

Guardian Angels Catholic School – Student Wellness Policy

Guardian Angels Catholic School is committed to providing a healthy school environment that encourages the development of lifelong wellness practices by promoting healthy eating and physical activity. Therefore, Guardian Angels Catholic School adopts this wellness policy.

Nutrition Education and Standards

Each year, all students pre-K-8 shall receive nutrition education by integrating into the curriculum the knowledge, skills and values needed to adopt healthy eating behaviors. Nutrition education information shall be offered throughout the school building including, but not limited to, school dining areas and classrooms. Staff members providing nutrition education shall have appropriate training.

Meals served at Guardian Angels will meet the minimum nutrition standards set forth by the local, state and federal regulations. A variety of fruits and vegetables will be offered to encourage students to make nutritious food choices. Students will have 20 minutes to sit down and eat in a clean environment (school cafeteria). Following their lunch period, the students will have scheduled recess on a daily basis. Any additional snacks should be of the healthy variety and limited to once or twice a school day.

Physical Education and Physical Activity Opportunities

Guardian Angels shall offer Physical Education opportunities that align with the Michigan K-12 Physical Education Content Standards and Benchmarks. The Physical Education instruction shall equip students with the proper knowledge, skills and values necessary for lifelong physical activity. Guardian Angels shall guarantee that Physical Education is taught by a certified and endorsed physical education teacher. Students shall be engaged in purposeful activity for the majority of the class. Guardian Angels shall also accommodate the needs of all students regardless of physical limitations. Physical activity shall be promoted outside of the school grounds as well as in Physical Education.

Guardian Angels shall have opportunities for K-8 students to participate regularly in supervised physical activities, either organized or unstructured, with the intent to maintain physical fitness and recognize the short and long-term benefits of a physically active lifestyle. All K-5 students participate in Physical Education class twice a week for 45 minutes. All 6-8 students participate in Physical Education class once a week for 45 minutes. All K-8 students have daily recess for 20 minutes. Guardian Angel students have opportunities throughout the school year to participate in after school sports and physical activity programs. Guardian Angels may also implement other appropriate programs that will promote a school environment that supports wellness and is conducive to healthy eating practices and physical activity.

Implementation and Measurement

Guardian Angels shall monitor all food and beverages served to students and continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly. The principal shall implement this policy and measure how well it is being managed and enforced. In addition, the principal shall develop and implement administrative rules consistent with this policy by using input from teachers, parents/guardians, students and representatives of the school food service program. Monitoring and reviewing the Guardian Angels Catholic School Wellness Policy will be done annually by the administration and staff.