



## Murray-LaSaine Montessori School Wellness Policy

At Murray-LaSaine Montessori, our mission is to educate the whole child. To ensure optimal development, we recognize that it is not only academics that contribute to this development.

Health and wellness are critically important as children grow, learn, and achieve.

To assist with our health and wellness goals, Murray-LaSaine Montessori School:

1. Incorporates purposeful movement and access to the outdoors as part of our daily curriculum.
2. Encourages and promotes healthy foods and snacks.
3. Promotes and encourages water as the beverage of choice and with access to water bottles and water fountains at all times.
4. Does not allow food/candy/gum to be used as rewards or incentives.
5. **Celebrates birthdays with no sweet treats.** Parents/guardians are asked to bring in fresh fruits (please keep fresh fruit in packaging to be prepared at school to prevent cross-contamination) or a non-food item to share with the class if they desire to do so. **\*\*No homemade treats/foods** are allowed as the school is unable to confirm the ingredients used. Other great ideas for [non-food celebrations for classrooms are here](#).
6. Schedules a 30-minute fresh air break per day, per class, every day.
7. Provides 45-60 minutes of PE to students weekly.
8. Promotes opportunities to participate in extracurricular sports and activities such as running club, tennis, soccer, etc.
9. Encourages staff and other adults to be role models for students by eating healthy foods and snacks and by participating in physical activity. Weekly Wellness Wednesday initiatives for the whole school, encouraging staff to wear athletic gear and incorporate extra movement opportunities during the day. When possible, Friday car line music at dismissal encourages dancing and fun.
10. Works closely with the food services department to limit the amount of 'junk' food sold and marketed to our students.