



St. Mary on the Hill Catholic School
1220 Monte Sano Ave.
Augusta, GA 30904

SMCS WELLNESS POLICY

Date: July 1, 2013

St. Mary on the Hill Catholic School recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. SMCS is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of a total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Development of Wellness Policy

In accordance with federal law, the school has involved parents, students, school administrators, representatives of the school food authority, and the public in the development of a school-wide wellness policy. After considering input from various stakeholders interested in the promotion of overall student health and well-being, the policy goals to promote student wellness are established.

Nutrition Guidelines

To the extent practical SMCS will participate in available federal school lunch programs. All food and beverages made available on campus during the school day will be consistent with the requirements of federal and state law. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the U.S. Secretary pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools. The principal or designee shall develop procedures for operation of school food services at the school during the day with the objectives of promoting school health and reducing childhood obesity.

Nutrition Education

It is the intent of this school that we shall teach, encourage and support healthy eating by student. School officials shall provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at the attainment of goals related to nutrition education established by the Wellness Committee.

Physical Education

All students in grades K-12 shall have opportunities, support and encouragement to be physically active on a regular basis. SMCS will provide physical education consistent with diocesan, federal and state requirements and engage in promotion of physical activities aimed at attainment of goals for this purpose established by the Wellness Committee.



**St. Mary on the Hill Catholic School
1220 Monte Sano Ave.
Augusta, GA 30904**

Page 2 of 2 – Wellness Program

Other School-Based Activities

As all School community members should embrace regular physical activity as a personal behavior, students should have opportunities for physical activity beyond physical education classes. SMCS will support parental efforts to provide a healthy diet and daily physical activity for their children, will value the health and well-being of the school community by planning and implementing activities and policies that support personal efforts to maintain a healthy lifestyle, and will provide school-based marketing consistent with nutrition education and health promotion. The principal or designee shall develop procedures related to other school-based activities to promote wellness aimed at attainment of goals for this purpose established by the school.

Implementation

The principal or designee shall be responsible for overseeing the implementation of the wellness program and shall develop procedures for evaluation, including indicators that may be used to measure the schools' successes in meeting the goals set forth.

School food service staff at the school shall monitor compliance with nutrition guidelines within the school food service areas and will report on this matter to the principal.

St. Mary on the Hill Catholic School does not have a School Board and all final decisions regarding this Wellness Policy shall be made by the Principal.

Adopted: July 1, 2009

Revised: July 1, 2010

Revised: July 1, 2013

St. Mary on the Hill Catholic School

Joe McBride, Principal