

St. Mary's Catholic School

209 S. 2nd St.

Colby, WI 54456

Wellness Policy for 2015-2016

Mission Goal: Our goal is to bring faith into the future. We hope to educate the whole person following the teachings of Jesus Christ and the Catholic Church. Our primary goal is in educating children while keeping in regulation with health and safety standards.

Nutrition Guidelines:

- * Hot Lunch Program
 - Meet the National School Lunch Nutritional Standards
 - Include an adequate space for students to eat
 - Adequate time to eat (at least 20 minutes for lunch from the time they are seated)
 - Students wash their hands and pray before meals

Incentive Program

- * Will not include food unless it adheres to the set Nutritional Standards

Parent/Student Education

- * Nutrition Education will be included as part of the curriculum
- * Parents are encouraged to follow the Nutritional Standards when sending a bag lunch or treat to school

- * Handouts or newsletters throughout the year will include nutrition and wellness ideas for a healthy lifestyle

Physical Education Goal: The primary goal for physical activity is to provide opportunities for every student to be provided with information and skills for physical fitness and a healthy lifestyle.

Physical Education

- * Our school will encompass a variety of activities for physical fitness.

Physical Education Classes

- * Grades K-5 (30-40 minutes twice a week)
- * Grades 6-8 (40 minutes once a week)

Recess

- * Grades K-5 (45 minutes a day)
- * Grades 6-8 (30 minutes a day)

Programs

- * Physical activity breaks within the regular classroom
- * Winter Olympics
- * Summer Olympics

Water Consumption

- * Will be encouraged throughout the day
- * Water bottles are encouraged (Grades 1-8)