



St. Joseph Parish School Wellness Policy (Updated 10/2017)

Policy Preamble

St. Joseph Parish School is committed to the optimal development of every student. Good nutrition and regular physical activity during the school day are strongly correlated with positive student outcomes. The School believes that we need to create and support health-promoting learning environments throughout our schools, giving students the opportunity to achieve success. This policy outlines the School's approach to ensure all students practice healthy eating and physical activity behaviors throughout the school day.

Policy Leadership

To assist in the creation of a healthy school environment, the School shall establish a Wellness Assessment Team and a Wellness Committee.

The designated official for oversight of the Wellness Policy is Chris Magee, Principal. The official shall convene the Wellness Assessment Team and the Wellness Committee and lead the review, updating, and assessment of the policy.

A Wellness Assessment Team comprised of Principal, Food Service Manager, Classroom Teachers and Physical Education teachers shall meet every other year to conduct the assessment of the Wellness Policy.

The School shall invite a diverse group of stakeholders to be part of the Wellness Committee including members of the Assessment Team, Parents and Community Members. The Wellness Committee will meet once a year to review the Wellness Policy, how it is being implemented and discuss updates to the policy and programs.

The Wellness Policy and implementation and progress report will be available to the stakeholders and community via newsletter and website.

Nutrition Standards for All Foods

The School is committed to serving healthy meals to our students. The school meal program aims to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Standards and Guidelines for School Meals

The School is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/sites/default/files/dietaryspecs.pdf).
- The school participates in the USDA National School Lunch Program and meets all nutritional requirements and exceeds standards by committing to serve at least two fresh fruits per week and one fresh vegetable.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students all day and during meal times with water fountain, cups and water jug or personal water bottle.
- Lunch shall follow the recess period for Kindergarten through Second grade to better support learning and healthy eating.
- Students are encouraged to wash hands before entering cafeteria.
- Students will be allowed 15- 20 minutes to eat lunch after receiving their meal.
- Withholding food as a punishment shall be strictly prohibited.
- All school nutrition staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

In addition, the school's nutrition services shall notify parents of the availability of the lunch program and shall be encouraged to determine eligibility for reduced or free meals.

Foods and Beverages Sold Outside of the School Meals Program

- All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.

- The school allows up to two exempt fundraisers per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

Marketing

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

Foods Provided but Not Sold

- The school encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.
- The School will provide a list of healthy party ideas and snacks to parents and teachers including non-food celebration ideas.
- Food and beverages will not be used as a reward or incentive, or withheld as punishment for any reason, such as for performance or behavior.
- Only pop containing no caffeine may be served on rare occasions.

Nutrition Education

The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the School. The School aims to teach, model, encourage, and support healthy eating by providing nutrition education.

- Nutrition curriculum shall be offered as part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote health. Curriculum will place an emphasis on: Promotion of adequate nutrient intake, healthy food preparation techniques, food safety, and healthy eating practices based on the Dietary Guidelines for Americans and MyPlate; Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information; and Media literacy and the problems associated with food marketing to children.
- Nutrition education shall follow the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition.
- Nutrition education shall be offered in the cafeteria as well as the classroom, with coordination between the food service staff and teachers.
- Nutrition education shall be provided to families via handouts, newsletters and postings on the web-site.

Nutrition Promotion

Our School is committed to providing an environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout the school, classrooms, cafeteria, and school media.

- School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment.
- School nutrition services shall implement at least two Smarter Lunchroom techniques.
- School nutrition services shall purchase at least three locally grown/produced products each year as participation in Farm to School.
- School nutrition services shall allow students the opportunity to provide input on menu items and food names.

Physical Activity

Our School shall develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components: physical education, recess; classroom-based physical activity; walk to school; and out of school time activities.

- Students will be provided with age and grade appropriate opportunities to engage in physical activity.
- Outdoor recess shall be offered, weather permitting. If weather does not permit outdoor recess, students will have indoor recess.
- Teachers are discouraged from withholding recess as a punishment or a time to make up classroom learning. It should only be withheld in extreme cases.
- Recess monitors/teachers shall encourage students to be active during recess.
- Teachers shall incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible.
- Teachers will serve as role models by being physically active alongside the students whenever feasible.
- Physical activity during the school day should not be withheld as punishment.
- Opportunities to participate in physical activity shall be promoted throughout the school via newsletter and website.
- School facilities will be made available to students and community members periodically for Fun Fridays.
- Promotional or sponsored activities such as the Mile Run, Walk for Virtues, Fitness Assessment and intermittent individual participation in programs like National Walk or Bike to School Week are encouraged.
- Crossing guards are used to ensure safe crossing to school.

Physical Education

- The teacher to student ratio for physical education meets requirements.
- School has adequate equipment and facilities for physical education.
- Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions.
- All physical education classes are taught by licensed teachers who teach Physical Education.
- Physical Education staff shall receive professional development on a yearly basis.
- The physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.
- Waivers, exemptions, or substitutions for physical education classes are not granted, except by authorization or note from a doctor.
- In nutrition education classes, the school shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.

Other School Based Activities that Promote Wellness

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.

Staff Wellness

The School will encourage activities to promote healthy eating and physical activity among school staff through occasional promotional or educational materials, including:

- Free copy (1) of health newsletter/magazine for staff review.
- Exercise equipment previously purchased for individual staff members such as yoga mats continues to be encouraged for their use.

Community Engagement

The School shall work with community partners, including Public School Nurse, County Health Department, Community Education and Prescott Community Recreation to support school wellness. The School shall inform and invite parents to participate in school-sponsored activities throughout the year. The School shall actively inform families and the public about the content of and any updates to the policy through the newsletter and website.

Monitoring and Evaluation

The Wellness Assessment Team shall evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which the school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.