



St. Mary of the Assumption School Wellness Policy

Revised January 2026

WHAT - Our School Wellness Policy is a written document that guides us to establish a school environment that promotes our students' well-being and ability to learn.

WHY - Students who practice good nutrition and engage in regular physical activity attend school with minds and bodies ready to take advantage of their learning environment. St. Mary School recognizes that total wellness is related to student growth, development, and readiness to learn.

WHO - St. Mary School encourages all members of the school community to help create and support lifelong healthy nutritional choices and promote regular physical activity as part of the total learning environment. The input of the school community is welcome in our School Wellness Policy; please let the principal know if you are interested in being on the school's Wellness Policy Committee. The current Wellness Policy Committee consists of St. Mary's principal, physical education teacher, and food service director. The principal shall be responsible for enforcing this policy.

WHEN - Our Wellness Policy is reviewed triennially, including assessment with policy compliance and comparison to a USDA model policy.

WHERE - The most current version of the policy along with annual reviews will be posted on Sycamore. Input to this policy is welcome by anyone at any time; please contact the school office if you would like to provide input to our Wellness Policy.

Nutrition Services

- Promote healthy meals as part of the school culture; promote fruits, vegetables, whole grains, dairy products, and healthy foods using taste testing, signage, and bulletin boards.
- Meet or exceed current nutrition requirements for all meals, established under the Healthy Hunger-free Kids Act of 2010. USDA lunch meal pattern requirements may be found at: <https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/lunch-meal-pattern.pdf>
- Encourage and promote healthy living by implementing nutrition education materials into the meal program.
- Ensure all school nutrition program staff meet USDA standards.
- Provide a variety of fresh produce daily from the school garden and/or local growers when available.
- Provide, with the assistance and support of the school administrator, a positive environment in the school lunchroom by giving an adequate amount of time for students to eat school meals.
- Prohibit the sales of foods and beverages not meeting Smart Snacks standards during the school day. Smart Snacks standards: <https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/smart-snacks-in-a-nutshell.pdf>
- Market only products that comply with the Smart Snacks guidelines.

Schoolwide

- Provide access to drinking water to all students and staff throughout the day.
- Encourage all snacks and food brought for classroom celebrations meet the Smart Snacks nutrition standards.
- Utilize non-food celebrations i.e. extra recess, homework pass, movie time, casual days, etc.
- Incorporate regular movement ("Brain Breaks") into the daily schedule.
- Educate students as to the nutritional value of produce from the garden and involve them in the gardening process, including planting, harvesting, etc.

Physical Education & Health

- Require PE for all students, K-8, 3 days/week; health class for 8th grade students.
- Teach students the importance of physical exercise and promote the benefits of a physically active lifestyle.
- Instruct students in the five health-related components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition). Body composition instruction includes proper diet and healthy eating habits.
- Teach health class in which we: educate students to develop the knowledge, attitudes, skills and behavior for lifelong healthy eating habits and physical activity; cover topics including: eating habits, nutrients, dietary guidelines, food guide pyramid, serving sizes, labeling, weight problems, eating disorders, dieting, food safety, food allergies, and food sensitivities.



St. Mary of the Assumption School Wellness Policy - GOALS

Revised May 2024

Mission Statement - Our Catholic faith is the foundation of our tradition of providing a quality, virtue-based education in a Christ-centered environment focused on excellence in academics, worship and service.

Rationale - Our goals are set to support the mission of our school, in nourishing the bodies God gave us and striving towards excellence.

Nutrition Services Goal

The nutrition program will implement a quarterly fruit or vegetable tasting for all students in school.

Physical Activity Goal

Each classroom will incorporate 10-15 minutes of active movement (in addition to scheduled recesses and physical education classes) each day.

Nutrition Goal

Each student will, at least twice a year, participate in the garden to table process, which may include the planting, harvesting, processing, and/or preparing crops in experiential hands-on nutritional learning.

Wellness Goal

The school will plan semi-annual healthy lifestyle events to target each age range of students (ex. biking, hiking, pickleball, snowshoeing, etc.) to promote the enjoyment of lifelong wellness activities.

Nondiscrimination Statement for USDA Child Nutrition Programs

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.fns.usda.gov/cr/discrimination-complaint-form> from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: 1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or 2. fax: (833) 256-1665 or (202) 690-7442; or 3. email:

Program.Intake@usda.gov This institution is an equal opportunity provider.