

## MARY OF LOURDES SCHOOL WELLNESS PLAN REPORT

Mary of Lourdes School created a Wellness Policy in the summer of 2006. It was approved at our fall 2006 School Board Meeting. Since then we have made some considerable wellness changes within our school environment.

Recently, the MOL principals have created two goals to ensure that Mary of Lourdes School is fulfilling the guidelines of our wellness policy:

- To continue dialoguing with staff, parents, and students about ways we can develop more health-conscious practices into our school day.
- To ensure that these practices are implemented, recorded, and shared annually with the MOL School Board and school community.

**After Mary of Lourdes Middle School's recent State Lunch Program Inspection, we plan to make the following changes and/or additions in our menu offerings (at both MOL buildings):**

- **Add more fresh fruits and vegetables to the lunches**
- Offer more whole grain items, such as pretzels or tostado chips (as an alternative to bread)
- Continue to purchase frozen foods with whole grain, such as pizza sticks
- Offer a mix of whole wheat and white bread
- Add more fruit-based desserts
- Discontinue offering salt and other extra seasonings (\*implemented in September 2009)
- **Begin implementing and offering fresh, whole foods from local farms (through Farm to School Program)**

The following are ways in which Mary of Lourdes School demonstrates wellness practices:

- The MOL principals, lunch program manager, and school cooks frequently evaluate school menu items and share ideas for offering and ensuring nutritious lunches.
- 20-30 minute recesses are offered to all students K-8 on a daily basis.
- Recently, both school playgrounds have received various new equipment, which has encouraged more physical activity.
- Half of our students are able to have recess before lunch.
- Several teachers in both buildings have encouraged daily healthy snacks in their classrooms by promoting that students bring fresh fruit or vegetables 4 days per week.
- Snack lists are sent home to give families sharing ideas for healthy snacks.
- Healthy snacks are sold at our "School Store," located in our middle school building.
- Only water and orange juice is offered in our middle school beverage vending machine.
- Healthier snack items are offered in our middle school vending machine, and the machine is only on at the end of the school day for staff and students.
- The school integrates Health Education into its K-8 curriculum through its Science Standards.
- Students in our elementary building receive two 30-minute Physical Education classes per week. Our middle school students receive two to three 35-minute Physical Education classes per week (set on a weekly rotational schedule).