

ST. JOHN THE EVANGELIST PARISH SCHOOL **WELLNESS POLICY**

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Good health fosters student attendance and education;

St. John the Evangelist is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. It is the policy of St. John the Evangelist to:

- All students will have opportunities at school, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Guidelines for Americans.
- Students will be provided with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- Students will be provided with adequate time to eat.
- Students will be provided with nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

TO ACHIEVE THESE POLICY GOALS:

I. SCHOOL HEALTH COUNCILS

The Principal, the Hot Lunch Director, the school Health teacher, and the Parent Educational Advisory Committee will monitor/evaluate the wellness policy.

II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED AT ST. JOHN THE EVANGELIST

SCHOOL MEALS

School lunch is available for all children regardless of income level by a licensed food service provider. Students are not identified as receiving free or reduced lunch.

School lunch consists of the following: protein, whole grains, vegetables, fruit and ½ pint of fat free chocolate or 1% white milk. Students must choose at least 3 of the options made available to them. Students are encouraged to eat the items they have chosen. A drinking fountain is available outside of lunchroom.

MEAL TIME AND SCHEDULING

Students are provided with a 20 minute time period to eat lunch. Lunch times are scheduled from 11:10-11:30am, 11:45-12:05pm.

Students are given an opportunity to wash/sanitize their hands prior to lunch.

Students who are required to brush their teeth because of special oral health needs (e.g. orthodontia or high tooth decay risk) are allowed to do so.

QUALIFIED SCHOOL FOOD SERVICE STAFF

St. John the Evangelist contracts with Taher, Inc. to provide hot lunches for our students. Taher provides us with a Serve-Safe certified food service provider on site.

SHARING OF FOODS AND BEVERAGES

St. John the Evangelist prohibits students from sharing their foods or beverages with one another during meal or snack times, due to concerns about allergies and other restrictions on some children's diets.

SNACKS

Students are allowed to bring a healthy snack from home. Snack suggestions are given to parents. Teachers will monitor snacks of students during snack time. If an unhealthy snack is brought by a student, parent contact will be made to encourage healthy alternatives. The classroom teacher will also review healthy snacks with students throughout the school year.

CELEBRATIONS

St. John the Evangelist limits celebrations that involve food to select events throughout the year. These events vary by grade level. Students are allowed to bring a treat in on their birthday for their class. Parents of students with food allergies are encouraged to provide an alternate treat for their child.

AFTER SCHOOL PROGRAM

Snacks are provided to students attending the after school program. These snacks are approved by the director and take into consideration any special dietary needs. Students are offered fat free chocolate or 1% white milk.

III. Nutrition AND PHYSICAL ACTIVITY PROMOTION

St. John the Evangelist aims to teach, encourage and support healthy eating by students. St. John the Evangelist provides nutrition education and engages in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of our science/health curriculum
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and health-enhancing nutrition practices.

In addition, St. John the Evangelist actively participates in the NFL Fuel Up to Play 60 Program. Through this program we:

- Offer nutritional lessons and healthy snack breaks created by students for our students

- Sponsor an annual Fun Run and healthy snack break

COMMUNICATION WITH PARENTS

- Parents are encouraged to send a healthy snack with their child to school.
- A monthly school lunch menu is provided to the parents.
- The Wellness Policy is published in the Parent-Student Handbook
- Throughout the school year healthy snacks will be reviewed in weekly bulletins and handbook by teachers.

IV. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

- in grades K4-4th grade students will have recess 2 times per day totaling 35 minutes
- in grades 5 - 8 students will have recess 1 time per day totaling 15 minutes
- St. John the Evangelist has a licensed physical education and health teacher who provides instruction to all students in K4-8th grade
- Teachers are encouraged to give Brain Breaks utilizing physical movement
- Our Fuel Up to Play 60 team provides nutrition and physical activity breaks periodically throughout the year
- Co-curricular activities, an athletic program and recess support the Physical Education program.

PHYSICAL ACTIVITY AND PUNISHMENT

Teachers and other school personnel will not use physical activity (e.g. running laps, pushups) as punishment

EMPLOYEE HEALTH

A healthy lifestyle is encouraged for all adults in the community. This is supported by:

- Circulating health tips and information as offered by United Healthcare
- Providing physical activity breaks as part of our faculty faith formation