



## **ST. ROBERT SCHOOL WELLNESS POLICY**

Saint Robert School is committed to providing a school environment that enhances learning and development of lifelong wellness. In accordance with federal, state, and local requirements, the policy statements within document this commitment.

### **Nutrition Education and Standards**

- The Nutrition Education program uses the Michigan Model to meet the Michigan Education Content Standards and Benchmarks, and the Curriculum Standards of the Diocese of Lansing.
- Nutrition education is integrated into the core curriculum, including math, science and language arts, as well as in the physical education program.
- Staff that provide nutrition education attend the Michigan Model training and receive/attend updates as available to insure appropriate training
- Saint Robert School is a USDA Team Nutrition school.
- Family/parent nutrition education and information are provided through a variety of means, including weekly newsletters, the SRS Quarterly, and the website.
- The School Lunch Program adheres to the USDA Standards and requirements.
- Food service staff is properly trained in the appropriate substitution of foods in order to meet the nutritional goals of the program, as well as in food safety and sanitation. Funds are provided for food service staff to attend training and education programs.
- The needs of students with special dietary requirements are met according to USDA Guidelines for Accommodating Students with Special Dietary Needs.

### **Physical Activity**

- Saint Robert School requires physical education at all grade levels with class time allotted for it.
- Students are regularly assessed for attainment of physical education skills.
- Qualified teachers are hired to teach physical education.

- The Physical Education program at St. Robert meets or exceeds the Michigan Physical Activity Standards and Benchmarks, as well as the Diocese of Lansing Physical Activity Curriculum.
- Students are provided many choices of physical activity, including cooperative and competitive games.
- Physical activity is encouraged outside of the school day through the availability of school sports teams, the promotion of Flushing Community Education programs, and using the Michigan Model to teach about the benefits of lifelong physical activity in health related curricula.
- Saint Robert School encourages teachers and other adults in the school setting to serve as role models of physical activity for students.
- Recreational facilities are safe, clean and accessible for all students.

### **Other School-Based Activities**

- The school lunchroom has sufficient space for students to sit and eat.
- The school lunchroom is a clean, safe and pleasant environment for eating.
- Students have access to school meals with a minimum of wait time.
- School lunch is served near the middle of the school day.
- Students are given adequate time to enjoy eating their meals.
- Food or physical activity is not used as a reward or punishment.
- Fundraising efforts are supportive of healthy eating.
- In-school parties and field trips are supportive of healthy eating and physical activity.
- All in-school advertising and marketing send positive healthy foods and physical activity messages. School staff actively looks for opportunities to promote healthy foods and physical activity messages. (Grants for programs, posters, products, etc.).
- On-going professional training is encouraged and funding is provided for food service staff and teachers in areas of nutrition and physical education.