ST. MARY OF THE ASSUMPTION CATHOLIC SCHOOL
WELLNESS POLICY 2026-2027

As required by law, St. Mary of the Assumption Catholic School adopts the following wellness policy as a part of a comprehensive wellness initiative.

St. Mary's School recognizes that good nutrition and regular physical activity affect the health and well-being of its students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop healthy behaviors and habits in students with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

We set the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education:
   1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
   2. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
   3. Nutrition education posters will be displayed in the cafeteria.

B. With regard to physical activity:

   Physical Education
   1. A sequential, comprehensive physical education program shall be provided for students in K-6 in accordance with the physical education academic content standards and benchmarks adopted by the Diocese of Toledo.
   2. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
   3. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
   4. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
   5. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
   6. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.
   7. Planned instruction in physical education shall include cooperative as well as competitive games.

C. With regard to other school-based activities:
   1. The school shall provide attractive, clean environments in which the students eat.

2. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
3. The school may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
4. Our school issues identical meal tickets to all students, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

D. With regard to treats and snacks:

1. All treats and snacks for special occasions, i.e. birthdays and holidays, need to be discussed with the teacher prior to the date of the event.

2. Food allergies are to be considered.

3. The snack provided should be one simple, smart, and healthy choice for the class,

4. Water is recommended as the drink. If drinks are provided, they should contain 50-100% juice, no caffeine, soda, or drinks with excessive sugar.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

A. The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
B. The guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
D. Continuing professional development shall be provided for all staff of the food service program.

The building principal is the individual charged with operational responsibility for measuring and evaluating the school's implementation and progress under this policy.

Review of this policy shall occur every two (2) years, by a committee appointed by the Principal.

FREE AND REDUCED-PRICE MEALS

The school recognizes the importance of good nutrition to each student's educational performance. The school shall provide needy children with lunch at a reduced rate and/or no charge to the student.

Children, eligible for free or reduced-price meals, shall be determined by the criteria established by the Child Nutrition Program and National School Lunch Act. These criteria are issued annually by the Federal government through the State Department of Education.

The school shall annually notify all families of the availability, eligibility requirements, and application procedure for free and reduced-price meals by distributing an application to the family

of each student enrolled in the school and shall seek out and apply for such Federal, State, and local funds as may be applied to the District's program of free and reduced-price meals.

The principal shall prepare and implement the necessary arrangements and guidelines to ensure proper operation of this program. S/He shall ensure that the appropriate policy attachments for Free and Reduced-Price Meals or Free Milk are properly completed and submitted for approval to the School Food Service Division of the State Department of Education by the beginning of each school year.

Reviewed: 01/2026
Committee: Father Chris Bohnsack, Principal; Etan Wakins, Cafeteria Manager; Tiffany Uhl, School Secretary; Julie Bloomfield, Teacher: Theresa Anderson, School Parent