

SUBJECT: Wellness / Healthy Lifestyles

As defined by the laws of the State of Michigan, Immaculate Conception Catholic School is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

Nutrition Education

All students shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*.¹ Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms.

Nutrition Standards

St. Lawrence School shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.² St. Lawrence School, shall encourage students to make nutritious food choices.

St. Lawrence School shall monitor all food and beverages sold or served to students during the school day. St. Lawrence School shall consider nutrient density³ and portion size before permitting food and beverages to be sold or served to students

Physical Education and Physical Activity Opportunities

St. Lawrence School shall offer physical education opportunities that include the components of a quality physical education program.⁴ Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.⁵

All students shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

Other School-Based Activities Designed to Promote Student Wellness

The school may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement

The principal shall annually monitor the implementation and effectiveness of this policy taking into consideration the recommendations of the Wellness Committee. A report shall be provided to the school principal on an annual basis.

The Pastor and Principal shall regularly evaluate the school's vending contracts.

1. National Association for Sport and Physical Education (NASPE), http://www.michigan.gov/documents/mde/PE_Stnds.Bench_FINAL_2.14.07_186997_7.pdf
2. Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program. http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html
3. Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all). http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm
4. Including goals for physical activity is required by federal law Section 204 of Public Law 108-265. Physical education, while recommended, is not required. <http://www.fns.usda.gov/tn/Healthy/108-265.pdf>
5. National Association for Sport and Physical Education (NASPE), http://www.michigan.gov/documents/mde/PE_Stnds.Bench_FINAL_2.14.07_186997_7.pdf

