



Wellness Policy

for

**St. Mary's Catholic School
Ponca City**

Rationale:

Saint Mary's Catholic School is dedicated to the education of the whole child. Our mission is to balance the spiritual, intellectual, health, and safety needs for the good of each child entrusted into our care.

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, such as Type 2 diabetes. SMCS, along with the parents, has a responsibility to help students learn and establish lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school.

Philosophy:

St. Mary's Catholic School is committed to promoting good nutrition and a school environment that enhances learning and development of lifelong wellness practices. SMCS students are encouraged to adopt healthy eating and physical activity choices for a lifetime. All St. Mary's Catholic School staff are encouraged to model healthy eating and physical activity as a valuable part of daily life.

Purpose of Wellness Plan:

St. Mary's Catholic School adopts this wellness policy with the following commitments to nutrition, physical activity, health education, and implementation.

Goals of Wellness Plan 2021-2022:

- Healthy eating habits and nutrition will be taught in all grades through the P.E. program.
- Students will participate in PE class at least 3 times per week, and students in grades PSI-5 will have recess for at least 15 minutes daily. Teachers have the option of allowing more time for recess during the day.
- The school will hang posters in the cafeteria to promote good nutrition.

Nutrition Guidelines for All Foods on Campus

- all school lunch meals will be provided by Ponca City Public Schools in compliance with the Federal Lunch Program;

- add nutritious and appealing options to the menu (such as fresh fruits and vegetables, trail mix, reduced-fat milk, reduced fat-yogurt; reduced-fat cheese, 100% juice, etc.) whenever foods/beverages are offered at the site;
- follow [federal guidelines](#) for all foods available on campus *during the school day* with the objective of promoting student health and reducing childhood obesity; promote healthy and nutritious foods offered by vending machines, a la carte, beverage contracts, fundraisers, concession stands, student stores, and school parties.
- request from food vendors healthy and nutritious alternatives to current food products such as snack and beverage choices;
- provide healthy options to current snack and beverages found on the lunch line, in vending machines, in student stores and in concession stands;
- request from food vendors information to determine which foods are high in total fat and saturated fat;
- ensure that only foods meeting the [Smart Snack](#) standards will be marketed during the school day. Marketing of non-compliant food and beverages will not be permitted during the hours of 12:00 a.m. and 4:00 p.m. on campus;
- follow USDA, Child Nutrition Programs policies on competitive foods and extra food sales;
- all foods provided during school hours will comply with the federal government's [nutrition standards](#) for school lunches.

Nutrition Education

St. Mary's Catholic School will:

- teach students that their bodies are a gift from God, and we are all called to take care of ourselves through healthy eating and exercise;

Nutrition Promotion

St. Mary's Catholic School will:

- promote health and nutrition education in after-school programs;
- promote health and nutrition in other school-based activities (such as school events, field trips, dances, assemblies, fundraisers, and sports events);
- promote care for our bodies by hosting fairs, theme weeks, and guest speakers promoting a healthy lifestyle.

Other School Based Activities:

St. Mary's Catholic School will:

- Involve parents and families in our fitness goals
- Engage the community in supporting the work of the school to create continuity between the school and other settings for students and staff to practice lifelong healthy habits.

- Work toward the nutrition education goals contained in the Archdiocese of Oklahoma City's Wellness Policy for Catholic Schools.

Physical Activity

St. Mary's Catholic School will:

- provide physical education for all students;
- offer a planned sequential program of physical education instruction;
- provide self-monitored recreational activities that promote physical activity during all outdoor and indoor recess times;
- create opportunities for students to voluntarily participate in after school physical activity programs.

Guidelines for reimbursable school meals:

SMCS will comply with all the established requirements from the Federal Lunch Program to request reimbursement for meals served.

Guidelines for Smart Snacks:

Please see the [2016 USDA "All Foods Sold in Schools" Standards](#) for all rules and regulations regarding snacks in schools. Special treats may be given to the students, including but not limited to ice cream sundaes or other assorted frozen treats, for special occasions subject to compliance with this Wellness Policy.

Community Involvement:

The members of the wellness committee include the principal, the physical education teacher, and members of the School Advisory Committee (SAC). The SAC members include parents of current students, parishioners, the pastor, and the principal. Parents, teachers, and students will be given access to the wellness policy as a guide.

Implementation and Assessment:

The principal is the person charged with operational responsibility for ensuring that SMCS fulfills the wellness policy. The principal and the physical education teacher will be responsible for ensuring implementation and assessing the policy each school year. Using their recommendations as a guide, the School Advisory Council will review/update/revise the policy annually before the beginning of each new school year. The public will be informed of any changes via a principal's newsletter and/or the school website. The Archdiocese of Oklahoma City will use the accreditation standards to assess implementation of the school wellness policy.

SAC/Wellness Committee Membership

David Cummings

Kimberly McCall

Pat Morris

Dara Swift

Betty Woody

Rachel Friess, Physical Education Teacher

Sarah Hunsaker, Principal

Rev. Carson Krittenbrink, Pastor

Sarah J. Hunsaker, Principal

Chairperson, Wellness Committee

Edited by Sarah J. Hunsaker on 8-4-2021