

Our Lady of Lourdes Catholic School
Student Wellness Policy
(Ref. Green Bay Diocese Policy 5141.4)

The administrators, faculty and staff at Our Lady of Lourdes Catholic School, believe that students are our most precious resource and we are dedicated to creating the ideal conditions for learning to occur. Our Lady of Lourdes Catholic School recognizes that student health has a direct impact on quality of life as well as academic performance. We strive to educate students about making healthy lifestyle choices which can be carried into and enrich their adult lives. In an effort to help each student achieve optimum physical, social, and intellectual growth, Our Lady of Lourdes Catholic School (OLOL) is committed to providing an educational environment that promotes student wellness through regular physical activity and proper nutrition.

Physical Activity

OLOL has a tradition of excellence in its offering of interscholastic athletic opportunities as well as intramural sports. The school recognizes the value of physical activity and provides:

- An athletics program.
- An education based approach in physical education classes, which promotes physical fitness and wellness.
- Daily recess time.
- Extra curricular activities as deemed appropriate by administration.
- Compliance with Wisconsin Model Academic Standards in the physical education program.
- Facilities usage for the school and parish community.

Lunch Nutrition and Environment

- The hot lunch program will continue to follow the U.S Government's Nutrition Standards.
- The lunchroom environment will provided adequate space and time for meals. Students should have a minimum of 20 minutes to eat, after being seated.
- No fast food or soda will be allowed in the lunchroom.
- Effort will be made to schedule recess before lunch, so that students arrive ready to eat.

Competitive Foods

In recognition of the effect that nutrition has on the ability to concentrate and perform academically, OLOL will limit its offerings of food and beverages before and during the school day. Any food that is sold or distributed before school or during the academic school day must meet the following standards.

Snacks – including birthday and holiday treats

- Snack items should be less than or equal to 300 calories.
- Snacks should be low in sugar, sodium and fat, and high in whole grain whenever possible.

Beverages –

- Soda and other sweetened or artificially sweetened beverages will not be sold before school or during the school day.
- The sale of beverages, other than soda, with less than 100% fruit juice may begin at the conclusion of the instructional day.
- Milk (low-fat, unflavored; or nonfat flavored and unflavored), water and 100% fruit juices (8 oz. servings) may be sold on school grounds both prior to and throughout the instructional day.

Candy –

- Candy will not be sold or distributed before school or during the school day. Candy sales may begin after school.
- Student organization fundraisers involving candy should apply to the principal for approval. Limited exceptions can be made for sale during the school day.
- Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose, dextrose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar, sucrose, or syrup) listed as one of the first two ingredients.

Classroom Environment

- Drinking fountains are available and students are encouraged to bring water bottles to school.
- Parents sending birthday treats should keep nutrition and portion sizes appropriate. Please refer to OLOL Birthday Treat Guidelines.
- Treats and birthday snacks should be served either at the end of the instructional day, or in place of a regularly scheduled snack time.
- Teachers, staff and parents will not use food as an incentive.
- Teachers and staff will not withhold recess as a deterrent.

Nutrition Education

OLOL is committed to the development of a comprehensive wellness education program, promoting healthy lifestyles, healthy relationships, nutrition education, and character education.

Allergies

Please refer to the OLOL Management of Students with Severe Allergies Plan.

Wellness Committee

A Wellness Policy Advisory Committee will be maintained to assist in implementation and monitoring of the Wellness Policy. The committee will serve as a resource for questions related to the Wellness Policy, and will also reevaluate the Wellness Policy annually to keep the guidelines current and reflective of the values of OLOL. Membership will include representatives of school staff, parents, and students from OLOL.

Policy Implementation and Monitoring

The OLOL principal will be responsible for implementation and monitoring of the Wellness Policy.

OLOL Birthday Treat Guidelines

At OLOL we understand the variety of birthday celebration traditions that our students bring to the classroom. In keeping with the OLOL Wellness Policy, the Diocese of Green Bay Wellness Regulations, and the dietary recommendations put forth by the American Academy of Pediatrics, OLOL has established guidelines for those parents choosing to send a birthday treat to school

If sending a food snack:

- The snack should be no more than 300 calories.
- Please do not send goodie bags with candy or other treats to take home.
- Please do not send juice or other drinks.
- Please **only** send treats for your child's classmates and his or her teacher.
- Please check with your child's teacher regarding classmates with food allergies.

Or, consider a non-food treat, such as:

- Pencils
- Stickers
- A book to donate to the classroom or library
- A ball to donate to the recess or gym equipment