

St. Mary's School Wellness Policy

Revised February 2024

Table of Contents

<u>Preamble</u>	2
<u>School Wellness Committee</u>	2
<u>Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement</u>	4
<u>Nutrition</u>	5
<u>Physical Activity</u>	10
<u>Other Activities that Promote Student Wellness</u>	13
<u>Website Addresses</u>	14

St. Mary's School Wellness Policy

Preamble

St. Mary's School is committed to the optimal development of every student. The school believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines St. Mary's School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at St. Mary's School have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of St. Mary's School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
- St. Mary's School establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives;
- St. Mary's School will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals of this policy.

This policy applies to all students and staff at St. Mary's School. Specific measurable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership

St. Mary's School will maintain the wellness committee (referred to as the St. Mary's Wellness Committee ~ SMWC) that meets at least once per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the wellness policy.

The SMWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents; students; school nutrition director; physical/health education teachers; school nurse, school counselor; school administrators, school board member; and the general public. An invitation to join the wellness committee (via the registration packets in July and on our website) will be made to the school community.

Leadership

The designee(s) will convene the SMWC and facilitate the development of and updates to the wellness policy and will ensure each school's compliance with the policy.

The designated official for oversight is Peter Roufs, PK - 12 principal.

The name(s), title(s), and contact information (email address is sufficient) of these individual(s) are:

Name	Title / Relationship to the School or District	Email address	Role on Committee
*Peter Roufs	Principal	mr.roufs@sesmschool.com	*Designated Official Both oversee policy is implemented
Tammy Helget	Accountant for Food Service Program	thelget@sesmschool.com	Review policy
Jen Walter Bruce Woitas Kayla Mathiowetz	Phy-ed/Health ~ Classroom Teachers	mrs.walter@sesmschool.com bwoitas@sesmschool.com kmathiowetz@sesmschool.com	Review policy, physical education/health nutrition standards
Angie Tauer	Science Teacher	mrs.tauer@sesmschool.com	Review/update policy
Ariel Brandl	Parent	arielbrandl@gmail.com	Review/update policy
Marie Bushard	Food Service Manager	mbushard@sesmschool.com	Review/update policy
Sara Schultz	School Nurse	smschoolnurse@sesmschool.com	Review/update policy
TBD	Student		review policy/ input from students.
Ann Christensen	School Counselor	mrs.christensen@sesmschool.com	Review/update policy

The principal shall be responsible for ensuring that the wellness policy is implemented throughout the school.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

St. Mary's School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines; and

includes information about who will be responsible for making what change, by how much, where, and when; as well as specific goals and objectives for nutrition standards for foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. St. Mary's School will use the Healthy Schools Program online tools (<http://www.schools.healthiergeneration.org>) to complete a school-level assessment to create an action plan that fosters implementation and generate an annual progress report.

The progress report can be found at: www.sesmschool.com. The report will include a link to the St. Mary's Wellness Policy and include a summary of wellness activities and contact information for the wellness committee members. It will also include an open invitation for interested parties to join the committee. It will be shared with the superintendent, Evangelization & Catechesis Committee, students, staff, and parents.

Recordkeeping

St. Mary's School will retain records to document compliance with the requirements of the wellness policy in the school office file cabinet. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the school uses to make stakeholders aware of their ability to participate in the SMWC;
- The most recent assessment on the implementation of the local school wellness policy;

Annual Notification of Policy

St. Mary's will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and implementation status. St. Mary's School will make this information available via the school website under the "Admissions" tab. Some will also be sent in parent newsletters and the Student/Parent handbook. St. Mary's School will provide as much information as possible about the school nutrition environment. Annually, St. Mary's School will also publicize the name and contact information of the school official leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee, or suggestions/input for the wellness goals.

Triennial Progress Assessments

At least once every three years (using the WellSAT-3), St. Mary's School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- If the elementary, middle, and senior high of St. Mary's School comply with the wellness policy;
- Compare St. Mary's School wellness policy to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the St. Mary's School wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Peter Roufs principal. Email address: mr.roufs@sesmschool.com or 507 (794) 6141.

The SMWC will monitor the school's compliance with this wellness policy.

St. Mary's School will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The SMWC will update or modify the wellness policy based on the results of the triennial assessments and/or as St. Mary's priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

St. Mary's School is committed to being responsive to community input, which begins with awareness of the wellness policy. St. Mary's School will actively communicate ways in which representatives of SMWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for St. Mary's School. St. Mary's School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. St. Mary's School will use electronic mechanisms, such as email or displaying notices on the website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

II. Standards for USDA Child Nutrition Programs and School Meals

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating special dietary needs.

- All full/reimbursable school meals meet current USDA nutrition standards found at (<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>)

St. Mary's School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and *Special Milk Program (SMP)*. St. Mary's School is committed to offering school meals through the NSLP program and other applicable Federal child nutrition programs that are appealing, attractive, and accessible to all students.

- Non-discrimination Clause: St. Mary's Catholic School admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate based on race, color, or national and ethnic origin in the administration of its education policies, admission policies, scholarship and loan programs, and athletic and other school-administered policies.

- To protect the privacy of students regardless of the type of payment they make for school meals, students are given a code to enter at the lunch computer.
- Applications for free/reduced-priced meals are sent home to all families in the registration packet in July. The application is also available on the St. Mary's website: www.sesmschool.com under the "Admissions" tab.
- St. Mary's School exceeds current nutrition requirements established by local, state, and Federal statutes and regulations. Only unflavored white milk (skim or 1%) is given to the kindergarteners at snack time. Juice is not served as a substitute for fruit and vegetables. Meatless Friday meals consist of other proteins such as eggs, shrimp, fish sticks, cheese pizza, etc.
- St. Mary's School promotes healthy food and beverage choices to increase participation in the school lunch program (some ideas from [Smarter Lunchroom techniques](http://smarterlunchrooms.org/about-us), <http://smarterlunchrooms.org/about-us>):
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - Organizational meetings scheduled during the lunch period allow students to consume lunch during the meetings.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meals.
 - Periodic food promotions will encourage taste testing of healthy new foods being introduced on the menu.
 - Students will have the opportunity to provide input on local, cultural, and ethnic favorites.
 - Daily announcements are used to promote menu options.
 - Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).
 - Students are served lunch at a reasonable and appropriate time of day.
 - St. Mary's School has a closed campus. Students are not allowed to leave campus for the purpose of obtaining food.
 - The principal supervises in the lunchroom.

Staff Qualifications and Professional Development

The school nutrition program director/manager and staff will acquire annually, at least six hours of continuing education/training requirements ([USDA professional standards for child nutrition professionals](#)). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day.

- Water fountains are present in the cafeteria and throughout the school
- All water sources will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources include drinking fountains, water jugs, and hydration stations.
- Students will be allowed to bring and carry (approved) water bottles (filled only with water) with them throughout the day.

III. Nutrition Standards for Competitive Foods and Beverages

St. Mary's School is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

- No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. will be sold to high school students during the day, except with approval from the principal for special occasions.
- Beverages containing caffeine will not be sold to elementary, middle, or high school students (USDA Smart Snacks standard).
- A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with the implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org)

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards through:

1. Celebrations and parties: St. Mary's School will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. Classroom celebrations will focus on activities, rather than food.
3. Classroom parties and celebrations shall be limited to one snack and one beverage from a list of smart snack allowable items.
4. St. Mary's School will provide parents with a list of healthy snacks/foods for birthday treats or optional suggestions for celebrating birthdays (ex. donating a book to the classroom).
5. Due to concerns about food safety and food allergies, children could be recognized by being given special privileges, such as being a line leader or teacher's helper for the day.
6. Rewards and incentives. St. Mary's School will provide teachers and other relevant school staff with a list of alternative ways to reward children.
7. Foods and beverages will not be used as a reward or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas (*examples from the Alliance for a Healthier Generation and the USDA*).

- St. Mary's School will use some non-food fundraisers, and encourage those promoting physical activity (Jump Rope for Heart, Hoops for Heart, Marathon for Nonpublic Education, etc.).
- Fundraisers during the school day require Administrative approval. Some fundraisers (involving door-to-door solicitation) must be approved by the Evangelization & Catechesis committee.

IV. Nutrition Education

St. Mary's School will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Nutrition lessons are integrated into the curriculum and the health education program.
- St. Mary's School, nutrition education/topics will be offered to students in grades K-9 as part of a sequential, comprehensive, standards-based health education curriculum.
- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes but also integrated into other classroom instruction through subjects such as religion, math, science, language arts, social sciences, and elective subjects;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs and cafeteria as a nutritional "learning" lab using produce donated from local gardens/farmers.
- Incorporates lessons helping students acquire skills for reading food labels and menu planning.
- Fosters an awareness of media literacy in food and beverage marketing

Essential Healthy Eating Topics in Health Education

St. Mary's School includes in the health education curriculum the following essential topics on healthy eating (K-10):

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole-grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Healthy choices/options when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

VI. Wellness Promotion and Marketing

Wellness promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Nutrition promotion also includes marketing and advertising nutritious foods and beverages and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.

- Staff model healthy behavior; for example, teachers are encouraged to drink water in the classroom.
- Teachers/staff wishing to consume snacks or lunch alongside their students must ensure that only healthy food/beverages are present.
- The staff is provided with lunch periods and are not required to eat with students.
- Teachers will model physical activity by participating in exercise breaks during class time with their students or sharing with students their positive experiences with physical activity.
- Food rewards or incentives shall not be used in the classrooms to encourage student achievement or desirable behavior. Staff should use physical activity as a reward when feasible.
- Efforts will be made that physical activity not be assigned to students regularly as a consequence of poor behavior or punishment for any reason. This does not include participation on sports teams that have specific academic requirements.
- Efforts will be made not to withhold recess from a student regularly as a consequence of poor behavior or to make up class work.
- St. Mary's School encourages participation in after-school sports, intramurals, Knightline, weightlifting, and other non-competitive physical activity programs.
- Physical activity will be incorporated into family events provided throughout the year such as Open Gym, volleyball games (moms vs. daughters), school marathon, Dodge Ball Tournament, etc.

Marketing: St. Mary's School intends to protect and promote student's/staff's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the wellness policy.

- St. Mary's School will promote healthy food items including fruits, vegetables, whole grains, and low-fat dairy products. Promotions will include taste tests and highlighting healthy items on the menu during morning announcements, etc.
- The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeteria to encourage students to make healthy choices.
- Busses, building exteriors, sports equipment, and scoreboards on and around school property are free of brands and illustrations of unhealthful foods.
- Criteria for selecting educational materials for the classroom shall be expanded to include a review of advertising content. Materials shall be free of brand names/logos and illustrations of unhealthy foods.
- St. Mary's School will not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by the principal.

St. Mary's School Administration, nutrition services, and Athletics Department reviews existing contracts and considers new contracts, equipment, and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the wellness policy.

VII. Physical Education and Physical Activity

Physical Education

St. Mary's School will provide students in grades K- 9 with physical education, using an age-appropriate, sequential physical education curriculum aligned with national and state standards (when completed in MN) for physical education. Students in grades 10, 11, and 12 have the option of participating in Life Time Sports. The physical education curriculum promotes the benefits of a physically active lifestyle and helps students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

- All students will be provided equal opportunity to participate in physical education classes. St. Mary's School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
- **Elementary students** in each grade (K-6) receive physical education for at least 100 minutes per week throughout the school year, except for eight weeks in health class.
- **Secondary students** (middle and high school) receive 200 minutes of physical education per week throughout the school year, except for twelve weeks in health class.
- St. Mary's physical education classes have the same student/teacher ratios used in other classes.
- All physical education classes at St. Mary's School, are taught by licensed teachers who are certified or endorsed to teach physical education.
- Waivers, exemptions, or substitutions for physical education classes for grades K-10 are not granted (unless medically indicated).
- If workshops are available and feasible, the staff involved in physical education/physical activity will be provided with opportunities for professional development.
- St. Mary's School physical education program promotes student physical fitness through individualized fitness and activity assessments or other appropriate assessment tools and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Health Education

Health education will be required in all K-9 grades. St. Mary's School will include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active

- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

St. Mary's School will be encouraged to participate in *Let's Move!* Active Schools (www.letsmoveschools.org) to successfully address all CSPAP (Comprehensive School Physical Activity Program (<http://www.cdc.gov/healthyschools/physicalactivity/cspap.htm>) areas.

Recess (Elementary)

St. Mary Elementary students have at least 20 minutes of recess on all days during the school year.

Outdoor recess will be offered when the weather is feasible for outdoor play. The children will be outside each day unless the temperature is 0 ° F or below, the wind chill is 0 °F, during storms with lightning or thunder, or at the discretion of the building administrator along with the recess supervisors based on their best judgment of safety conditions.

Indoor recess, the teachers and staff will follow the indoor recess guidelines (20 minutes of recess) that promote physical activity for students, to the extent practicable. Teachers must check the master calendar for the availability of the gym, fieldhouse, and auditorium.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

Because of the importance of physical activity, handheld games or social media devices are not allowed at recess time.

Efforts will be made that physical activity not be assigned to students regularly as a consequence of poor behavior or punishment for any reason. *This does not include participation on sports teams that have specific academic requirements.*

St. Mary's School will ensure that its grounds and facilities are safe and that equipment is available to students to be active. St. Mary's School will conduct necessary inspections and repairs.

Classroom Physical Activity Breaks (Elementary and Secondary)

St. Mary's School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. St. Mary's School recommends a brief activity break incorporated into the lesson. Moving between classes shall not be counted as a physical activity break.

The SMWC will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., religion, science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

- St. Mary’s School provides physical activity opportunities for students either before and/or after the school day (or both) in elementary, middle, and high school through a variety of methods. Options include playground and field house access, sports activities (all grades), intramurals, weightlifting, etc.

Active Transport

St. Mary’s School will support active transport to and from school, such as walking or biking. The school will encourage this behavior by engaging in the activities below; including but not limited to:

- Designate safe or preferred routes to school ~ **GOAL**
- Promote Safe Routes program to students, staff, and parents via newsletters, websites, and local newspapers ~ **GOAL**
- Community police and EMTs provide instruction on walking/bicycling safety to the students
- Use crossing guards
- Use crosswalks on streets leading to schools
- Provide bike racks for students.

St. Mary’s School will ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

VII. Other Activities that Promote Student Wellness

St. Mary’s School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities.

Community Partnerships

St. Mary’s School will continue relationships with community partners such as the Sleepy Eye Medical Center and other local businesses (e.g., hospitals, universities/colleges, and local businesses in support of this wellness policy’s implementation.

Community Health Promotion and Family Engagement

St. Mary’s School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities.

Physical activity will be incorporated into family events provided throughout the year such as Open Gym, volleyball game (moms vs. daughters), school marathon, Dodge Ball Tournament, etc.

Open Gym (M, T, TH evenings) is open to the public. Men's City League basketball is played in the fieldhouse on Wednesday evenings. Community walkers are welcome to walk in the gym before school begins.

St. Mary's School will share their gym/field house for community schools to use for sports practices.

St. Mary's School will ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

St. Mary's School will send email or display notices on the school website, as well as non-electronic mechanisms, (e.g., newsletters or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The SMWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader's name is Sara Schultz, the school nurse. Some examples of health promotion include blood pressure checks, walking as a group, and having speakers present on health topics.

Professional Learning

When feasible, St Mary's School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help St. Mary's staff understand the connections between academics and health and how health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Website References:

1. St. Mary's School website: www.sesmschool.com
2. Current USDA Nutrition Standards:
<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
3. Let's Move! Active Schools: www.letsmoveschools.org
4. Comprehensive School Physical Activity Program CSPAP:
<http://www.cdc.gov/healthyschools/physicalactivity/cspap.htm>
5. Alliance for a Healthier Generation: <https://www.healthiergeneration.org/>.
6. Healthy Schools Program online tools for school level yearly assessment:
<http://www.schools.healthiergeneration.org>

7. Guide to Smart Snacks in Schools:
[http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks.](http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks)
8. USDA's Professional Standards for School Nutrition Standards (lunchroom staff training): <https://professionalstandards.fns.usda.gov/>
9. WellSAT-3 (three year assessment): <http://www.wellsat.org/>
10. MN Dept. of Ed: Kara Mitterholzer, Nutrition, Health and Youth Development.
11. My Plate <http://www.myplate.gov>