



St. Michael CATHOLIC SCHOOL

2023-
2024

Triennial Wellness Assessment

Policy Compliance Results

Areas of Strength <i>Strength</i>	Our School is dedicated to providing nutrition education to our students.
	Our school assures compliance with the USDA nutrition standards.
	Our school has a strong wellness committee dedicated to the nutrition education and wellness goals of our students.
Opportunities for Improvement	Our school would like to increase the amount of physical education provided to teachers and staff.
	Our school will look to improve our wellness marketing and advertising in school newsletters and the school website.
	Our school will work to focus on the promotion of physical activity opportunities within our community.

Our Team

Ashley Rockey
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Wellness Policy Goals

1. The school will promote wellness via school publications and media
2. The school will address physical activity as a reward as well as not being used as punishment.
3. The school will increase nutrition and wellness marketing on school property, education materials, and where food is purchased.
4. The wellness committee will work directly with the school administration to address foods/beverages sold to students during after school programming.

Wellness Metrics

Implementation/Evaluation	100%
Wellness Promotion	42%
Physical Education	93%
Nutrition Standards	100%
USDA Standards	90%
Nutrition Education	100%



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