copy of the wellness plan is posted on the SMG parish website smgonline.org under school, parent resources, wellness policy.

Send suggestions to the nurse email: nurse@smgonline.org



Immunization notice for 5th grade parents:

11 year olds entering 6th grade in Indiana are required to receive the meningitis vaccine, and an updated tetanus/pertussis vaccine known as “Tdap” . The “tetanus booster” cannot be received until after the 10th or 11th birthday (depending on the drug manufacturer). This vaccine has dramatically lowered the number of pertussis cases in middle school and high school students in Indiana. The meningitis vaccine has reduced incidents of this serious disease in our adolescent and young adult group. Make sure all vaccines are received before entering 6th grade. For Questions regarding the above, call the nurse’s office @ (317) 896-5582 ext 1204.

Please see the attached CDC information sheets for more detailed information for preteen recommended immunizations.



**The Wellness Policy was reviewed and updated spring 2026.
Completed and respectfully submitted June 2026....**

By Mimi Burnside RN (school Nurse)



Wellness committee members 2026:

Mimi Burnside-nurse and committee chairperson
 Dr. Blake Grider-school physician
 Michelle Dudash-Dietician and school parent
 Elizabeth Kissel-principal
 Amanda Minnes-parent/staff
 Cole Deason—PE teacher
 Cole Deason-food services director
 Angie Linn-Junior Kindergarten
 Diana Suzo1st grade teacher
 Karen Ednilino-1st grade teacher
 Susan Sponhauer-2nd grade teacher
 Ashley Lindley-3rd grade teacher and parent
 Sarah Stark-4th grade teacher
 Jamie Havens- 5th grade teacher
 Amy Johnson-7th grade science teacher

Cayley Coss-8th grade teacher
Jane Shine-resource teacher
Stacey Hatfield- STEM teacher
Lauren Wagoner- Art teacher
Therese Schroeder-school nurse
Christen Cantos- school nurse
Bob Kachur-Music teacher and Crisis team coordinator
Sara Henry –school counselor
Sean Bird-Athletic director
Maria Eveslage-parent
Jennifer Kobylarz-school council member and parent
Erin Rusthoven-paert/school counsel president
Kaitlen Vandergrift-PTO vice president
Joy Jansen-Pto president
5th, 7th, 8th grade students
Students attending SMG answering survey questions
Eddie Eberhardt-maintenance director

Hello SMG Staff,

We are almost at the finish line! SMG has a wellness policy we review each year with the goal to make SMG a healthy place for all staff and students. This is a federally mandated policy which encourages us to improve each year! Teachers could you take a moment to send me a few sentences or a paragraph with the efforts you make in the classroom to keep SMG healthy? This could include physical activity programs, mental health activities, the morning mile, mind stimulating activities, breaks, riding big wheels in the halls, teaching about nutrition, extra recess, March madness tourney, growing a vegetable garden...and please send **ANY** suggestions... Are there any measures specifically taken this year we should keep in place in the future? We have implemented past year suggestions include cleaning iPads, installing water bottle filling stations.

Thank you in advance for all your efforts to make SMG a “healthy” place to teach and learn,
Mimi Burnside

A copy of the wellness plan is posted on the SMG parish website
smgonline.org under the education/SMG school/resources link.

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Wellness Policy 2023-posters, email

Message sent to Wellness committee members

Message in Angel News and parish bulletin asking for suggestions from the community

Wellness Policy:

Each year a group of staff, students, medical personnel, a dietician, and community/family members meet to review and improve our federally required school wellness policy. We discuss strategies to implement in our school to have a safe, healthy school environment and teach our students strategies to live healthy lives. This includes physical activity, nutrition, healthy food choices, promoting healthy lifestyle, and teaching good health habits in the classroom. We welcome all suggestions! Please send the school nurse any ideas. These may include menu suggestions, field trips, guest speakers, ideas for PE class, ideas for physical education both in the gym and classroom and advertising healthy choices. The wellness committee meets in May. A copy of the wellness plan is posted on the SMG parish website smgonline.org under school, parent resources, wellness policy.

Send suggestions to the nurse email: nurse@smgonline.org

Nurse News

Health Care Plans and Action plans were emailed to all SMG families with students with medical needs. Parents please update, sign and return the health care plans now and make appointments with your healthcare provider for medications (EpiPens, inhalers) needed for the next school year! If you have any questions please call the nurse office.

Covid update:

The Catholic Schools of Hamilton county 2022-2023 regional covid plan.

- Masking is optional, Students and parents should consult the school nurse if they are experiencing symptoms.
- The decision to test for COVID remains with the family.
- Students testing positive must stay home for a minimum of 5 days from the onset of symptoms. Masking is recommended on days 6-10 after a positive case but NOT required.
- We will NOT contact trace positive cases in school.

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Immunization notice for 5th grade parents:

11 year olds entering 6th grade in Indiana are required to receive the meningitis vaccine, and an updated tetanus/pertussis vaccine known as “Tdap” . The “tetanus booster” cannot be received until after the 10th or 11th birthday (depending on the drug manufacturer). This vaccine has dramatically lowered the number of pertussis cases in middle school and high school students in Indiana. The meningitis vaccine has reduced incidents of this serious disease in our adolescent and young adult group. Make sure all vaccines are received before entering 6th grade. For

Questions regarding the above, call the nurse's office @ (317) 896-5582 ext 1204.

Please see the attached CDC information sheets for more detailed information for preteen recommended immunizations.

Nutrition reminders and requirements for 2023-2024

Meal Pattern Reminders

Breakfast: Real Grain Required!

When planning breakfast menus, be sure that every reimbursable meal includes at least one-ounce equivalent of real grain. Real grain means whole grain-rich or enriched grain products like cereal, waffles, pancakes, biscuits, bagels, toast, etc. Only after one-ounce equivalent of real grain has been planned can the menu planner add meat/meat alternate products and have them credit towards the grain component weekly requirement at breakfast. If the school operates Offer versus Serve, students may decline the grain, but must be offered at least one-ounce equivalent real grain. If the school does not operate Offer versus Serve, students must take the real grain as part of their reimbursable breakfast. View IDOE's [School Breakfast Program webpage](#) for more information on meal pattern and operations.

Transitional Meal Pattern Standard-Sodium restrictions ne for 2023-2024

The transitional meal pattern standards are still in place through school year (SY) 2023-2024.

- At breakfast and lunch, milk can be flavored or unflavored and skim or 1% low-fat.
- At breakfast and lunch, at least 80% of the total grains offered over the course of the week must be whole grain-rich. The remaining grain products must be enriched.
- Breakfast sodium levels remain at Target 1 for SY 2023-2024.
- Effective Saturday, July 1, lunch sodium levels change to Target 1A for SY 2023-2024.
 - Grades K-5 and K-8 overall weekly limits
 - Target 1: $\leq 1,230$ mg

- Interim Target 1A: $\leq 1,110$ mg
- Grades 6-8 overall weekly limits
 - Target 1: $\leq 1,360$ mg
 - Interim Target 1A: $\leq 1,225$ mg
- Grades 9-12 overall weekly limits
 - Target 1: $\leq 1,420$ mg
 - Interim Target 1A: $\leq 1,280$ mg

Published in the Angel News....



April Updates

Mindful Mobile Apps

- **Ninja Focus App** (ages 3-12+) Meditations, Games, Music, and Mindful Activities
- Free/Premium Options
- **Breathe, Think, Do with Sesame** (ages 3+) Help the Sesame Street friends learn how to calm down - Free
- **Headspace for Kids** (ages 5-12): Meditations and breathing exercises for sleep, kindness, focus, and calm -Free/Premium Options

- **Smiling Mind** (ages 7-18) : Meditations for sleep, stress and well being - Free
- **Mindful Powers** (ages 7-10): teaching children through play, social emotional learning lessons
- **Booster Buddy (10+)**: Provides mental health check-ins in the form of a little animated buddy and self-care and coping skill activities - Free

[Student Impact](#)

Student Impact is open to residents of Westfield for students in grades 5-12. It is a great after school resource for students to get homework help, meet with a mentor, play games and make new friendships.

[Camp Ethos](#)

Student Impact puts on Camp Ethos each summer and is for incoming 5th, 6th and 7th graders who are residents of Westfield.

Social Emotional Resources

§ **Go Noodle**:(Exercises, mindful meditations, and fun videos)

§ **[Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lesson](#)**

§ **The Imagine Neighborhood Podcast**: for parents and children to listen to and discuss social emotional learning through a fun audio lens

§ **Mind Yeti**: Brief video meditations for children who struggle with simply listening to a meditation

Helpful Articles

[How to help anxious kids in the summertime](#)

[Is technology affecting your child's mental health?](#)

You've Got the Power!

Want to get your engine going?
Eat your colors!

Make half your plate
fruits and veggies.



Explore a world of possibilities in the garden and on your plate.

USDA

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United States Department of Agriculture

Make Today a



Try-Day!

It's fun to find new favorite foods!

