

# WELLNESS POLICY

## St. Joseph School

### STUDENT NUTRITION AND PHYSICAL ACTIVITY

St. Joseph School promotes a healthy school by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitation learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

- 1. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.** The entire school environment, not just the classroom, shall be aligned with health school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from highfat, low nutrient foods to support school programs.
- 2. Support and promote proper dietary habits contributing to the student's 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 Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals.
- 3. Increase the amount of time students are engaged in physical activity.** A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades PreK through 8. Physical activity should include regular instructional physical education, co-curricular activities and recess. Substituting any one of these components for others is not appropriate.

# STUDENT NUTRITION PROCEDURES

## **Hot lunch program:**

The meal program will continue to follow the U.S. Government's Nutrition Standards

## **Lunchroom Climate:**

A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed

It is encouraged that the lunchroom environment be a place where students have:

Adequate space to eat and pleasant surroundings

Adequate time for meals (the American Food Service recommends at least 20 minutes for lunch from the time they are seated);

Convenient access to hand washing facilities before meals

## **Fundraising:**

All fundraising projects are encouraged to follow the School Nutrition Standards

All fundraising projects for sale and consumption within and prior to the instructional day will be expected to make every effort to follow the School Nutrition Standards when determining the items being sold

Items being sold that do not meet the School Nutrition Standards may be acceptable for student consumption within moderation (for example: limit quantity sold to an individual student)

Items being sold that do not meet the School Nutrition Standards may be acceptable when offered on an intermittent basis

## **Teacher-to-Student Incentive:**

Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the School Nutritional Standards.

## **School Nutrition Education:**

Beginning with the 2007-2008 school year, all instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of a good nutrition should be emphasized. These nutritional themes include but are not limited to:

Knowledge of food guide pyramid

Healthy heart choices

Sources and variety of foods

Guide to a healthy diet

Diet and disease

Understanding calories

Healthy snacks

Healthy diet

Food Labels

Major nutrients

Multicultural influences

Serving sizes

Proper sanitation

Identify and limit junk food

### Healthy breakfasts

The school nutrition policy reinforces nutrition education to help students practice these themes in a supportive educational environment.

## SCHOOL NUTRITION STANDARDS

St. Joseph School strongly encourages the sale and/or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, St. Joseph's has adopted the following Nutrition Standards governing the sale of food, beverages and candy.

### **Food:**

Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat.

Any given food item for sale prior to the start of the school day and throughout the instructional day will not have more than 10% of its calories derived from saturated fat.

Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol.

It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.

Encourage the consumption of nutrient dense food, i. e., whole grains, fresh fruits, and vegetables.

### **Beverages:**

Vending sales of soda or artificially sweetened drinks will not be permitted prior to the start of the school day and throughout the instructional day.

The non-vending sale of soda or artificially sweetened drinks will not be permitted prior to the start of the school day and throughout the instructional day. These drinks will be permitted at those special school events that begin after the conclusion of the instructional day.

Milk, bottled water, and 100% fruit juices may be sold at school throughout the instructional day.

**Candy:**

Vending sales of candy will not be permitted during the school day.

Non-vending sales of candy will be permitted at the conclusion of the instructional day.

Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose(dextrose), high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose) or syrup listed as one of the first two ingredients.