

# ST. JOSEPH CATHOLIC SCHOOL

## WELLNESS POLICIES ON NUTRITION AND PHYSICAL ACTIVITY

### Introduction

Good nutrition and regular physical activity during the school years are vitally important for helping children grow strong, succeed in school, and establish healthy habits for a lifetime.

Not only does good health foster student attendance and education, but healthy eating habits and physical activity can also reduce obesity rates in children as well as reduce diet-related diseases and causes of death in adulthood. These diseases and causes of death include heart disease, cancer, stroke, and diabetes.

We recognize that schools alone cannot solve this nation's problem of childhood obesity and other diseases that result from a poor diet and a sedentary lifestyle. It will take the combined efforts of families, schools, communities, health providers, government agencies, the food industry and the media to resolve the problem. However, schools do have a critical role.

St. Joseph Catholic School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

## **Policy Goals**

It is the policy of St. Joseph Catholic School that:

- The school engages students, parents, teachers, health professionals, and other interested members of the community in developing, implementing, monitoring, and reviewing the school's nutrition, food safety, and physical activity policies.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- The school, in partnership with Belleville School District #118, will participate in the National School Lunch Program and provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- The school will provide education to parents on how to provide healthy meals and how to keep foods safe for children who choose to bring their lunch to school.
- The school will provide a clean, safe, and pleasant setting and adequate time for students to eat.
- The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
- All students in pre-school through the eighth grade will have opportunities, support, and encouragement to be physically active on a regular basis.

## **Guidelines for Achieving Policy Goals**

### **I. School Health Council**

The School Health Council of St. Joseph School shall include but not be limited to: the principal of the school, a school board member, a health care provider, a nutrition specialist, a teacher, a parent, and a student.

The School Principal shall implement the wellness policies and monitor the compliance of the school with the policies.

The School Health Council shall annually review and make recommendations as necessary to update the school's wellness policies.

The School Health Council shall annually review the compliance level of the school with the policies.

The School Health Council will continually work to promote wellness among the students, teachers, parents, and the entire school community.

### **II. Nutrition**

#### **A. School Meals**

St. Joseph Catholic School participates in the National School Lunch Program (NSLP) in partnership with the Belleville School District #118.

The school prevents overt identification of students who are eligible for free and reduced-price meals by providing all students who participate in the NSLP with the same lunch tickets.

School lunches comply with the USDA regulations and state policies.

Students are given a choice of entrees with total fat of 16g. or less per serving.

At least 3 choices of fruits and/or vegetables are offered daily.

Fresh fruit or vegetables are offered at least 3 days a week.

A food item containing whole grain is offered at least 3 days a week.

Low fat milk is offered daily.

Juices served at school are 100% fruit juice with no added sugar.

Desserts with more than 5 g. of fat per serving are offered no more than twice a week.

Non-caloric water is available at lunch time and throughout the day.

## **B. Lunch Schedule**

Lunch is scheduled in the middle of the day beginning at 11:15am with the pre-K through 2<sup>nd</sup> grade students eating first, followed by the 3<sup>rd</sup> and 4<sup>th</sup> grade students, followed by the 5<sup>th</sup> through 8<sup>th</sup> grade students.

Students have at least 25 minutes to eat lunch which does not include walking to/from class.

## **C. Lunch Room**

The school provides students access to hand washing and hand sanitizing before they eat meals (and snacks).

The dining area is clean, orderly, safe, and inviting.

Adequate seating is available to accommodate all students served during each meal.

Table height and chair heights are proportioned to the age of the students and students are assigned eating areas according to grade level.

Adequate supervision is provided in the dining area.

Students are permitted to converse with one another during lunch time.

Drinking fountains are adjacent to the lunch room, providing water to students at lunch.

The school discourages students from sharing their foods or beverages with one another during meal or snack times

#### **D. During the School Day**

Students are permitted to have individual water bottles in the classroom with parental consent provided the drinking of water is not disruptive to the class.

Water fountains are located within the school and are accessible to students throughout the school day.

Specific break times are scheduled for children in pre-K through 2<sup>nd</sup> grade and all children are permitted to use the restrooms and water fountains as needed.

The school prohibits the use of food and beverages as a reward or punishment.

Foods and beverages for classroom celebrations and parties will not be provided until after the last scheduled lunch time.

Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.

Parent groups are informed and encouraged to provide healthy snacks for students participating in school events, including intramural and extracurricular activities.

## **E. After School Care Program**

Snacks served in the After School Care Program will make a positive contribution to children's diets and health.

A "snack" served to students in the After School Care Program means two or more items that are served as a unit. On at least three days of the week, snacks meet the following standards:

- (1) Fat – \*Except for nuts, seeds and nut butters, not more than 35% of total calories from fat (or less than 4g. per 100 calories)
- (2) Sugar – Except for fruit (without added sugar) and milk, not more than 35% of weight from total sugar (or less than 9g. per 100 calories)

\* The school has an allergy policy that addresses food allergies, including allergies to nuts.

## **III. Nutrition Education**

Students in grades pre-K – 8 receive nutrition education that is as interactive as possible and teaches skills they need to adopt healthy eating habits.

Nutrition education may be integrated in the core curriculum.

Nutrition education emphasizes:

- (1) Proper hand washing
- (2) Importance of drinking adequate water
- (3) Making healthy food choices
- (4) Trying new foods
- (5) Feeling full and chewing food thoroughly
- (6) Serving sizes
- (7) Reading nutrition facts on labels

- (8) Relationship of food intake (energy input) and physical activity (energy output)
- (9) Healthy Body Image
- (10) Agricultural origins of common foods
- (11) Importance of meals and how meals contribute to family life
- (12) Basic food preparation skills
- (13) Basic food safety (storing, cleaning, cooking, cooling, reheating)

#### **IV. Food Safety**

The school will provide information to parents on how to safely pack their children's lunch. Information will include:

Selecting healthy foods that pack well

Food preparation

Avoiding cross-contamination

Keeping hot foods hot and cold foods cold

#### **V. Physical Activity**

The primary goals of physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activity, to maintain physical fitness, to ensure students' regular participation in physical activity, to teach students the short- and long-term benefits of a physically active and healthful lifestyle, and to help assure that children equate having fun with physical activity.

Students are given opportunities for physical activity during the school day through scheduled recess periods and scheduled PE classes.

Playground equipment is age appropriate and is routinely inspected for safety.

The After School Care Program has a daily scheduled time for physical activity.

Physical activity is not used or withheld as punishment during the regular school day; this rule does not apply to extracurricular sports teams.

Students are given opportunities to participate in intramural and extracurricular activities.

The school works with the community to create ways for students to safely walk and bike to and from school.

## **VI. Staff Wellness**

The school encourages each member of the staff (both certified and non-certified) to serve as a healthy role model for students.

The school participates in the Reta Trust Health & Wellness Program Sponsored by the Diocese of Belleville.

## **VII. Family and Community**

Families are provided with information about a wellness lifestyle.

Parents are encouraged to volunteer at school during lunch and recess times.

The school gymnasium is made available to the community before and after the school day and on weekends.

**ADDENDUM**

**2019-2020 School year**

**Members of the St. Joseph Catholic School Wellness Council are:**

**John Correll – School Principal**

**Dr. David Wathen – Pediatrician and Parent**

**Sandy Busch – P.E. Teacher**

**Sara Keeley – School Secretary**