

St. Michael School
310 E. Second Street
Pinconning, MI 48650
(989) 879-3063 ▪ FAX (989) 879-3626
www.stmichaelschoolpinconningmi.com

Wellness Policy: **St. Michael School**

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Wellness Mission Statement: The mission of St. Michael School is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our wellness policy which will incorporate nutrition education, physical activity and any other school related activities.

Nutrition Education Goals

#1 St. Michael School will educate, encourage and support healthy eating by all students of all ages.

Physical Education Goals

#1 St. Michael School will provide opportunities for students to maintain physical fitness.

#2 Schools will follow the state standards for physical activity.

Nutrition Standards

Goal #1 St. Michael School will comply with the current USDA Dietary Guidelines for Americans and the Michigan Nutrition Guidelines.

Other School Related Activities

#1 St. Michael School will create a total school environment that is conducive to being physically active.

Nutrition Education Guidelines

Goal #1 St. Michael School will educate, encourage and support healthy eating by all students of all ages.

Guidelines:

- St. Michael School will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- Nutrition Education will be part of not only health education classes, but also classroom instruction in subjects such as Math, Science, Language Arts, Social Studies and elective subjects.
- St. Michael School will promote enjoyable, developmentally and culturally appropriate participatory activities.
- St. Michael School will offer nutrition education at each grade level to provide students with the knowledge and skills necessary to promote and protect their health.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

Physical Activity Guidelines

Goal #1 Schools will provide opportunities for students to regularly participate in physical activity and maintain physical fitness.

Guidelines:

- Children should have several opportunities for physical activity lasting 15 minutes or more, especially during the daytime hours.
- St. Michael School will implement physical activities from adopted curriculums.
- St. Michael School will encourage classroom teachers to provide short activity breaks between lessons or classes.
- St. Michael School will provide daily recess when possible.
- St. Michael School participates in the Fuel Up to Play 60 program.

Goal #2 Schools will follow the state standards for physical activity.

Guidelines:

- Policies ensure that state physical education classes have student teacher ratio similar to others.
- Policies ensure state-certified physical education instructors.
- Time allotted consistent with research and standards, 30 minutes per day or 135 minutes per week, kindergarten thru eighth grade.
- Schools will provide opportunities for activity through physical education classes, recess and integration in curriculum.

Nutrition Standards Guidelines

Goal #1 Schools will comply with the current USDA Dietary Guidelines for Americans and Michigan Nutrition Guidelines.

Guidelines:

- St. Michael School requests that parents send a nutritional snack with their child each day.
- The lunch menu focuses on meals that are high in protein and low in fat.
- St. Michael School participates in the STEPS Challenge sponsored by the Michigan School Nutrition Association.

Other School Based Activities Guidelines

Goal #1 Schools will create a total school environment that is conducive to being physically active.

Guidelines:

- Schools will not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time whenever possible.
- Schools will schedule recess before lunch whenever possible so that children will come to lunch less distracted and ready to eat.
- Each school’s weekly newsletter will provide information about healthy eating and the benefits of physical activity.

Signature _____ **Date** _____
Principal