

## WELLNESS POLICY

Saint John Paul II Catholic School (SJPII) promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. SJPII supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, SJPII contributes to the basic health status of students. Improved health optimizes student performance potential.

SJPII provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, belief's and habits as they relate to good nutrition and regular physical activity.

SJPII supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

SJPII follows the standards and benchmarks curriculum for Physical Education and Health required by the Diocese of St. Petersburg, Florida.

SJPII will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, SJPII will promote the availability of meals to all students; and/or use nontraditional methods for serving meals, such "grab-and-go.

SJPII developed a local wellness policy committee comprised of representatives of the board, parents, leaders in food/exercise authority and employees. The local wellness policy committee developed a plan to implement and measure the local wellness policy and monitors the effectiveness of the policy. The principal will monitor implementation and evaluate the implementation of the policy. The committee will report annually to the administration regarding the effectiveness of this policy.

## **SPECIFIC WELLNESS GOALS**

### **NUTRITION EDUCATION AND PROMOTION...**

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 not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing and school gardens;
- promotes fruit, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and physical activity;
- links with meal programs, other foods and nutrition-related community services.

### **PHYSICAL EDUCATION CLASSES...**

are weekly

- are for all students in grades EC3 to 8<sup>th</sup> grade for the entire school year;
- Is taught by a certified physical education teacher;
- includes students with disabilities, Any students with special health-care needs may be provided in alternative educational settings

### **DAILY RECESS/ACTIVITY TIME...**

- is at least 20 minutes per day at each grade level
- is outdoors
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment

## **OPTIONAL ISSUES**

### **PHYSICAL ACTIVITY OPPORTUNITIES DURING EXTENDED DAY**

Extended day care and enrichment program provide and encourage – verbally, and through the provision of space, equipment and activities – daily periods of moderate to vigorous physical activity for all participants.

### **ATHLETIC PROGRAM**

SJPII offers an extensive program for students in grades 5 to 8. Sports include golf, volleyball, basketball, flag football, tennis, cheerleading and soccer.

### **CLUBS AND ACTIVITIES**

Activity and clubs provide activities for students in grades PreK to 8 in such subjects as cheer, competition cheer and running club.

### **OTHER SCHOOL-BASED ACTIVITIES THAT ARE DESIGNED TO PROMOTE STUDENT WELLNESS**

#### **Integrating Physical Activity into Classroom Settings**

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students have opportunities for physical activity beyond the physical education class. Toward that end, SJPII will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- discourage sedentary activities, such as watching television, playing computer games, etc.;
- provide opportunities for physical activity to be incorporated into other subject lessons; and,
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

## Optional Issues

### Communication with Parents

SJPII will support parents' efforts to provide a healthy diet and daily physical activity for their children. SJPII will:

- encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;
- provide information about physical education and other school-based physical activity opportunities before, during, and after the school day;
- support parents' efforts to provide their children with opportunities to be physically active outside of school; and,
- include sharing information about physical activity and physical education through a web site, newsletter, other take-home materials, special events or physical education homework.

### Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion.

### OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Classes are provided on the importance of nutrition and its effect on learning. Also, students in grades Ec3-8th grade participate in the American Heart Association Jump Rope for Heart Challenge.

### Staff Wellness

- SJPII values the health and well-being of every staff member and implements activities and policies that support personal efforts by staff to maintain a healthy lifestyle.
- SJPII Staff Development Program provides ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.

### NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

#### School Meals

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

- be appealing and attractive to children
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state and federal law;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk; and,
- ensure that half of the served grains are whole grain.

#### SJPII

- will share information about the nutritional content of meals with parents and students. The information is made available in the cafeteria office and website.

#### Breakfast

To ensure that all children have breakfast in order to meet their nutritional needs and enhance their ability to learn, SJPII will:

- serve a healthy breakfast to all full pay, free and reduced eligible students;
- encourage parents to provide a healthy breakfast for their children through USDA posters.

### **Free and Reduced-Priced Meals**

SJPII will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, SJPII may:

- promote the availability of all meals to all students; and
- record all data in a private manner so students are not aware of who is receiving free or reduced lunches;

### **Meal Times and Scheduling**

SJPII:

- has scheduled breakfast at 7:10 a.m. – 7:45 a.m. and lunch at 11:15 a.m to 12:30 p.m.;
- club or organizational meetings or activities during mealtimes allow students to eat during such activities;
- provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

### **Qualification of Food Service Staff**

Qualified nutrition professionals will administer the meal programs. As part of SJPII's responsibility to operate a food service program, SJPII will:

- provide continuing professional development for all nutrition professionals; and,
- provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.

### **Sharing of Foods**

SPII discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about all allergies and other restrictions on some children's diets.

### **Fundraising Activities:**

To support children's health and school nutrition-education efforts, school fundraising activities will try not to involve foods or will try to use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. SJPII encourages fundraising activities that promote physical activity, such as Relay for Life and the Run-a-Thon.

### **Snacks**

Snacks served during the school day, Extended Day or enrichment programs will make a positive contribution to children's diets and health. SJPII will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations.

### **Rewards**

SJPII will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through meals) as a punishment.

### **Celebrations**

SJPII will evaluate their celebrations practices that involve food during the school day. SJPII will disseminate a list of healthy party ideas to parents and teachers.

