



Mother of Good Counsel School

A Catholic Preparatory School

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Local Wellness Policy (LWP) Document

Mother of Good Counsel School Nutrition & Physical Activity Policy Statement

Nutrition and physical activity influence a child's growth and development physically, mentally, and emotionally, overall sense of well being, and potential for learning. To afford our students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This nutrition and physical activity policy encourages all member of the MGC School community to create an environment that supports adopting lifelong healthy lifestyle habits. All programming decisions need to reflect and encourage healthy food choices and promote physical activity. Members of the LWP Committee will ensure development, implementation, communication, and evaluation of the LWP under the leadership of the school principal.

Mother of Good Counsel School LWP outlines action in eight key areas:

1. Nutrition Education

Our goal is to help students acquire the knowledge and critical thinking skills required to make healthy food choices.

- ❖ Teachers and the school counselor will deliver developmentally appropriate classroom lessons about the fundamentals of good nutrition as part of fulfilling core curriculum requirements.
- ❖ Teachers and the school counselor will disseminate literature and resources related to healthy food choices as appropriate.
- ❖ Teachers, staff, and the school counselor will display information related to nutrition and healthy food choices.
- ❖ School counselor will post and make resources and materials related to nutrition available to students in her office.
- ❖ Cafeteria staff will continue adorn the cafeteria with colorful posters detailing nutritional information.

2. Nutrition Promotion

Our goal is to provide an environment conducive to students making healthy food choices.

- ❖ Cafeteria staff will display breakfast and lunch items according to nutritional guidelines, with signage.
- ❖ Cafeteria staff will continue to make healthy food choices easily accessible to students of all ages.
- ❖ Cafeteria staff will continue to provide a positive, pleasant, and spacious area for eating.
- ❖ Students will continue to be allotted at least 20 minutes to eat and socialize during meals.
- ❖ When used as part of a class or student incentive program, staff and students are encouraged to choose from foods meeting the requirements for Smart Snacks.
- ❖ When curricular-based food experiences are planned, staff and students will be strongly encouraged to utilize healthy food choices and Smart Snacks whenever possible.
- ❖ MGC will continue to not offer vending machine usage for students.

- ❖ MGC will continue to prohibit the sale of all food and beverages for school fundraising
3. Nutrition Guidelines
- Our goal is to have students and school families familiarize themselves with current national nutritional food guidelines.
- ❖ Cafeteria staff will continue to follow the USDA meal pattern guidelines with posters describing current standards for nutrition and food choices.
 - ❖ Cafeteria staff will display monthly menus for breakfast and lunch that meet nutritional guidelines.
 - ❖ Classroom teachers and school counselor will incorporate the discussion of nutritional guidelines when pertinent to core curriculum.
4. Physical Education
- Our goal is for students to learn that physical activity is an integral and necessary part of a healthy lifestyle.
- ❖ Students in K5 through Grade 8 participate in two 45-minute physical education classes per week for a total of 90 minutes.
 - ❖ Students in K4 participate in two 30-minute physical education classes per week for a total of 60 minutes.
 - ❖ Students in K3 participate in one 30-minute physical education class per week for a total of 30 minutes.
5. Physical Activity
- Our goal is to have students learn the benefits and importance of incorporating a variety of physical activities into their lives.
- ❖ In addition to physical education classes, students in all grades participate in daily outdoor recess.
 - ❖ Middle school students in Grades 6, 7, and 8 participate in 20 minutes of outdoor recess daily.
 - ❖ Intermediate school students in Grades 5, 4, and 3 participate in a morning recess for 15 minutes and a noon recess for 20 minutes totaling 35 minutes daily.
 - ❖ Primary school students in Grades 2 and 1 and K5, K4, and K3 participate in a morning recess for 15 minutes and a noon recess for 20 minutes totaling 35 minutes daily.
 - ❖ In addition to formally scheduled physical education classes and recesses, students and staff garner additional physical activity from traversing all of the stairs that abound in our three and a half story building as they go about their school/work day.
 - ❖ MGC also offers extracurricular opportunities for all MGC and religious education students in Grades 8 through 5 to join volleyball, basketball, and pompon teams during the school year. Moreover, all students from K4 through Grade 8 may join soccer teams in fall and spring.
 - ❖ Other annual opportunities for physical activity include participation in the Soles for Catholic Education 5K Walk, Hoops/Jumprope for Heart, Get-Up and Dance sessions, bowling field trips, the Talent Show, and end of year picnics.
 - ❖ Cafeteria staff will continue to promote physical activity guidelines by hanging posters about “FueluptoPlay60” and other marketing materials about activity-based leisure choices.

6. Employee Wellness

Our goal is to encourage employees to actively engage in choices that exemplify healthy lifestyle choices in order to serve as models for our school families and community.

- ❖ Employees will continue to receive emails about healthy lifestyle and wellness information.
- ❖ Employees will be encouraged to organize weekly opportunities to join in physical activity together during lunch breaks or after school; Some options have included walking, stair climbing, and yoga.
- ❖ Employees will continue to be encouraged to utilize the prayer space for quiet reflection and meditation as desired in order to bolster mental, emotional, and spiritual wellness.

7. Policy Evaluation/Reporting

Our goal is to provide ongoing communication about the status our LWP to our school families and community on a regular basis.

- ❖ In order to inform school families and the community of the LWP, it will continue to be included in the annual hard copy of MGC Parent-Student Handbook and accessible online via the school website.
- ❖ A member of the wellness committee will submit a wellness blurb to be included in KidMail on relevant health topics on a monthly basis.

8. Policy Revision/Development

Our goal is to develop and maintain a LWP that meets current policy requirements for the benefit of our school and local community.

- ❖ Principal will form a committee comprised of herself, the physical education teacher, the cafeteria director, the school counselor, a teacher representative, a school parent representative, and a student representative to meet at least annually to review the LWP.
- ❖ Principal will initiate an annual written evaluation of the LWP with the committee prior to the beginning of each new academic school year.
- ❖ Principal will initiate a triennial review of the basis of the policy every three years from the inception of the committee.