

Welfare, Health and Safety
School Wellness Policy

The purpose of the St. John the Baptist School Wellness Policy is to enable all students to acquire the knowledge and skills necessary to make healthy choices for a lifetime.

Nutrition Education

Nutrition education influences students' behaviors by enhancing their knowledge and skills to help them make healthy eating and physical activity choices. Nutrition education is integrated into the curriculum and provides opportunities for students to practice skills and learn lifelong healthy eating habits.

Students will:

- Be provided with a positive environment and appropriate knowledge regarding food.
- Receive nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors.
- Have a program of nutrition education that is a coordinated effort among food service staff, teachers and others.
- Have access to healthy food choices during school and at school functions.

Physical Activity

Students will be given the opportunities to develop the knowledge and skills for specific physical activities and to maintain physical fitness, through regular participation in physical activities. The short and long-term benefits of a physically active, healthy lifestyle will be taught.

Students will:

- Be physically active throughout the school day. They will participate in breaks between class periods and recess times every day.
- Receive instruction in Physical Education classes that covers a variety of physical activities and skills. The need for good nutrition, and the importance of healthy living will be taught and modeled.
- Have opportunities for co-curricular activities e.g., volleyball and basketball. Information about other community activities should be shared with families.
- Be encouraged to participate in physical activity by parents/guardians and other family members.

School-Based Activities

The primary goal for school-based activities is to create a total school environment that is conducive to healthy eating, encourages students to be physically active. Curriculum offerings must include nutrition education and

physical education. Components of school-based activities include:

Pleasant Eating Environment

- Students will:
 - Be provided with a clean, safe, enjoyable meal environment.
 - Have access to school meals with minimum wait time.
 - Be permitted to get water during meals and throughout the day. Drinking fountains will be available for student use.
 - Have access to hand washing or sanitizing before meals and throughout the day.

Hot Lunch Program

- Food Service Staff and others will:
 - Follow the state's school nutritional guidelines
 - Limit quantity and portions of non-nutritional food items
 - Increase the quantity and variety of nutrient-rich fresh and frozen fruits and vegetables
 - Offer a choice of 2% white and skim chocolate milk
 - Increase the amount of whole grains offered when possible
 - Prohibit fast foods and soft drinks in the cafeteria
 - Provide a pleasant eating environment for students and staff.
 - Allow a minimum of 20 minutes for students to eat lunch and socialize in the designated area.
 - Prohibit food and beverages sales that are in direct conflict with the lunch programs. Foods of minimal nutritional value will be discouraged.
 - Encourage the practice of good nutrition by reducing the sales or distribution of foods of minimal nutritional value through a plan that focuses on:
 - Reduce student access to non-nutritional foods
 - Educate students about healthy foods

Curricular-Based Food Experiences

- Staff and students will seek out good nutrition choices when food is used for instructional purposes and/or academic rewards.

Behavior Modeling

- Teachers, other school staff members and volunteers, will serve as positive models by promoting positive nutritional and physical fitness behaviors.

Classroom Parties/ Student Snacks/Birthday Treats

- Treats low in nutritional value e.g., cookies, cupcakes, etc. will be limited during classroom celebrations.
- Parents and guardians will be asked to send healthy snacks to school with their children. A list of recommended snacks will be provided to parents/guardians as part of the on-going nutritional education.

Concessions and Vending Machines

- The selection of beverages available in the vending machine will reflect our school's commitment to healthy choices.

- Concession stand patrons will have access to healthy food choices at school functions. The sale of non-nutritional food choices will be limited.

Fundraising

- Fundraising efforts will be supportive of healthy eating habits.

The principal will be responsible for ensuring that the school wellness policy is implemented.