



Celebrating Over 55 Years of Excellence!
Saint Rocco School

Sharing the Love of the Heart of Christ!
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INTRODUCTION TO ST. ROCCO SCHOOL WELLNESS POLICY

The Administration, Faculty and Staff of St. Rocco School recognize the interconnection between health and wellness and learning. In order to maintain good health, we are committed to providing nutritious meals and snacks to our student population. We also recognize the integral part that physical activity and physical education play in maintaining a healthy mind, body and spirit. Toward these goals, St. Rocco School is a part of the National School Lunch Program. St. Rocco School has an agreement with Johnston Public Schools, whereas Johnston Public Schools agrees to provide breakfast and lunch meals through the service provider CHARTWELL. Students are then able to order/purchase/receive a healthy breakfast and/or a healthy lunch. In Café Rocco, students are able to purchase healthy snacks.

Some pertinent facts that lend themselves to the need for a School Wellness Policy are: childhood obesity has more than tripled in the last thirty years. Nationally, more than one in every three children is overweight, or at risk for becoming overweight, with rates being higher among low income families. Shockingly, our current generation of children is the first in many years to have a shorter life expectancy than their parents. Additionally the higher incidence of Anorexia and Bulimia put today's children at risk for nutritional deficiencies.

Schools are recognized as major players in combating childhood obesity because of the significant amount of time children spend in school. At school children are exposed to adult role models and a variety of nutritional and physical activity practices that will shape their lifelong habits. Schools are expected to promote health and there are many opportunities to promote healthier eating and increased physical activity during the school day. Additionally, research shows that a healthy diet and regular physical activity improve academic performance and behavior.

In response to the rising trend of childhood obesity, Congress passed the Child Nutrition and WIC Reauthorization Act of 2004. This legislation mandates all districts and schools that participate in the federally funded school meals program to develop and implement a local wellness policy by the beginning of the year 2006. Policies are required to be developed locally, rather than at the state level, to allow districts to tailor them to their school settings and local needs.

Federal legislation mandates that school wellness policies address five content areas:

1. Goals for nutrition, education, physical activity and other school based activities that are designed to promote student wellness in a manner that the local educational agency deems appropriate.
2. Nutrition guidelines selected by the local educational agency, for all foods available on each campus during the school day.
3. Guidelines for reimbursable school meals, which are no less restrictive than regulations and guidelines issued by the Secretary of Agriculture.
4. A plan for implementation of the local wellness policy.
5. Community involvement, including parents, students, and school administrators.

CHRIST is the reason for this school.
~in our minds, on our lips, and always in our hearts~



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WELLNESS POLICY

ST. ROCCO SCHOOL WELLNESS POLICY

St. Rocco School recognizes is committed to providing a school environment that promotes and protects children's health, wellbeing, and ability to learn by supporting healthy eating and physical activities. Therefore, it is the policy of St. Rocco school that:

- The school will engage students, parents, teachers, food service professionals and health professionals in developing, implementing, monitoring and reviewing nutrition and physical activity policies.
- All students, PK-8 will have the opportunities, support and encouragement to be physically active on a regular basis.
- Food and beverage sold and served at school will meet nutritional recommendations of the U.S. dietary guidelines for Americans.
- Qualified child nutritional professionals will provide students with access to a variety of affordable, nutritious and appealing foods that meet the needs of the students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant surroundings and adequate time for students to eat.
- To the extent possible, St. Rocco School will participate in available Federal school meals programs.
- St. Rocco School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activities.

School Health Council

St. Rocco School has initiated a Health Council whose members include:

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|------------------------------------|-------------------|
| • School Nurse | Amelia Lato, RN |
| • Director of Non-Academic Affairs | Robin Okolowicz |
| • Physical Education Teacher | Gina Hand |
| • Science/Health Teacher | Marcia Montecalvo |
| • School Parent | Susan Mooradian |
| • Student | Jack Mooradian |
| • Food Service Worker | Marianne Menard |

Goals

The council's goals are to:

- develop, implement, monitoring and review of our policy for any necessary updates
- to plan projects on nutrition, health, and activities throughout the year
- to spread the word to students and parents to encourage ideas and suggestions for future events
- to inform students, parents and members of the community through promoting healthy nutrition and physical activity as a basis for a life-long healthy lifestyle

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be attractive and appeal to children
- be served in clean and pleasant surroundings
- meet all the minimum nutrition requirements established by local, state and federal regulations
- offer a variety of fruits and vegetables
- serve only low fat and fat free milk and equivalent non-dairy alternatives
- ensure that half of the grains served are whole grain

Meal Time Scheduling

St. Rocco School will:

- provide students with at least 20 minutes to eat after sitting down for lunch
- schedule lunches between 11:00-1PM
- schedule lunches after recess
- provide students with areas for handwashing and/or hand sanitizing before and after breakfast, lunch or snack

Sharing of Food and Beverages

We discourage the sharing of food and beverages during meals or snacks, given concerns about food allergies and dietary restrictions.

St. Rocco School is a Peanut and Tree Nut school.

- We screen lunches and snacks daily for products which contain peanuts or nuts, and also products which have been processed in a facility where peanuts or nuts are processed.
- We notify parents about products found with peanuts or nuts in their child's lunch bags
- The School Nurse orients all new parents to the school being peanut and nut free. She informs them of school policy in regards to: not sending food in for birthday parties or other special occasions, but instead to send in stickers, pencils, or other items to hand out.
- The School Nurse also prepares an Individual Health Care Plan for each child with allergies, or any other medical issue. It outlines the signs and symptoms of anaphylaxis. Teachers and other staff members are taught how to administer EpiPen to counteract the anaphylaxis
- The School Nurse also instructs students about food allergies and how they can be of help to a friend with allergies.

Physical Activity and Physical Education

- All elementary and middle school students have at least twenty minutes a day of supervised recess, preferably outdoors
- Grades PreK-5 receive Physical Education twice a week
- Grades 6-8 receive Physical Education once a week
- Middle School students (grades 6-8) have the opportunity to participate in intramural sports during their recess time

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References

Health and Wellness Division-State of Rhode Island Department of Health,
State Regulations

THRIVE- Rhode Island Coordinated School Health Program

Rhode Island Healthy Schools Coalition

Wellness Plan and Policy – Johnston Public Schools

United States Department of Agriculture Food and Nutrition Services-
School Nutrition Programs