

Mary Queen of Peace Catholic School, Rogers, MN School Wellness Plan

The purpose of this plan is to guide our community in creating and maintaining a school environment that promotes health and well-being of all.

Mary Queen of Peace is committed to providing a healthy school environment because healthy students learn more efficiently and perform better in classrooms and children who are taught and encouraged to make healthy decisions are more likely to become adults who make healthy decisions.

This plan will address wellness as it relates to the following areas:

Student Health education

Physical Education and Activity

Nutrition Guidelines

Implementation and ongoing evaluation of this plan

Environment for healthy living

Community involvement

Part 1: Student Health Education

K-5

Mary Queen of Peace Catholic School has a comprehensive curriculum approach to health in Kindergarten through 5th grade. All instructional staff is encouraged to integrate nutritional themes into monthly lessons when appropriate. The health benefits of good nutrition are emphasized. These nutritional themes include but are not limited to:

- Healthy eating
- Understanding nutrition
- Sources and variety of food
- Proper Sanitation
- Multicultural influences

Part 2: Physical Education and Activity

Every student should develop knowledge and skills to perform a variety of physical activities, maintain physical fitness, understand the short and long-term benefits of physical activity and value and enjoy physical activity as an ongoing part of a healthy lifestyle.

Every student will participate in physical education, including students with physical challenges. Students in K-5th grades will have at least 70 minutes of Physical Education a week.

Mary Queen of Peace Catholic School has a developmentally appropriate curriculum for Physical Education that is consistent with the Minnesota State Standards. The student/teacher ratio is comparable to other classes. The standards have been designed to help students develop the knowledge, motor skills, self-management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives.

Our Physical Education curriculum aims to build cardiovascular endurance, flexibility, muscular strength, muscular endurance and body composition. Methods are in place to assess student fitness levels, set goals for improvement and monitor progress in reaching individual goals.

At least 70 percent of class time is dedicated to actual physical activity and includes moderate to vigorous activity. Moderate to vigorous activity means engaging in physical activity that is equal in intensity to or more strenuous than fast walking. Our program features cooperative games as well as competitive games and individual activities that all strive to meet the needs of all students at all fitness levels.

Mary Queen of Peace Catholic School maintains adequate outdoor spaces, equipment, and supplies to achieve the objectives of the program. We avoid using Physical Education class time for non-instructional purposes (school assemblies, etc.).

Recess in elementary schools provides opportunities for physical activity, which helps students stay alert and attentive in class. It also provides other educational and social benefits. We develop schedules that provide time within every school day for students to enjoy supervised recess and provide space and equipment for free play. Play areas and equipment used for physical activity will meet accepted safety standards. All spaces and equipment are inspected throughout the year as part of our regular building/ grounds maintenance. Staff avoids denying a student's participation in recess or other physical activity as a form of discipline or punishment nor should it be canceled for instructional make-up time.

Our phy-ed teacher also has an exercise for the month. This means students do a certain exercise however many times the date of the month it is, ie: on the 10th, the students would do 10 jumping jacks. This can happen at any time of day as a school or specific class. K-5 teachers provide dance brain breaks between ELA and math class in the morning.

Part 3: Nutritional Guidelines

Hot Lunch

Mary Queen of Peace Catholic School's hot lunch program is outsourced by the local school district, ISD 728. Their food & nutrition services are made up of a team of food and nutrition professionals who are dedicated to students' health, well being, and their ability to learn. Meals, foods, and beverages sold or served at schools meet state and federal requirements, which are based on the USDA Dietary Guidelines. We provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students.

Fundraising

- A. All fundraising projects are encouraged to follow the nutrition standards. (Avoid candy sales, avoid food as prizes.
- B. All fundraising projects for sale and consumption within and prior to the instructional day will be expected to make every effort to follow the nutrition standards when determining the items being sold.

Candy

- A. No vending sales of candy will be permitted at the conclusion of the instructional day.
- B. 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}, syrup) listed as one of the first two ingredients.

Beverages

- A. Milk, water, and 100% fruit juices may be served on school grounds throughout the instructional day.

Part 4: Environment for Healthy Living

Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to follow the nutritional standards and only do it on an intermittent basis.

The lunchroom environment will be a place where students have adequate space to eat, pleasant surroundings, adequate time for meals and convenient access to handwashing facilities before meals.

The entire school is committed to improving the environment by supporting a recycle program. While this is happening in classrooms, we plan to implement in the cafeteria as well. We are currently working with building maintenance to create a manageable plan.

As stated under Nutritional Guidelines, sales of candy, pop and low-nutrition foods (not meeting nutritional standards) will not take place during school hours.

Mary Queen of Peace Catholic School in Rogers, MN highly values the health and wellbeing of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Scheduled time for lunch, and opportunities for prayer and socialization are all available for staff.

Mary Queen of Peace Catholic School provides annual staff training on health issues regarding Bloodborne pathogens, use of Epi pens, CPR and AED.

Part 5: Community Involvement

In alignment with Archdiocesan policy, students receive instruction on personal safety, including safe touch, assertiveness training and protection of physical abuse.

In alignment with Archdiocesan policy, all employees and volunteers undergo the Essential 3: a criminal background check, a signed acknowledgement of our Code of Conduct and Virtus training. This is part of the Archdiocesan commitment to keeping children and vulnerable adults safe from those who may intend harm.

Part 6: Implementation and ongoing evaluation of this plan

Research proves that children learn better when they are engaged. Nutrition, fitness and safety are key factors in engagement. For their benefit, Mary Queen of Peace Catholic School community is committed to following the plan and making improvements as needed.

This plan will be reviewed at least twice a year (beginning and end) for planning and evaluative purposes.