ST. MARY'S CATHOLIC SCHOOOL WELLNESS POLICY PROGRESS REPORT– 2025 2026

YELLOW MEANS WE HAVE MET OR EXCEEDED THE REQUIREMENT /
GREEN MEANS – WE HAVE ROOM TO IMPROVE

This form provides information on wellness policy requirements (indicated in bold) and practices used within your school. Complete this tool to track your progress and gather ideas on ways to create a healthier school environment.

District Name: St. Mary's Catholic School | District Number: | Date of Evaluation: 9-10-2026

School Name: St. Mary's Catholic School | Most recent Policy review by Committee: Yes

Click All Grades: PK [x] K [x] 1 [x] 2 [x] 3 [x] 4 [x] 5 [x] 6 [ ] 7 [ ] 8 [ ] 9 [ ] 10 [ ] 11 [ ] 12 [ ]

Yes	No	I. Public Involvement
X		**We invite the following to participate in the development, implementation, & evaluation of our wellness policy:** ✔ Administrators; ✔ School Board Members; ✔ School Food Service Staff; ☐ School Health Professionals; ✔ P.E. Teachers; ✔ Students; ✔ Parents; ☐ Public
x		**We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.** Name: Christina Williamson Title: Principal
X		**We make our wellness policy and updates available to the public annually.** Please describe: Yes, we post our Wellness Policy on our school's website under the family hub / nurition/hot lunch tab.
x		**We share policy implementation and progress toward our policy goals with the public once every 3 years.** Please describe: Yes, we post our goals on our school's website under the family hub / nurition/hot lunch tab.
x		**Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.**

Yes	No	II. Nutrition Guidelines
x		***The wellness policy includes written nutrition guidelines for all foods/drink available during the school day.***
x		***We follow Federal nutrition regulations for all food/drink available for sale on campus during the school day.***
x		Our School Nutrition Staff attend professional development opportunities (e.g. program administration, nutrition, safety).
	N/A	We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: ☐ as À La Carte Offerings; ☐ in School Stores; ☐ in Vending Machines; ☐ as Fundraisers (not exemptions); ☐ Classroom Snacks; ☐ Student Rewards; ☐ Classroom Parties; ☐ as Fundraisers (not exemptions)

Yes	No	III. Policy for Food and Beverage Marketing
x		***The wellness policy permits marketing of only those foods/beverages that meet the competitive food requireme***
	N/A	Food and beverage marketing meets Smart Snack standards, including the following advertising avenues: ☐ Signage; ☐ Scoreboards; ☐ School Stores; ☐ Cups; ☐ Vending Machines; ☐ Food Service Equip.

Yes	No	IV. Nutrition Education & Promotion
x		***The wellness policy includes a specific / measurable goal(s) for nutrition education using evidence-based strateg***
x		We offer nutrition education to students in: [x] Elementary School; ☐ Middle School; ☐ High School

Yes	No	V. Physical Activity		
x		***The wellness policy includes a specific/measurable goal(s) for physical activity using evidence-based strategies.***		
x		We provide physical education for elementary students on a weekly basis.	# of Min/Wk.	90 min k-6
	N/A	We provide physical education for middle school students during a term or semester.	# of Min/Wk.	
	N/A	We require physical education classes for graduation (high schools only).	# Credits to graduate	
x		We provide recess for elementary students on a daily basis.	# of Min/day	20 min
x		We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, brain breaks, etc.).		

Yes	No	VI. Other School Based Wellness Activity
		The wellness policy includes a specific/ measurable goal(s) for other school-based wellness activities.
x		We offer nutrition education to students in: [x] Elementary School [ ] Middle School [ ] High School
x		We have a staff wellness program.
x		We have programs to support total wellness (e.g. drug prevention, mental health, social, emotional health programs).
x		We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Describe the progress of wellness policy goals and track additional wellness practices.

Nutrition Education & Promotion Goal: All students K-12 shall receive nutrition education that teaches the knowledge, skills and values necessary to make healthy eating choices and is aligned with the Wyoming Health Education Content and Performance Standards.

Update on implementation and progress toward Nut. Ed & Promotion goal:

For the 25-26 school year we met our yearly lunch participation goal along with increasing nutrition education within the classroom. Our daily lunch count averaged over 100 students eating each day. As a whole school we educated our students on Farm to School and healthy eating habits.

Physical Activity Goal: All students K-12 shall receive physical education that teaches the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity and is aligned with the Wyoming Physical Education Content and Performance Standards. Update on implementation and progress toward Physical Activity goal:

Once a year during our Open House we educate students and families on healthy eating, the importance of physical activity along with maintianing a healthy life style.

We also offer elementary sports for students and "girls on the run" that are held afterschool throughout the year.

Other School-Based Activities that Promote Student Wellness Goal: All students K-12 shall receive health education that provides the foundation for leading healthy, productive lives and is aligned with the Wyoming Health Education Content and Performance Standards.

Update on implementation and progress toward Other-School Based Actvities that Promote Student Wellness goal:

Yearly we hold a science and wellness night here at our school where we have different booths to educate what is available within our community along with nutrition education. This event has been a true success where we have seen children improve their overall eating habits and physical activities.

IX. Contact Information

For more information about this school's wellness policy/practices, or for ways to get involved, contact the Wellness Committee Leader:

Name	Kathleen Higgins	Position/Title	Food Service Director
Email	higgins@stmaryswyo.org	Phone number	307-638-9268

ST. MARY'S
CATHOLIC SCHOOL

To inspire students to become saints and scholars through a strong Catholic foundation of service to others, academic excellence, and faith rooted in the life of Jesus Christ.

Wellness Policy

St. Mary's shall promote student well-being and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. St. Mary's recognizes that collaborating with parents, students, school personnel, and community members is the most effective method of creating a healthy environment for children. Learning about and adopting positive lifestyle habits are essential for them to achieve their full academic potential, as well as lifelong good health and wellbeing.

Rationale:

- Good nutrition and adequate physical activity help children grow, develop, and do well in school.

- A good portion of children's diets are consumed in the school environment. St. Mary's has a responsibility to help students establish and maintain lifelong, healthy, and enjoyable eating and physical activity patterns, while creating environments that reflect respect for body-size differences.

- Childhood weight problems are a medical concern, not just cosmetic. Poor nutrition, lack of physical activity, and being overweight can lead to complications such as elevated blood cholesterol and blood pressure, gallbladder disease, osteoarthritis and joint problems, asthma, type II diabetes, depression, anxiety, and sleep apnea.

Nutrition Standards for ALL Foods Available at our school during the school day.

- St. Mary' s will use the guidelines established by the U.S. Department of Agriculture (USDA) for reimbursable school meals, as well as competitive foods and beverages available & advertised during the school day, will be followed to ensure that St. Mary's offers school meals that will meet the nutrition standards. This includes food & beverages sold in a la carte sales, and food & beverage used for classroom rewards and fundraising efforts.

Nutrition Education:

- Meals will feature a variety of healthy choices that are tasty, attractive, of excellent quality and served at the proper temperature. St. Mary's will promote and encourage students to choose healthy foods including fruits, vegetables, whole grains, and low-dairy products – will be encouraged.

- Teachers / Staff will teach skills to utilize research-based nutrition information such as USDA "My Plate" in "real-life" practice, such as reading nutrition fact labels, skills in purchasing and preparing healthy meals and snacks.

- Nutrition education opportunities for parents/staff will be encouraged and will include a variety of activities/topics.

- The school meal program will work with teachers/staff to create a learning environment within the school cafeteria.

- All reimbursable meals, a la carte items and beverages sold in school and advertised will meet or exceed all the nutrition standards established by the USDA.

- Yearly goals will be set along with an assessment review every 3 years based on the goals set.

Physical Education:

All students will be provided physical education a minimum of:

- 60 minutes for PK 3 & PK4, 90 minutes for grades K-6th per week.
- All students will strive to meet the current Wyoming standards.

- Promote other activities that involve physical activity at recess and lunchtime lasting 15 minutes or more each day.

- Encourage and allow faculty and staff to attend professional development training and workshops that focus on positive use of physical activity in the classroom.

- Children should participate each day in a variety of age-appropriate physical activities designed to achieve health, wellness, fitness and performance benefits.

- Staff/Teachers will provide suggested methods of incorporating movement/activity into the classroom.

- St. Mary's will encourage families and community members to support programs outside of the school that encourage physical activity.

- Physical activity will not be used or taken away as a punishment.

- St. Mary's provides an environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

- Physical activity programs are carried out in environments that reflect respect for body-size differences and varying skill levels.

Other School Based Activities Designed to Promote Student Wellness:

- Safe drinking water will be available throughout the school day.
- Convenient access to facilities for hand washing will be available to anybody.
- Nutrition education, healthy eating and physical activity will be actively promoted via positive modeling by staff, marketing materials (posters, flyers, websites lessons).
- St. Mary's cafeteria will have adequate seating, appropriate supervision, a clean and pleasant eating environment.
- Student adequate mealtime shall not be interrupted by other academic activities unless the meal is available during the academic activity.

- Students will be strongly encouraged to actively participate in recess.

Marketing:

- Students should receive positive, motivating, messages, both verbal and non-verbal about healthy eating and physical activity in the school. All school personnel should help reinforce these positive messages.

- Healthy eating and physical activity should be actively promoted to students, parents, teachers, administrators, and the community at registrations, PTO meetings, Open Houses, Health Fairs, teacher in-services, etc.

St. Mary's Wellness Council

Will set goals, monitor, and review the policy and guidelines and ensure that we are following all Federal, State, and Local Regulations pertaining to the Wellness Policy. The Food Service Director and PE Teacher will co-chair this committee. This committee may also include teachers, students, and potential stakeholders.

The Council will then report to the principal its recommendations for improvements and goals for the school year.

****

Our website will have an open invitation to any potential stakeholders to please contact the office if you would like to participate in the development, review, update, and implementation of the SMCS Wellness Policy.

This institution is an equal opportunity provider and employer.