

St. Joseph School Wellness Policy



Revised Fall 2018

Philosophy—St. Joseph School is committed to providing a healthy school and community environment that enhances student learning and the development of lifelong wellness practices. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model eating and physical activity as a valuable part of daily life. St. Joseph School shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff.

Beliefs—St. Joseph School’s wellness policy is based on the following beliefs:

- St. Joseph School fosters a learning environment that encourages students to maintain lifelong healthy eating habits, and physical, social and emotional health.
- There is an evidence-based link between healthy lifestyles and improved student attendance and educational outcomes.
- Nutrition and physical activity are essential components of the educational process.

Goals—Through curriculum and community partnerships, students will learn that nutrition education and physical education are essential components of the educational process leading to lifelong habits of healthy eating and physical activity.

➤ **Physical Activity**

- St. Joseph School educates students to recognize that physical education is an essential component of the educational process and that good health fosters student achievement.
- Students participate in physical education classes on average of 100 minutes per week, as well as 100 minutes of additional recess or open gym time each week.
- St. Joseph School provides opportunities to strengthen the skills and knowledge needed to maintain a healthy lifestyle through our physical education curriculum.
- St. Joseph School provides a developmentally appropriate individual, goal-driven fitness plan to include ongoing evaluations of current personal fitness and health levels.
- Teachers provide opportunities for physical activity that can be integrated into subject areas and provide short, physical activity breaks during class.

➤ **Nutrition Education**

- Provide nutrition education that follows national and state standards and focuses on understanding the relationship between personal behavior, individual health and the impact of food choices
- Provide nutrition education that is developmentally appropriate, culturally relevant and includes participatory activities

- Our school cafeteria engages students in the displays of nutritional education materials
- Teachers incorporate nutritional information into lessons when appropriate
- **School-Based Activities**
 - St. Joseph School supports and promotes physical activities for students and families through before- and after-school activities, cocurricular athletics and physical education offerings
 - St. Joseph School works in partnership with our parish garden. Throughout the school year students help plant and harvest food from the garden. Samples of harvested food is then cleaned and served as part of our lunch program.
 - St. Joseph School engages in everyday recycling, as well as a special recycle and compost day in the spring each year.
 - St. Joseph School will support school and community partnerships that encourage physical and emotional health
- **Nutrition Promotion**
 - Students will be encouraged to develop healthy eating habits both during and after the school day.
 - St. Joseph School supports families' efforts to provide healthy food choices for children and will share information about healthy food choices available in school and suggestions for home.
 - St. Joseph School will utilize competitive pricing, signage, product placement and promotional strategies to let students know which items are healthy, such as salads and fruit, and to encourage these healthy food choices consistent with federal child nutrition guidelines.
 - St. Joseph School implemented a salad and fruit bar in the fall of 2018. Students are coached in self-selecting an appropriate serving of a fruit and vegetable each day as part of their complete lunch.
- **Nutrition Guidelines--** Federal child nutrition guidelines apply to all foods and beverages available at St. Joseph School during the school day (including reimbursable school meals) with the objectives of promoting student health and reducing childhood obesity.
 - St. Joseph School will strive to eliminate students' access to unhealthy foods on school grounds.
 - Non-food items and healthy food choices (in compliance with federal child nutrition guidelines) will be encouraged for school celebrations.
 - Caution will be exercised when offering foods and materials that may cause allergic reactions.
 - Food and beverages will not be part of student birthday recognition events.
 - A healthy snack policy (students in grades K-8 bring own snacks from home, preschool snack is provided by the school) is in place for students in Preschool-8th grade.

- Food rewards (pizza party for top fundraising class) will be used no more than once per year and will include components that comply with the Smart Snacks guidelines.
 - St. Joseph School encourages parents, staff, organizations and individuals to support a healthy school environment by following the federal child nutrition guidelines for all foods and beverages brought into schools.
 - Food will not be used as a reward or punishment for academic performance or behavior. Building administrators may allow the purchase of food or snacks for testing days based on research and recommended best practices.
 - Only food and beverages that meet the Smart Snacks in school nutrition standards will be marketed/advertised to students.
 - Per the Americans with Disabilities Act, special consideration will be given for students with an Individual Education Plan, 504 accommodation plan or with special health or dietary requirements.
- **Implementation/Compliance**—St. Joseph School administrator, school staff and those responsible for cocurricular activities will ensure that all school activities, including classroom practices, are consistent with federal child nutrition guidelines, and will communicate that to the St. Joseph School community.
- **School Wellness Committee**
- The school principal will lead the school wellness committee.
 - St. Joseph School will form and maintain a wellness committee to support the goals of the wellness policy.
 - St. Joseph School wellness committee membership will include an administrator, food service manager, physical education teacher, school nurse, a school parent, and a middle school student.
 - The committee is responsible for establishing standards for all foods and beverages available to students and staff during the school day and at school-sponsored events, when appropriate, in accordance with federal child nutrition guidelines.
 - The committee is responsible for establishing methods to monitor results of the wellness policy, and regularly compiling data reported to assess compliance with the wellness policy.
 - The committee will review the policy and report progress made by in attaining the goals of the wellness policy every three years, and will make recommendations for revisions to the wellness policy when necessary.
 - The committee will share the wellness policy with stakeholders and promote healthy living to staff, students and parents.
- **Public Involvement**
- School staff, parents, students, and all stakeholders will be updated on school wellness policy changes.

- School staff, parents, students, and all stakeholders will be notified and invited to wellness committee meetings.
- School staff, parents, students, and all stakeholders can access the wellness policy and committee meeting notes on our school website.

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