



OUR LADY OF GRACE
CATHOLIC SCHOOL

"Expanding Minds. Growing Faith. Inspiring Service."

School Wellness Policy

1. Goals for (a) nutrition education, (b) physical activity and (c) other school-based activities that promote wellness:

A. Nutrition Education

- Nutrition guidelines, food pyramid charts, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in the school clinic or near the school cafeteria.
- The school menu along with information and helpful hints relating to nutrition and healthy activities will be provided to parents through the parent newsletter/email or school website.
- Nutrition education and healthy-eating choices are incorporated into our health curriculum.
- School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the day.
- Recess and/or healthy snack breaks will be scheduled for students as needed to maintain energy levels.
- Withholding food as a punishment for students is prohibited.

B. Physical Education and Activity

- A physical and social environment that is safe and enjoyable for all students will be provided.
- All students will participate in the school's physical education program.
- Physical education programs will implement the objective of the 2006 Archdiocesan Graded Course of Study for Physical Education.
- All classes will have access to 25 minutes of recess daily according to the school's schedule.
- Discipline may be administered in ways other than depriving a student of recess or physical education.
- Students will be encouraged to participate in school and community sports programs and to be physically active outside of school. The OLG Athletic Association fosters opportunities for students to participate in intramural sports programs.



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C. Other School Based Activities

- Our Lady of Grace Catholic School encourages the use of non-food rewards for student behavior.
- All fundraising during the school day will be consistent with the current state and federal *Smart Snack in Schools* guidelines.
- Our Lady of Grace Catholic School will encourage its groups and organizations to consider healthy food or non-food fundraisers outside of school hours.
- Our Lady of Grace Catholic School acknowledges that birthday celebrations and holiday parties are part of the school experience. The school will encourage teachers and parents to provide healthy snacks, and to minimize sugary treats for classroom celebrations.
- Teachers will be offered training in nutrition as needed and in physical activities conducive to learning and appropriate for classrooms that can be incorporated into the school day.
- Sensory/Motor stations will be available to students with teacher's approval to help meet sensory needs.

1. Nutrition Guidelines for reimbursable school meals.

- Our Lady of Grace Catholic School meal programs, including the National School Lunch Program and the School Breakfast Program and any additional Federal child nutrition programs will meet the nutritional guidelines and follow the procedures established by the Ohio Department of Education, Office of Child Nutrition Services.
- Our Lady of Grace Catholic School meal program will evaluate food products sold on its premises to insure their compliance with the USDA and State of Ohio nutritional guidelines for all food and beverages available during the school day.

2. Nutrition Guidelines for other foods on school campus during the school day.

- All snacks sold outside of the school meal program will meet the USDA Smart Snacks in Schools nutrition standards, at a minimum. Snacks not following these guidelines are prohibited from sale during the school day.
- Drinking fountains are available to students in all hallways of the buildings and potable water is available in the gym/cafeteria during meal periods. Students are encouraged to carry water bottles year round.
- The only beverages available for sale will be plain water, low fat milk, or 100% juice products (8oz or less).



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- Food and beverages marketed, promoted or advertised to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.
- Advertising and marketing includes corporate brand names, logos and trademarks on school equipment, food service equipment, beverage cups, coolers, trash cans or any school supplies distributed by the school.

3. Plan for measuring implementation of the Our Lady of Grace Catholic School Wellness Policy

- The principal or designee will ensure compliance with these guidelines within our school.
- The Our Lady of Grace Catholic School Wellness Committee will revisit the wellness policy annually to revise, update, or amend the policy as needed. They will also propose strategies to promote the OLG Wellness policy. The “bottom line” is the overall health and well-being of the students.

4. Community involvement in the development of the plan

- The school will actively communicate ways in which representative of the Wellness Committee and others can participate in the development, implementation and periodic review and updates of the wellness policy through a variety of means.
- The Wellness policy will be distributed to parents and staff annually through the OLG bulletin. It will also be available at all times on the OLG Website.
- Students will receive positive, motivating messages, both verbal and non-verbal about healthy eating and physical activity from all school personnel.
- Parents in the community are encouraged to support physical activity programs.
- Input for this policy came from the Our Lady of Grace Catholic School Wellness/Crisis Committee comprised of: The principal, Mandy Kirk; the school nurse, Molly Shewmaker, R.N.; the cafeteria manager, Cathy Lawson; the physical education teacher, Ryan Fleming; school psychologist, Angie Burris; secretary, Beth O’Shaughnessy, the school custodian, Darrin Story, parent, Debbie Mattingly, and teacher, Amanda Khambatta.
- This policy will go into effect on March 1, 2019.

5. Glossary



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School Campus: areas that are owned or leased by the school and used at any time for school-related activities including on the outside of the school building, athletic fields, gyms or parking lots.

School Day: the time between midnight the night before to 30 minutes after the end of the instructional day.