



# Saint Joseph Catholic School Wellness Policy

At Saint Joseph Catholic School, we value student health and wellness. The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are directly linked to students' ability to achieve academically. Saint Joseph Catholic School is committed to providing an environment conducive to childrens', teachers' and staff wellness. This policy outlines Saint Joseph Catholic School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day.

## **Wellness Committee**

The Wellness Committee consists of committed school and community stakeholders including parents, students, representatives of the school food authority, the physical education teacher, the school nurse, school administrators and any other community members interested in development, implementation and annual review of the local wellness policy. The Wellness Committee will meet at least twice annually. The Wellness Committee will establish goals for and oversee development, implementation, periodic review and update of the Saint Joseph Catholic School Wellness Policy.

## **Nutrition**

Saint Joseph Catholic School will provide a clean, safe and pleasant environment during meal times allowing for adequate nutrition and hydration.

As a Sponsor of the National School Lunch and Breakfast programs, Saint Joseph Catholic School will meet the nutritional standards established by the US Dietary Guidelines for Americans (USDA) and the National School Lunch and Breakfast programs. Parents are encouraged to confidentially utilize the "free and reduced" meal programs if so qualified.

Following WV State Guidelines, students will be provided a minimum of 10 minutes for breakfast and 30 minutes for lunch.

## **Guidelines for All Foods and Beverages Available During the School Day**

Saint Joseph Catholic School shall operate and provide food service in accordance with the USDA's National School Lunch Program (NSLP) standards.

## **General Guidelines**

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- All reimbursable meals should consider children with special dietary needs and food-related allergies.
- Reimbursable meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, Saint Joseph Catholic School will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP and SFSP.

## **Food Allergies**

Families with students who have food allergies shall fill out an Allergy Form (available through the FACTS Family Student Information System Portal) at the time of enrollment and updated annually at the time of re-enrollment. All student allergies are inputted and maintained in PrimeroEdge. Parents of students who have Special Dietary Needs may fill out a Special Dietary Needs Form available from the Cafeteria Manager to ensure that special meal accommodations are made. The form must be updated annually and signed by the student's physician.

## **Standards for Food and Beverages Provided (Class Parties and Birthday Celebrations)**

Homeroom classes are permitted five times a year: Christmas, Valentine's Day, Mardi Gras, Easter (not to be held prior to Easter) and End of Year. Parties should reflect a balance between sweets, healthy snacks and nutritional food. Additionally, teachers should ensure that there are accommodations made for students with food allergies.

## **Physical Activity**

Saint Joseph Catholic School offers physical education classes to all students in grades K through 10 a minimum of twice weekly. Additionally, all students will have 30 minutes of recess daily where physical activity is encouraged.

## **Education**

Saint Joseph Catholic School incorporates nutrition and physical activity education into the curriculum to foster life-long healthy habits. Nutrition staff work in concert with the Physical Education teacher to promote the relationship between physical activity and good nutrition. Nutrition staff also promotes the American Heart Association's Healthy Heart Challenge each year.

Marketing and educational materials related to healthy diet and exercise are displayed in the cafeteria via posters and a child nutrition bulletin board. The School also celebrates National School Lunch Week, National School Breakfast Week, Nutrition Month (March) and National School Lunch Heroes Week with special activities, giveaways, marketing materials, etc.

Staff development includes appropriate training programs for school nutrition personnel according to level of responsibility. Saint Joseph Catholic School child nutrition staff will provide health information and outreach materials to school faculty and staff, parents and community members encouraging all to be healthy role models for students and others.

### **Evaluation and Measurement of the Implementation of the Wellness Policy**

Saint Joseph Catholic School's Wellness Committee will update and make modifications to the Wellness Policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued.

### **Triennial Assessment**

The Wellness Policy will be assessed at least every three years, at a minimum, by conducting an assessment. The assessment will measure the implementation of Saint Joseph Catholic School's Wellness Policy, and include:

- Compliance with the Wellness Policy
- How the Wellness Policy compares to model wellness policies, and
- Progress made in attaining the goals of the Wellness Policy

### **Informing the Public**

Saint Joseph Catholic School will ensure that the Wellness Policy and most recent triennial assessment are always available to the public. Saint Joseph Catholic School will also actively notify households (as applicable/possible) on an annual basis about any updates made to the Wellness Policy and the availability of the triennial assessment results, as well as provide information to the community about Saint Joseph Catholic School's nutrition environment.