

# St. Mary's Prep

## Student Wellness Policy



**St. Mary's Prep is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activity that support student achievement.**

### **Nutritional Education**

1. In 9<sup>th</sup> grade all students complete a Health course which contains information regarding diet and physical development.
2. Other science classes, such as anatomy and biology, also touch on diet and overall physical well-being.
3. Vending machines include information to help students make positive choices.
4. Fresh fruit is available daily at the bookstore and cafeteria.

### **Physical Education**

1. In 9<sup>th</sup> grade, all students complete a Physical Education course.

### **Physical Activity**

1. The campus setting of the school allows students to walk from building to building between classes so they get fresh air and physical exercise throughout the day.
2. Intramural sports (such as flag football, basketball, wiffle ball) are offered throughout the year to promote physical activity.
3. A non-cut sport is available during every sports season to allow opportunities for students to participate in interscholastic athletics regardless of skill level.
4. The weight room is open to students on a daily basis and is staffed by the school's strength and conditioning coach.
5. St. Mary's has a full time athletic-trainer who is on campus after school and available to students and staff.
6. Our annual Spirit Week contains a multitude of physical challenges/activities that promote exercise and physical well-being.

### **School Nurse**

St. Mary's has a school nurse who is on campus during the school day to promote the well-being of students and staff. The school nurse oversees all medication and addresses any student or staff need that may arise during the school day.

A student who becomes ill at school can be excused by a teacher or school administrator to see the school nurse. The nurse's office is located on the first floor of St. Albertus Hall (dormitory). The number for the nurse's office is 248-683-0539. The nurse can be reached during standard school hours (7:30 am – 2:45 pm).

## **Medical Needs, Dispensing of Medication**

It is the responsibility of parents and/or guardians to inform the Headmaster, School Nurse, Academic Dean and appropriate teachers if a student is subject to any medical need that requires regular or periodic attention while at school.

St. Mary's personnel will not dispense or administer any medicine to students without both parent permission and physician instructions. If prescription or non-prescription medicine must be taken during school hours, the Headmaster or his designee will supervise the taking of the medicine by the student in the presence of another adult.

In accordance with Public Act 10 of 2000, the school will allow students to possess and use metered dose asthma inhalers or epinephrine auto-injector (epi-pen) or epinephrine inhaler provided written approval to possess and use these devices from the physician and parents is received by the Headmaster, along with a written emergency care plan. The Headmaster or designee will notify the student's classroom teachers.

## **Medical Guidelines**

- A signed permission/release form from the parent(s) or guardian(s) must be on file.
- A signed physician's order indicating drug name, dose and length of time for medication to be dispensed must be on file.
- To avoid errors, it is the responsibility of only one (1) school administrator or designee to supervise the taking of medication. An additional adult shall be present whenever medication is taken so that two adults witness the taking of medication. A record of date and time medication was taken and who was present should be kept and initialed. Only a licensed nurse may dispense medication without another adult present, except in an emergency that threatens the life or health of the pupil.
- All medicine should be clearly labeled with the student's name on the container. Schools should supervise only the taking of medication that has appropriate written parental approval and instructions for dispensing.
- Top priority should be given to the security of the medication.
- 2000 Public Act 10 requires as a condition to permitting the student to carry and use an inhaler or epi-pen, that the school be provided with a written emergency plan for its use prepared by a licensed physician in collaboration with the parent, updated as necessary for changing circumstances.

- Students are not permitted to carry medication on their person, such as Tylenol, Advil, or prescriptions unless, as in accordance with Public Act 10 of 2000, it is their epi-pen or inhaler.

### **Mental Health**

St. Mary's has a full-time psychologist as well as a number of clergy on staff who are available to our students and staff to promote positive mental health. Parents are encouraged to utilize these resources.

### **Information/Education**

Throughout the course of the year, often in conjunction with the Moms and Dads Club, students, staff, and parents will have opportunities to hear from health professionals on various topics related to physical and mental health. This may occur in the form of a school-wide assembly, a smaller group setting or a parent meeting.

It is our hope that, through the actions listed above, St. Mary's Prep can continue to support the development of a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activity that support student achievement.

-St. Mary's Prep-