

# ST MARY'S ELEMENTARY SCHOOL

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*"...visible examples of gospel living"*

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## St Mary's Elementary Wellness Policy

The St Mary's Elementary School Community, in promoting health and wellness for its students, believes that:

1. As nationwide statistics show that approximately 30% of children and teens are overweight and numbers appear to be rising, our entire school community should be educated about good nutrition and physical activity and should participate in wellness policy initiatives.
2. Healthy children make better learners.
3. Every child wants to be healthy.
4. All children need daily physical activity.
5. A relationship must be established between nutrition education and food choices offered in school.
6. Children need assistance in making healthy choices.

We further believe our school community already evidences support for good health and wellness, as:

1. The district health curriculum includes important, consistent and accurate information about nutrition.
2. Our physical education curriculum emphasizes individual skill development and fitness, as well as team sports.
3. Opportunities to participate in physical activity are available through physical education classes, intramural activities and interscholastic athletics.
4. Adult athletic coaches, whether school employees or community volunteers, encourage healthy lifestyles.
5. We allow no sale of soda from vending machines until after school.

We realize that as a school community, we must continue our efforts to improve our children's health in the areas of nutrition education and physical activity.

### Goal #1: To Improve Nutritional Education/Choices Objectives:

1. Inform parents about food service requirements; food choices, minimum requirements.
2. Promote family meal hour at home, at least twice a week, where homemade food is served.
3. Use programs in physical education classes to introduce students to healthy choices in nutrition and physical activity.
4. Ensure that nutrition education in the health curriculum is accurate and current.
5. Purchase more nutritious foods for cafeteria as vendors make it available.
6. Encourage alternatives to food rewards (e.g. pizza parties) i.e. discounted tickets to community venues such as roller skating, bowling and drawings for gift certificates.

### Goal #2: To Increase Physical Activity Objectives:

1. Enlist parent help to ensure that children engage in 60 minutes per day of physical activity.
2. Inform teachers that physical activity cannot be used as punishment, i.e. prohibiting misbehaving children from recess activities.

To ensure the implementation of activities and responsibilities, parents and staff should meet to measure the success of its goals and to update objectives and activities.

**2019-2020 School Year**