



**Our Lady of the
Assumption
Catholic School
(OLA)**

School Wellness Plan
2024-2025

Our Lady of the Assumption Catholic School is committed to the students, staff, and families of our community. Our focus for the past three years has been the “whole child” which incorporates nutrition, physical activity, and mindfulness. This year, we have created an Action Plan to ensure all parts of our plan are progressing and/or refining our steps. We are going to expand our School Wellness Team to include stakeholders from students, family members, parish office, and community members to support our efforts.

School Wellness Committee
Committee Role and Membership

Stakeholders
1. Principal
2. 1 Staff Member Representative for JK-4 th grade
3. 1 Staff Member Representative for 5th-8 th grade
4. 1 Member from Parish Office
5. 1 Parent/Family Member Representative for JK-4 th grade
6. 1 Parent/Family Member Representative for 5th-8 th grade

Meetings	Dates
1 st Trimester	October
2 nd Trimester	January
3 rd Trimester	April

Nutrition

School Meals

OLA is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams of *trans* fat per serving (nutrition label or manufacturer’s specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating

cultural food preferences and special dietary needs.

OLA participates in the USDA child nutrition program, including the National School Lunch Program (NSLP), and is committed to offering school meals through the NSLP programs, and other applicable Federal child nutrition programs, that:

- Accessible to all students.
- Appealing and attractive to children.
- Provided in clean and pleasant settings with opportunities to eat outside (90% of the school year).

- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

In terms of communication, the menus are posted on individual school websites and can be accessed in FACTS. We provide students with special dietary needs. This year, our daily bell schedule has been revised to include a 30-minute lunch with a 30-minute recess. We have additional staff to ensure students have minimal wait time in line to receive their lunch. Students are required to sit with their peers to enjoy a meal together so they can truly digest their food. The lunch schedule is from 10:50-11:50 each day.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout the school campus* The school will make drinking water available where school meals are served during mealtimes. Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

There is a strong commitment to ensuring all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aims to improve student health and well-being, increase the consumption of healthy foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for Healthier Generation provides a set of tools to assist with the implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

During the school day, when snacks and beverages are not sold, we work with parents/families to ensure all foods and beverages for classroom parties, snacks or foods given as incentives brought by parents/families are carefully monitored to meet the guidelines.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs are sold to students on the school campus during the school day and will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores, and snack or food carts. Energy drinks are not allowed on campus.

Fundraisers

Each school has two allotted days each year to fundraise that do not have to meet the competitive food standards. We will have one day in the Fall (October) and in Spring (February).

Food/Beverage Marketing

We do not allow any marketing that does not align with the NMPED School Wellness policies.

Nutrition Education

School will provide nutrition education and engage in nutrition promotion that:

- Designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Provided in all classes not just Health education classes.
- Emphasizes caloric balance between food intake and energy expenditure.

Physical Activity

All students have Physical Education twice a week for a total of 90 minutes. They will be engaged in using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

The P.E. teacher will provide the appropriate accommodation to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Recess

All OLA students will receive 30 minutes either before or after lunch and all grades JK through 5th grade will receive an additional 15 minutes of recess in the afternoon during the school year. (Note: Due to inclement weather, recess will be provided indoors with mindfulness and/or brain break movement.

Classroom Physical Activity Breaks (Elementary and Secondary)

OLA teachers are given the freedom to incorporate breaks throughout the day as needed to allow students to refocus. These breaks may include stretching, YouTube videos on mindfulness or Brain Breaks, Simon Says, Follow the Leader, and other activities geared towards middle school students.

Before School Physical Activity

OLA has an additional 15 minutes built in with the before school program in which many students arrive at 7:45 a.m, but the majority of the students arrive at 7:50. The first bell rings to begin school at 8:10 a.m. They have availability of the gym , a grass area and basketball court.

After School Physical Activity

OLA has a wonderful after school program that provides 30 minutes of homework help and an additional 30-45 minutes of physical activities with three after school employees. The students have availability of the playground, basketball courts and a grass field.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Evaluation

The OLA Leadership Team will be reviewing the School Wellness three times: August, January, and May of each year. They will set a plan in place for measuring implementation and evaluation of the wellness policy.

