

NORTH AMERICAN MARTYRS SCHOOL
WELLNESS POLICY

North American Martyrs Catholic School is committed to providing an environment that will promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is our policy that:

- The school will engage interested students, parents, teachers, food professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing nutrition and physical activity policies. The Wellness Policy will be available on the school website with an option for feedback.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Our Hot Lunch Program will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. The Hot Lunch program strives to provide fresh fruits and vegetables, healthy proteins and whole grains to our clientele. The HLP staff ensures that students and staff have a changing menu to ensure variety and freshness. The program will also provide a clean, safe and pleasant environment and adequate time for students to eat.
- To the maximum extent practicable, our school will continue to participate in the Federal Hot Lunch Program.
- Our school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and our Hot Lunch Program through visual aids and in classes.

To achieve these policy goals:

1. Wellness Team

- The wellness team consists of a group of individuals representing the school and community including parents, administrators, teachers, food service personnel, health professionals and members of the public.
- This team will create, implement, revise, monitor and review nutrition and physical activities in the school. Some practices in place they will review are health classes and healthy choice snacks.
- The team will serve as resources for implementing these policies.

2. Hot Lunch

- Meals served through the Federal Hot Lunch Program will meet, at the minimum, nutrition requirements established by local, state and federal statutes and regulations.
- The menu will be available online and posted in the cafeteria
- Water will always be available to all students during their lunch period.

3. Free & Reduced-Price Meals

- The school will make every effort to eliminate any social stigma attached to and prevent the overt identification of students who are eligible for free and reduced-price meals.

5. Snacks

- Snacks served during the school day will make a positive contribution to children's diets and health, with emphasis on serving fruits and vegetables as the primary snacks and water or milk as the primary beverage.
- The school will assess if and when to offer snacks based on timing of hot lunch, children's nutritional needs, children's ages, and other considerations.
- Due to food safety and food allergy concerns, and in an effort to encourage student health, all consumable birthday treats will be monitored closely for all grades K-8.

6. Celebrations

- Theme lunches will be served to celebrate holidays and the school will limit celebrations that involve food outside of lunch time. When snacks are used for classroom or religious celebrations they should be considered healthy, therefore promoting student well-being.

7. Family & Community

- Family members and community members are encouraged to become actively involved in programs that provide nutrition education.
- If a sack lunch is sent to school parents are encouraged to pack healthy lunches and snacks. Healthy options will be communicated to parents by newsletter and other means.

Physical Activity Opportunities-The goal should be to assist students in meeting the recommended 60 minutes/day of physical activity.

1. Physical Education

- All students in grades K-8 including those with disabilities will be provided the opportunity to receive physical education for the entire school year.
- Students should not be withheld from physical education as punishment, for class work, or for extra help.
- Physical Education shall be taught by a certified physical education teacher.
- Physical Fitness testing shall be done once per year for grades 4-8. Parents will be made aware of the results.

2. Recess

- Elementary students shall have at least 20 minutes of supervised recess, preferably outdoors. Recess supervisors should verbally encourage moderate to vigorous physical activity.
- Recess shall not be withheld as punishment..however, may be made available to make up work.

3. Other School Based Activity

- Teachers are encouraged to give physical breaks in the classroom.
- Junior High students will be given the opportunity to participate in athletics.
- Extended day students will be offered recess, outside when possible. Teachers should encourage activity.

4. Staff Wellness

- The wellness team will provide opportunities for staff information pertaining to exercise.
- Healthy eating should be encouraged.
- Staff members are encouraged to serve as healthy role models for students.

5. Monitoring and Evaluation:

- The wellness contact, Sr. Janelle Buettner, ensures compliance with nutrition and physical activity policies.

An annual summary report will be sent to the administration each year to ensure compliance.

March 2023

Committee Members: Katie Guenther, Michael Lucas, Lori Wells, Melissa Peters, Dave Wemhoff, Sr. Janelle Buettner, Tracy Plautz, Joe Brandl, Kylie Fitzgerald