

# **Maternity of Mary – St. Andrew School Wellness Policy**

The purpose of this policy is to assure a school environment that promotes and protects students' health and well being, while enhancing their ability to learn by supporting healthy eating, choices, and physical activity. MMSA recognizes that parents have a primary and fundamental role in promoting and protecting their children's health and well being. Although, nutrition education and physical education begin in the home, they are also very important components in each child's education, thus the school environment will strive to promote healthy choices and student activity to foster lifelong habits of wellness.

## **FOOD AND BEVERAGES**

- MMSA will provide food and beverages for lunch and extended day that meet the nutrition recommendations of the USDA Dietary Guidelines for Americans.
- MMSA will provide a clean and safe setting for students to dine in, as well as adequate time for students to eat. School Nutrition personnel will adhere to all federal, state, and local food safety guidelines.

## **NUTRITION EDUCATION**

- MMSA will encourage and support healthy eating and will provide nutrition education and engage in nutrition promotion that positively influences students' eating behaviors.

## **PHYSICAL ACTIVITY**

- MMSA will provide opportunities for every student to: develop the knowledge and skills for specific physical activities; maintain physical fitness/ regularly participate in physical activity; and understand the short and long term benefits of a physically active lifestyle.
- All school personnel will reinforce the importance of physical activity, and students will be encouraged to participate in physical activities outside of their school day.

## **COMMUNITY INVOLVMENT**

- MMSA recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well being.
- MMSA will support parents' efforts to provide a healthy diet and daily physical activity for their children through modeling, communication, and family activities.
- MMSA will encourage parents to pack healthy lunches and snacks and refrain from including beverages and food without nutritional value.
- MMSA will provide information about ways to promote a healthy spiritually, emotionally, socially, and physically balanced lifestyle that honor's an awareness of our God-given identity and allows us to better live out our Catholic values.

## **IMPLEMENTATION AND MONITORING**

- The school principal will be charged with the responsibility for ensuring that the school fulfills and monitors the wellness policy.