

St. Ignatius Loyola Academy
Wellness Policy

(revised June 2021)

St. Ignatius is committed to providing a school environment that promotes and protect children's health, well-being, and the ability to learn by supporting healthy eating and physical activity.

It is the policy of St. Ignatius to:

- Engage students, parents, faculty, and other interested community members in developing, implementing, monitoring, and reviewing our wellness policy in terms of nutrition and physical activity.
- All students will receive a healthy breakfast, lunch, and snack in compliance with MSDE and USDA guidelines.
- All students will participate in a physical education program and recess.

Nutrition

- MSDE liaison and cafeteria manager receives annual training in accordance with USDA Professional standards.
- We will offer and provide each student a free healthy meal for breakfast and lunch, which includes whole-grain rich food, fruits, vegetables and low fat/non-fat milk. Healthy Smart snacks will also be available for students. (There is no way to identify which students qualify for free or reduced priced meals)
- In order to promote healthy eating, we do not provide a la carte or vending machine for students or staff. No food is sold on the premises.
- For breakfast and lunch, students will be provided with at least 15 minutes to eat for breakfast and at least 20 minutes for lunch.
- Lunch will be scheduled at appropriate times between the hours of 11:00 and 1:00 pm.
- We will not schedule tutoring, clubs, organizational meetings or activities during meal times, unless students may eat during the activity.
- Incentives or awards for student achievement shall be non-food health minded incentives such as extra recess, certificates, etc.

- We will provide students access to potable water throughout the school day. Water fountains and coolers are conveniently located throughout the building.
- We will provide students access to hand washing or hand sanitizing before meals and snacks
- We will promote healthy eating and physical habits through posters in and around the cafeteria.
- Nutrition education is integrated into other subject areas besides our P.E. program and skills class. Each grade level science class will incorporate a unit on nutrition and the importance of physical activity.
- We have instituted two clubs dedicated to nutrition: healthy habits and cooking club.
- Food is not sold to students, staff, or families during extended day activities.

Physical Activity

- All students have at least 20 minutes a day of supervised recess, preferably outdoors, during which the school should encourage moderate to vigorous physical activity through the provision of space and equipment.
- All students participate in a physical education class once a week with a curriculum that is aligned with national or state physical activity standard.
- Physical education teachers are offered professional development in teaching physical education.
- We offer extracurricular physical activity programs, such as physical activity clubs (disc golf, walk in the park, flag football, etc.), intramural sports program and interscholastic sports.
- All students have at least 60 minutes of physical activity every day.
- Teachers are encourage to have brain breaks during their class period to provide 3-5 minutes of a physical activity, such as Simon Says.

Wellness Promotion and Marketing

- Staff helps to promote healthy eating habits by eating their nutritional lunches alongside students.
- Additional physical activity is used as a reward for students.
- Restricting physical activity is never used as a punishment for students.

- Cafeteria contains posters promoting healthy eating.
- School breakfast and lunch menus are displayed in the cafeteria weekly and announced daily during morning announcements.
- Monthly meal menus uploaded to the parent portal on our website.
- Staff is encouraged to participate in physical activities with students (basketball game, disc golf, etc.)
- Two family and community events a year to promote healthy eating and the importance of physical activity, such as cooking lessons on how to transform their usual meals into a healthier version of that meal and line dancing night.

The wellness team meets once a quarter. Information in reference to meetings are placed on our website: www.saintignatius.org.

Our school wellness committee will review our policy quarterly. Members of this committee will represent all school levels and include, but not limited to parents, students, teachers, and the general public. All stakeholders will be notified when the meetings are scheduled. The principal and the director of health and wellness will be responsible for ensuring the implementation and compliance of our wellness policy.