

Our Lady Star of the Sea School Wellness Policy

Mission Statement

Our Lady Star of the Sea School (OLSS) is committed to promoting the spiritual, academic, physical, and emotional well-being of all students. Guided by our Catholic faith and the values of respect and stewardship, we encourage lifelong habits of healthy living that honor the body as a gift from God.

1. Nutrition Education and Promotion

- Nutrition education will be integrated into the health and science curriculum at all grade levels to teach students the importance of balanced eating and making healthy choices.
 - The school will promote fruits, vegetables, whole grains, and healthy beverages throughout the school day.
 - Nutrition messages consistent with the Dietary Guidelines for Americans will be displayed in the cafeteria and other school settings.
 - Teachers and staff are encouraged to model healthy eating behaviors.
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2. School Meals and Competitive Foods

- OLSS participates in the **National School Lunch Program (NSLP)** and ensures that all meals meet or exceed USDA nutrition standards.
 - Students are encouraged to try new foods and to eat a balanced meal daily.
 - Foods sold or served during the school day, including at fundraisers and classroom celebrations, will align with Smart Snacks in School standards when applicable.
 - Students will have adequate time to eat (at least 20 minutes for lunch) in a clean and safe environment.
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3. Physical Activity and Education

- All students will participate in regular physical education classes 2x per week designed to develop fitness, coordination, and teamwork skills.
 - Recess will be offered daily, weather permitting, to encourage free play and movement.
 - Teachers are encouraged to integrate short activity or movement breaks into classroom lessons to improve focus and engagement.
 - Students will not be denied physical activity as a form of punishment.
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4. School Environment and Staff Wellness

- The school will foster a supportive environment where healthy choices are celebrated.
 - Staff members are encouraged to model wellness through healthy eating, hydration, and participation in school wellness initiatives.
 - When possible, staff wellness activities or challenges will be offered to promote a culture of health.
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5. Implementation and Evaluation

- The **School Wellness Committee**, composed of staff, parents, and students, will meet at least once per year to review the policy and make recommendations.
 - The **principal or designee** will oversee policy implementation and ensure compliance with USDA wellness requirements.
 - The policy will be reviewed annually and updated as needed to reflect current standards and school needs.
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6. Communication

- The Wellness Policy will be shared with families via the school website and included in the parent/student handbook.
- Families are encouraged to participate in promoting wellness at home and through school activities.