

ST. JOHN THE BAPTIST SCHOOL

Wellness Policy

Health and Nutrition

Saint John the Baptist School Wellness Policy on Nutrition, Activity and Health Promotion

St. John the Baptist School committed to providing school environments that promote children's health, well being, and ability to learn by supporting healthy eating and physical activity.

We recognize that in order for our students to succeed within the educational processes, we must contribute to their general well being by offering opportunities for physical activity, nutrition education, and comprehensive health education and nutritionally sound meals. To this end, St. John's supports the adoption and implementation of a comprehensive wellness policy at all elementary, middle and high schools. St. John's School will work in the cooperation with parents, community service organizations and teachers to offer the children of our school community a comprehensive health program that increases their ability to succeed as a student and as an individual. It is recognized that a comprehensive school health program will improve the safety and general health of all of our entire school community and help us raise the bar in academic achievement for our students.

St. John's School comprehensive health program will incorporate the following components:

- A healthy school environment- the culture and climate that exists within a school that supports the physical, mental, emotional, social and spiritual well being and safety of all members.
- Pupil Services- Student support services, school counseling and school nursing.
- Curriculum, Instruction, and Assessment- Involves planning, implementing, and evaluating a sequential, developmentally appropriate PK-8 health curriculum that is consistent with the Ma. Department of Education Comprehensive Health Frameworks.
- Student Programs- That help address student's physical, emotional, social, and cognitive needs. These programs include extracurricular programs, peer programs, student assistance programs, and mentoring.
- Family and Community Connections- such as the various formal and informal working relationships between schools, the community, and the families that live here.

It is the policy of St. John the Baptist School that:

The school provides nutrition education and physical education designed to promote student wellness. All students in grades PK - 8 will have opportunities and encouragement to be physically active on a regular basis.

Child Nutrition Programs will comply with federal, state, and local requirements and will be accessible to all children. To the maximum extent practicable, all schools will participate in available federal school meal programs.

Regular monitoring will ensure that the school is in compliance with the federal mandates.

Guidelines for Wellness Policy Implementation

I. Nutritional Guidelines and Standards

A. School Meals

The School Food Service Program will continue to follow the USDA requirements for the Federal School Meals Program and the School Meals Initiative for Healthy Children of 1996 (Dietary Guidelines for Americans) as well as implementing the guidelines of the Child and Nutrition WIC Reauthorization Act of 2004.

B. Foods in School

Only nutritional foods and snacks will be used to celebrate holidays, birthdays or special events.

We will not use foods or beverages as direct rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

Any food experience, considered to be an integral component of the curriculum, must be reviewed and approved by the appropriate curriculum director or building principals at the elementary level and allowed only when it has been determined that other instructional tools and accommodations cannot be substituted.

II School Health Council

The school will create Wellness Council to develop, implement, review and as needed revise school nutrition and physical activities policies. The Council will consist of individuals representing the schools and community, and should include parents, food services representative, and members of the school board, school administrators, and school nurse.

III. Nutritional Quality of Foods and Beverages Sold and Served

St. John's School appreciates that a healthy diet is essential for our students to succeed in today's learning environment and that eating patterns developed in childhood can affect future adult dietary decisions. To that end, St. John's School will educate our students to recognize diets that support a healthy lifestyle and reduce the risk of illness and future chronic illness.

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

- Provide an assurance that the guidelines for reimbursable school meals shall not be less restrictive than the regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 u.s.c.1779) and section 9 (f) (1) of the Richard B. Russell National School Lunch Act (42 u.s.c. 1758) (f) (1), 1766 (a) 0, as those regulations apply to schools.

- Be appealing and attractive to children.
- Be served in clean and pleasant settings.
- Include healthy choices and age appropriate selections for food and beverages sold at fundraisers.
- Ensure profit generation will not take precedence over the nutritional needs of students. The school meals program will aim to be self-supporting; however it is important to note that the program is an essential educational support activity.
- Ensure that all students will have affordable access to a variety of nutritious foods needed to stay healthy and learn well. The school will make every effort to eliminate the social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced meals.
- Will provide students with enough time to eat and schedule meals at appropriate times.
- Provide students access to hand washing/sanitizing before and after meals and snacks.

IV. Physical Education and Physical Activity Opportunities

The physical education teacher will provide a sequential, developmentally appropriate program designed, implemented and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives.

All students in grades PK – 8 will be offered physical education.

We will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Opportunities for physical activity are provided through such programs as intramurals, extended day programs, extracurricular activities and interscholastic sports after school.

St. John's is committed to providing daily recess for students in grades K-5, recognizing the importance of recess to this age group.

V. Health Services

The school nurse will promote healthy eating for students and staff with individual and classroom education.

The school nurse shall be prepared to recognize disordered eating conditions and other nutrition related health problems in students and staff, and refer them to appropriate services.

The school nurses will screen students for height, weight and Body Mass Index as directed by the Massachusetts Department of Public Health. The data will be compiled with other relevant data to

evaluate school wellness guidelines.

VI. Health and Wellness Programs

A. Health Curriculum

The health education curriculum will include nutritional and wellness education.

B. Communication with Parents

We will support parents' efforts to provide a healthy diet and daily physical activity for their children. Monthly food service menus will be distributed and sent home with students in the elementary schools. Menus will be published on the school website www.stjohns-peabody.com

VII. Monitoring and Review

Ongoing assessment and evaluation of the implementation of the wellness policy is necessary in order to meet stated guidelines.

The Health and Wellness Committee will meet annually to review statistical information and the wellness policy.