

# St. Ann School – Cadillac

## Wellness Policy

St. Ann School in conjunction with the Michigan Board of Education strives to teach and carry out our school mission with the knowledge that a quality education is only possible if our students are physically, mentally and socially healthy. The following Wellness Policy is a campus-wide guideline and evidence of our promotion of student's health and wellness.

### **Food/Lunch**

- Our Food Director follows the guidelines set forth by the State of Michigan Department of Education for all of our school lunches.
- A healthy snack is provided daily that meets the State of Michigan snack requirements.
- Students are encouraged to make nutritious food choices and encouraged to eat their meals.

### **Activity/Physical Education**

- We have two Physical Education periods per week for each class. We have a curriculum set up that follows and meets the benchmarks and standards of Michigan Department of Education for Physical Education.
- Kindergarten – 6th grade students are assessed on attitude, best effort, preparation, and following instructions. In addition, students receive physical fitness testing. Students receive a Physical Education report card twice a year.
- Wellness Day is an additional physical education class that takes place on a rotating basis every Wednesday. Wellness Day activities focus on wellness, exercise, and fitness.
- All students participate in recess each day prior to their lunch time.
- Students are provided the opportunity to participate in sports through the school year. Basketball is offered to 4th-6th grade boys and girls. Volleyball is offered to 4th - 6th grade girls. Running Club and Kids on the Go are also after school running activities for all 3rd-6th graders.

### **School**

- Our Read and Ride program allows the students to ride a stationary bike while reading a book. Classes have a designated time each week to read and ride.
- We annually participate in ACES - All Children Exercise Simultaneously program.
- Students are encouraged to use the drinking fountains throughout the day. Each student was given a St. Ann School personal water bottle to be used at our water bottle filling station.
- Students have had opportunities throughout the years to participate in ice skating, roller skating, swimming during field trips.
- Center Lake Bible Camp is the destination of our annual end-of-the-year field trip. It is an entire school day of outdoor physical activity.
- All school staff members have been trained in concussion protocol.
- All staff members are trained bi-annually in CPR, AED, First Aid, and Blood Borne Pathogens.