

**St. Brigid Catholic School**  
**Wellness**  
**Policy**



Revised and Adopted June 2023

### **Wellness Policy Statements:**

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good mental/physical health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of death in the United States, and major risk factors for these diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, only 62% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendation from the Food Guide Pyramid;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

**Therefore, St. Brigid Catholic School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activities.**

We pledge to engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing our school nutrition and physical activity policies.

We pledge to offer our students opportunities, support, and encouragement to be physically active on a regular basis.

We will educate and encourage families to provide nutritious snacks for the mid-morning or mid-afternoon breaks.

We will seek alternatives to using food as a reward for behavior or outstanding work.

We will educate and encourage our room parents and parent volunteers to serve nutritious snacks and foods during classroom holiday parties.

We will let the students have water bottles at their desks or in their classroom for frequent hydration breaks.

We will provide clean, safe, and pleasant settings and adequate time for students to eat lunch.

### **To Achieve these Policy Goals:**

School Health Committee members will be selected to help develop, monitor, and update the wellness policy. The SHC (School Health Committee) will be comprised from the School Committee, school staff, community health care providers, school administration, and food service director.

#### Nutritional Quality of Foods Served

Meals served through the National School Lunch Program will;

Be appealing and attractive to children

Be served in clean and pleasant settings

Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;

Offer a variety of fruits and vegetables

Serve only low-fat (1%) and fat-free milk and nutritional-equivalent non-dairy alternatives,

Ensure that half of the served grains are whole grain.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students if asked.

### **Saint Brigid Lunch Program**

#### Meal Times and Scheduling

Lunch period will be kept at 15 minutes minimum for all grades. More time will be given to complete their meals if necessary.

Lunch period will be approximately between 11:00—12:15 each day. Times may vary per grade level depending on the MPS specials yearly schedules.

If student council meetings are scheduled during the lunch period, the students will take their lunches to the meeting.

We will provide access to hand washing or hand sanitizing before meals and snacks are served

## 2. Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal program. Continuing professional development and certification will be given to the necessary food service workers at our school.

## 3. Sharing of Foods and Beverages

We will discourage students from sharing food and beverages during lunch and snack time.

## 4. Food Allergies and special dietary needs

All staff will be given a list of students that may have food allergies. Staff will also be aware of students with special dietary needs.

## **Fundraising Activities**

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the nutrition and portion standards.

## **Snacks**

Parents are encouraged to send healthy snacks for their child's morning and/or afternoon break.

Parents will be furnished a list of suggested healthy snacks. A list of suggestions will be attached as an addendum to the Wellness Policy. Staff will not take away snacks or say anything to the child about their snack that was sent from home if it was not on the suggested list.

The school will not make available for student use vending machines for beverages or snacks.

## **Celebrations and Classroom Holiday Parties**

Classroom party celebrations will have an emphasis on activities, crafts, and healthy snacks.

Room parents planning the parties will be reminded to have smaller portions, limited selections, and healthy treats for the students.

Birthday party treats provided by the parents will be at the parents discretion.

## **Nutrition Education Goals**

Nutrition education topics shall be integrated into classroom learning using the Michigan Department of Education Health Education Program. This is a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.

### **Physical Activity Promotion**

Physical education classes are provided by a certified physical education teacher from Midland Public Schools. Class times are determined by Midland Public Schools and are taught in our school building or weather permitting outside.

Outdoor daily recess is provided.

The alternate to indoor classroom recess will be using the gym for recess time, schedule permitting.

Teachers also have access to the school gym for activities, parish schedule permitting.

Physical activity is not used as a punishment e.g. running laps, push-ups, or with holding noon recess as a punishment. Students that must stay indoors for recess is because of tests or missing work, not as a punishment.

Students enrolled in our after-school program receive physical activities in the gym or outside daily.

After school programs are promoted and linked to community resources; soccer, baseball, softball, football, basketball, cheer leading, etc.

The parish facilities outside of school hours will be available upon request as the parish schedule will allow. The parish facilities reservation form must be completed and returned to the maintenance department for scheduling purposes.

### **Monitoring and Review**

The principal will ensure compliance with established nutrition and physical activity wellness policies.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the principal.

The School Committee and other interested parents and parties will be given the opportunity to review and revise the Wellness Policy.

Program- Addition/Change	Year	Additional Information
Started NSLP	2008	Moved from getting food from St John's to developing our own program
Girls on the Run	2010	Started and Continues
Community Events	Yearly	Offer to students opportunities to participate in school and community sports/events.
School Sponsored Teams	2010 to present	New gym offered opportunity to start school organized sports teams
Counseling services	2021-present	An LLPC counselor is available for struggling students
Let's Talk About It	2022	Four lectures on how to make a better environment for children with ADHD, anxiety, etc.
Parenting the Anxious Child	2023	A class for parents on how to deal with child anxiety