

## **Wellness Plan: Blessed Teresa of Calcutta School**

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

**Mission Statement:** The mission of Blessed Teresa of Calcutta School is to promote a healthy lifestyle for students, parents, and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our school wellness policy which will incorporate nutrition education and standards, physical activity, and other school related activities.

### **Nutrition Education Goals**

#1 - Blessed Teresa of Calcutta School will educate, encourage and support healthy eating by all students of all ages.

### **Physical Education Goals**

#1 – Blessed Teresa of Calcutta School will provide opportunities for students to maintain physical fitness.

#2 – Blessed Teresa of Calcutta School will adopt or exceed the state standards for physical activity.

### **Nutrition Standards**

Goal #1 – Blessed Teresa of Calcutta School will comply with the current USDA Dietary Guidelines for Americans and the Missouri Department of Elementary and Secondary Education - Food and Nutrition Policy.

Goal #2 – Blessed Teresa of Calcutta School will comply with the current USDA Dietary Guidelines for Americans, Missouri Department of Elementary and Secondary Education - Food and Nutrition Policy as well as adhere to the following restrictions:

- A la carte – No options given
- Vending machines – None available to students
- Fund raisers – Pizza lunch fundraiser offered 6 times a year during lunch times
- Class parties – Required to follow healthy snack guidelines

### **Other School Related Activities**

#1 – Blessed Teresa of Calcutta School will create a total school environment that is conducive to being physically active

## **Nutrition Education Guidelines**

Goal #1 – Blessed Teresa of Calcutta School will educate, encourage, and support healthy eating for all students of all ages.

Guidelines:

- Blessed Teresa of Calcutta School will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation, and health enhancing nutrition practices.
- Nutrition Education will be part of not only health education classes, but also classroom instruction in subjects such as Math, Science, Language Arts, Social Studies and elective subjects.
- The school cafeteria serves as a “Learning Lab” to all students to apply critical thinking skills taught in the classroom.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- Blessed Teresa of Calcutta School will promote enjoyable, developmentally and culturally appropriate participatory activities.
- Blessed Teresa of Calcutta School will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

## **Physical Activity Guidelines**

Goal #1 – Blessed Teresa of Calcutta School will provide opportunities for students to regularly participate in physical activity and maintain physical fitness.

Guidelines:

- Children will have several opportunities for physical activity lasting 15 minutes or more approximately every two hours especially during the daytime hours. Recess and breaks allowing physical activity will take place in between classes and at lunch time.
- Blessed Teresa of Calcutta School will implement physical activities from adopted curriculums. PK3-8<sup>th</sup> grade students will have physical education classes 2 days a week, and 6<sup>th</sup>-8<sup>th</sup> will also have a health class each week.
- Blessed Teresa of Calcutta School will encourage classroom teachers to provide short activity breaks between lessons or classes.
- Blessed Teresa of Calcutta School will provide daily recess period prior to or after lunch.

Goal #2 – Blessed Teresa of Calcutta School will adopt or exceed the state standards for physical activity.

## Guidelines

- Blessed Teresa of Calcutta School's policies ensure that physical education classes have student/teacher ratio similar to other classes.
- Blessed Teresa of Calcutta School's policies ensure state-certified physical education instructors.
- Time allotted is consistent with research and standards 30 minutes per day or a minimum of 135 minutes per week.
- Blessed Teresa of Calcutta School will provide opportunities for activity through physical education classes, recess and integration in curriculum.

## **Nutrition Standards Guidelines**

Goal #1 – Blessed Teresa of Calcutta School will comply with the current USDA Dietary Guidelines for Americans and the Missouri Department of Elementary and Secondary Education – Food and Nutrition Policy.

Goal #2 – Blessed Teresa of Calcutta School will comply with the current USDA Dietary Guidelines for Americans, Missouri Department of Elementary and Secondary Education – Food and Nutrition Policy as well as adhere to the following restrictions:

### A la carte

- No a la carte options are given
- Food providers will be sensitive to the school environment (logos on campus).
- Food Service Consultants, our food service provider, determines nutritional value in food selections.
- Nutrition information for products offered is readily available near the point of service.

### Vending machines

- No vending machines on campus

### Fund raisers

- Food and beverages sold at fundraisers include healthy choices and provide age appropriate selections for all school levels.
- Class Parties – Food and beverages given to students include healthy choices and provide age appropriate selections for all school levels.
- Promotional activities to encourage physical activity and academic achievement in compliance with local guidelines.
- Promotional activities promote and support healthy lifestyles.

## Other School Based Activities Guidelines

Goal #1 – School will create a total school environment that is conducive to being physically active.

Guidelines:

- Blessed Teresa of Calcutta School's after-school program will encourage physical activity and promote healthy habits.
- Blessed Teresa of Calcutta School will not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time.
- Blessed Teresa of Calcutta School will schedule recess for elementary school before lunch if possible so that children will come to lunch less distracted and ready to eat.
- Blessed Teresa of Calcutta School's monthly newsletter will provide information about healthy eating and the benefits of physical activity.

**Signature** \_\_\_\_\_

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