

IMMACULATE CONCEPTION SCHOOL WELLNESS POLICY 2017-2018

Nutrition Education:

Each year the school nurse teaches Wellness Class to each grade. In the class students are taught the importance of good nutritional habits and my plate. We also have the 7 Habitat which teaches students how to prepare themselves for school and staying focus. We also have a Habitat, students are taught how to plant various fruits and vegetables some students and their family help keep the Habitat nice and healthy. When the plants are ready the students are allowed to pick and eat what they have planted.

We do not serve any fried foods. We also serve fresh fruit and fresh vegetables weekly we encourage the child to try different things.

We are offering the children more whole grain wheat bread and more vegetables.

Physical Activity:

Immaculate Conception students are offered a thirty-minute class of Physical Education twice a week. They also receive at least one recess of thirty-minutes.

Guidelines for All Food and Beverages on School Campus:

We do not offer vending machines or beverages other than milk and water to our students.

School Based Activities Promoting Students Wellness and Community Involvement:

1. Immaculate Conception students participate weekly throughout the school year on Back Pack Program at Community Clearinghouse. This program provides area school students with a nutritional meal who otherwise might not have one.
2. Pop-Taps Collections for the Reynold McDonald House
3. Nourish Your Neighbor- nutritional drinks for the Reynolds Cancer Support House
4. Food Baskets at Thanksgiving and Christmas
5. Trike-A-Thon for St. Jude
6. Heart to Heart Baby Bottle Campaign for the Pregnancy House
7. Operation Rice Bowls for Catholic Relief Services
8. Collecting dog and cat food for the Human Society
9. Toys for Back Pack Program
10. UAFS Toy Toss