

Saint Joseph School

Wellness Policy

Updated: 8-2023

Nutrition and Physical Activity

Health and success in school are interrelated. St. Joseph School recognizes a duty to provide a safe and healthy environment, conducive to preventing injury, disease and conditions that may lead to illness. St. Joseph School cannot active their mission of education and faith formation unless student and staff are healthy and fit. Evidence based research strongly supports positive student academic outcomes when health and wellness strategies are utilized in the school setting.

St. Joseph School endeavors to provide a coordinated school health program consistent with the Coordinated School Health Model of the Missouri Department of Health and Senior Services. The components of our framework are:

1. A safe health enhancing school environment
2. Sequential health education curriculum
3. Sequential physical education curriculum
4. A nutrition services program
5. A school health program
6. An integrated family and community environment

Goals

The primary goals of the St. Joseph wellness program are:

1. Promote student health/fitness and increase student achievement
2. Facilitate student learning of lifelong healthy habits

Action Plan

St. Joseph School will engage students, parents, teachers, food services professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing the school-wide-nutrition and physical activity policies.

Normally, foods and beverages sold or served at school will meet the nutrition recommendations for the U.S. Dietary Guidelines for Americans.

To the maximum extent practicable, St. Joseph will participate in available federal school meal programs.

St. Joseph School will provide nutrition education and physical education to foster lifelong healthy habits and will establish linkage between school and community programs.

All students in grades K-8 will have opportunities, support and encouragement to be physically active on a regular basis.

Health and Fitness

Nutrition

Foods and beverages made available during the school day are consistent with the USDA nutrition standards and the Missouri Eat Smart guidelines. St. Joseph School offers the National School Lunch Program.

School meals will:

- Meet minimum requirements by local, state and federal statutes and regulations
- Offer a variety of fruits and vegetable
- Serve low-fat milk and nutritionally equivalent flavored or nondairy alternatives as defined by the USDA
- Be appealing and attractive to children
- Be served in a clean and pleasant setting

St. Joseph School will provide information regarding nutritional content to parents upon request. St. Joseph School will publicize a monthly menu via the school's communication system and classroom or hallway bulletin boards.

Free and Reduced-Price Meals

St. Joseph School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, student who are eligible to receive free and Reduced-price meals.

Menu Planning

Menus will be planned with input from students, parents and other school personnel, taking into account students' preferences and cultural norms. Changes to the published menu are discouraged.

Special Dietary Needs

With appropriate medical documentation, reasonable efforts will be made to modify meals for students with food allergies or other special dietary needs. Parent will incur the additional cost, which may result from such requests.

Meal Time and Scheduling

St. Joseph School:

- Will provide students with at least 20 minutes to eat lunch

- Will schedule meal periods between 11:00 am and 1:00 pm
- Will not schedule tutoring, club or organizational meeting or activities during mealtimes.
- Will provide students access to hand washing or sanitizing before they eat meals or snacks
- Will take reasonable steps to accommodate tooth brushing regimens

Sharing of Foods and Beverages

Given concerns about allergies and other restrictions on some children's diets, sharing or trading food or beverages is prohibited.

Foods and Beverages Outside the School Meal Program

- Vending Machines
- School Stores
- School Sponsored Events
- Fundraising Activities
- Classroom Snacks
- Food Brought Into School
- Celebrations
- Rewards
- Snacks

To support children's health and school nutrition-education efforts, St. Joseph School will limit activities that involve food and will emphasize the use of foods that meet appropriate nutrition and portion size standards. Parents will provide snacks during the school day or in after-school-care or enrichment programs that will make a positive contribution to children's diets and health. The school will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. A variety of nutritional and healthy snacks and drinks will be available to the public at school-sponsored events outside the school day.

Food Safety

All school food service operations and foods made available must comply with state and local food safety and sanitation regulations

Food Service Staff Members

Qualified food service personnel staff members will administer the school meal programs. All food service personnel will:

- Have adequate pre-service training
- Will regularly participate in professional development activities according to their levels of responsibility

Water

To promote hydration, free, safe, unflavored drinking water will be available to students throughout the school day.

- During meal times, water should be available where school meals are served.
- The principal will determine when students are allowed to bring and carry water bottles filled with only water.
- To ensure good hygiene and health safety standards, all water sources and containers will be maintained on a regular bases.

Nutrition Education

Classroom based nutrition education will be provided for grades K-8, as part of a sequential, comprehensive, standards-based program. The goal being, to influence students' actual eating behaviors. Curriculum will follow diocesan health curriculum guidelines.

Physical Education and Activity

Physical Education (P.E.) K-8

St. Joseph School will strive to provide all students with physical education or its equivalent for approximately 45 minutes/week for K-3 and 90 minutes/week 4-8 for the entire school year. Students will spend at least 50% of physical education class participating in moderate to vigorous physical activity. Other physical activity experiences such as recess, intramurals, interscholastic or recreational endeavors should not be compared to, or confused with PE.

Physical Activity provides students with positive experiences that will motivate them to peruse and develop active lifestyles. Therefore, withholding PE class as a consequence for negative behavior or incomplete course work is prohibited.

Incorporating Physical Activity into the Classroom

St. Joseph School supports learning using a variety of techniques and modalities. Periodic physical activity is incorporated into the classroom as part of the learning process.

Daily Recess

Students will have 20 minutes a day of supervised recess, preferable outdoors. When activities, weather conditions or events make it necessary for students to remain indoors for long periods, teachers will give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activities After School

St. Joseph School will offer extracurricular physical activity programs (i.e. Parochial Athletic League)

After-School-Care

Childcare and enrichment programs will provide and encourage moderate physical activity for all participants.

Use of School Facilities Outside of School Hours

Campus spaces and facilities will be made available to organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Monitoring and Policy Review

Monitoring

The school principal or designee will ensure compliance with established school-wide wellness policies.

- The school food service director will ensure compliance with nutrition policies within school food service areas and the most recent USDA School Meals Initiative review findings and resulting changes. S/he will report to the principal.
- The school principal or designee will complete summary report regarding compliance with physical activity wellness policies every three years.

Policy Review

St. Joseph School may establish a baseline assessment of the school's existing nutrition and physical activity environments and policies.

Assessments will be repeated every three years. The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. The school board will be apprised of the revisions and implementation of changes.