



Our Lady of Good Counsel  
Parish School

Wellness Policy

## ***Belief Statement***

Our Lady of Good Counsel Parish School is committed to providing a school environment that enhances the development of lifelong wellness practices that promote healthy eating and physical activities to support student achievement in academics and overall well-being.

The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs, and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

## ***Intent***

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WOC Reauthorization Act of 2004. This includes goals for nutrition education, physical activity and other school based activities designed to promote student wellness; nutrition guidelines for all foods available during the school day; a plan for measuring the implementation including designating one or more persons charged with operation responsibility; and involving parents, school food service providers, the school advisory committee, and the school administration in developing this policy.

## ***Rationale***

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduce risk of the development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the US Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer and diabetes. Our Lady of Good Counsel Parish School will comply with the goals for Student Wellness established by Wayne County and the Archdiocese of Detroit, Office of Catholic Schools. Our Lady of Good Counsel Parish School utilizes and posts signs by the Michigan Department of Health.

## **GOALS FOR STUDENT WELLNESS**

### **Goals for Nutrition Education**

Students in grades 6-8 receive education on various nutrition and healthy living topics including well-rounded diets, cardiovascular health, exercise and understanding drugs. The lessons provide students with the knowledge and skills necessary to adopt healthy eating and living behaviors.

Younger students have conversations incorporated into their everyday education about the importance of keeping their bodies healthy with food and activity. A future goal is to implement a more specific education in grades PreK-5 on healthy eating habits, as those should be established at a young age.

Our Lady of Good Counsel shall work with parents to assist in providing a healthy diet and daily physical activity for their children, which may include information to help them incorporate healthy eating and physical activity.

### **Goals for Physical Activity**

Students in preschool through grade 8 shall participate in regularly scheduled formal and informal physical activity programs. Students in grades PK-8 receive physical education classes for a total of 43 minutes a week. Special emphasis should be placed on promoting an active lifestyle in preschool through the primary grades as health habits are established at a young age. These weekly physical education classes provide students with the knowledge, skills, and values necessary to understand the benefits of a physically active and healthy lifestyle. Reasonable accommodation shall be made for students with disabilities and/or other limitations.

Elementary schools shall provide a daily, supervised recess period to all students. Students shall be provided opportunities for physical activities through a range of school programs such as intramurals, interscholastic athletics, physical activity clubs or other like activities.

### **Goals for other School-Based Activities Designed to Promote Student Wellness**

#### ***Consistent School Activities and Environment - Healthy Eating***

It is recommended that upon request food providers share information about the nutritional content of school meals and/or individually sold foods with students, family and school staff.

School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat.

All food service personnel shall have adequate pre-service training including food service handling and abide by local health code policies.

Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options and to be aware of their classroom's allergies. Non-food treats are also encouraged. Individual teachers will help monitor the classroom snacks that include students with food allergies, diabetes, or any other food related issues.

The school shall make efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (My Plate) such as fruits, vegetables, low-fat dairy foods and whole grain products. A poster depicting a healthy My Plate is posted in the cafeteria for students to see.

All foods and beverages provided by the school shall comply with federal, state, and local food safety and sanitation regulations.

Staff promotes hand-washing or hand-sanitizing before lunch and snacks; hand-washing after restroom use. Signs are posted in the bathrooms promoting and demonstrating proper hand washing techniques.

Our Lady of Good Counsel Parish School also accommodates the needs of children with food or drug allergies by providing separate dining tables that are constantly monitored for exposure to known allergies. A peanut-free lunch table is provided in the cafeteria at lunch for those who need to eat separated from possible allergy triggers. Signs are posted outside classrooms promoting awareness of foods that may be unsafe for students with allergies within those rooms. With the support of administration, it is up to the discretion of each classroom teacher and/or division how restrictive they will be regarding food entering their classrooms. If a student has a serious airborne allergy, parents may discuss proper protocol with administration as to what can be accommodated in school.

The staff accommodates students with special oral hygiene needs for time to brush their teeth after lunch.

Access to any area involved in storage, preparation and service of food on the school campus shall be limited to authorized personnel.

### ***Consistent School Activities and Environment - Physical Activity***

Our Lady of Good Counsel Parish School is encouraged to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active. For all grades, but especially PK-3, Brain or Movement Breaks, are needed throughout the regular school day.

Physical activity facilities and equipment on school grounds shall be safe.

Our Lady of Good Counsel Parish School is encouraged to work with the community to create a safe and supportive environment for students walking or biking to school.

### ***Food and Physical Activity as a Reward or Punishment***

School personnel shall not withhold food or beverages from students as punishment. Teachers and other school staff will be given a list of alternative ways to reward children other than food, while also allowing occasional treats in moderation.

### **Nutrition Guidelines for All Foods and Beverages Available on School Campuses During the School Day**

Food providers shall offer a variety of age-appropriate, appealing food and beverage choices and employ food preparation, purchasing and meal planning practices consistent with current Dietary Guidelines for Americans (e.g. provide a variety of fruits and vegetables choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).

All foods and beverages sold individually (apart from the reimbursable school meal) shall be well-regulated and consistent with the nutritional goals of this policy. This includes food and beverages sold as part of school-sponsored fundraising activities should encourage and include healthy choices. Every effort shall be made to provide nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, wherever food is sold or otherwise offered at school.

### **Guidelines for School Meals**

Our Lady of Good Counsel Parish School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program.

Our Lady of Good Counsel Parish School has no soda, energy drinks or snack vending machines on the premises. Students should not bring these items to school either.

### **Measuring Implementation & Community Involvement**

The school staff shall be responsible for implementation of the Wellness Policy.

The Wellness Committee, based upon feedback, may revise the wellness policy as appropriate and review the Wellness Plan annually.