

**ST. JOSEPH SCHOOL
ST. JOHNS, MICHIGAN**

Wellness Policy (Revised - September, 2016)

As required by law, St. Joseph Catholic School has established the following policy. St. Joseph School is committed to creating a healthy environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

Nutrition Education

- All students shall receive nutrition education that is aligned with the *Diocese of Lansing Curriculum and State Standards*.
- Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors may be integrated into the curriculum.
- Nutrition education information shall be offered throughout the school building, including school dining areas and classrooms.
- Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
- Nutrition education posters will be displayed in the cafeteria.

Implementation of nutrition education

The School shall implement a quality nutrition education program that addresses the following:

Curriculum:

- *Has a curriculum aligned with the Michigan State Standards and Benchmarks.*
- *Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.*

Instruction and Assessment:

- *Aligns curriculum, instruction, and assessment.*
- *Builds students' confidence and competence in making healthy nutrition choices.*
- *Engages students in learning that prepares them to choose a healthy diet.*
- *Includes students of all abilities.*

Opportunity to Learn:

- *Includes students of all abilities.*
- *Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the School website, community*

and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

Nutrition Standards

- The school shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.
- The school shall encourage students to make nutritious food choices.
- The school shall consider nutrient density¹ and portion size before permitting food and beverages to be served to students utilizing the hot lunch program.

Standards Implementation

- *The school offers school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA).*
- *The school shall encourage students to make food choices based on the most current Dietary Guidelines for Americans.*
- *Food and beverages that compete with the school's policy of promoting a healthy school environment shall be discouraged.*
- *The food service program will make dietary changes which promote healthy options. These include, but are not limited to, the use of whole wheat bread and buns, multigrain pizza crust, low sodium foods and limited use of salt in food preparation.*
- *The School may encourage not using food as a reward.*
- *The School may encourage serving healthy food at school parties. Notices may be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations.*

Physical Education and Physical Activity Opportunities

- The school shall offer physical education opportunities that include the components of a quality physical education program.

¹ Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all).

http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm

- Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.
- Physical education instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.
- Every year, all students, Pre-K-6, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.
- Developmentally appropriate physical education shall be offered every year to all students of the School.
- Physical education topics may be integrated into the entire curriculum when appropriate.

Physical Education and Physical Activity Implementation

The School shall implement a quality physical education program that addresses the following:

Curriculum:

- *Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.*
- *Has a curriculum aligned with the Michigan Physical Education Content Standards and Benchmarks.*
- *Influences personal and social skill development.*

Instruction and Assessment:

- *Aligns curriculum, instruction, and assessment.*
- *Builds students' confidence and competence in physical abilities*
- *Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.*
- *Includes students of all abilities.*
- *Is taught by a certified physical education teacher trained in best practice physical education methods.*
- *Keeps all students involved in purposeful activity for a majority of the class period.*

Opportunity to Learn:

- *Builds students' confidence and competence in physical abilities.*
- *Has enough functional equipment for each student to actively participate.*
- *Includes students of all abilities.*
- *Provides facilities to implement the curriculum for the number of students served.*
- *The school will offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K*

through grade six. Recess is in addition to physical education class time and not be a substitute for physical education.

- *Our school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting.*

Other School-Based Activities Designed to Promote Student-Wellness

The School shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

Dining Environment

- *The school shall provide:*
 - *a clean, safe, enjoyable meal environment for students,*
 - *enough space and serving areas to ensure all students have access to school meals with minimum wait time,*
 - *drinking fountains throughout the school, so that students can get water at meals and throughout the day,*
 - *encouragement to maximize student participation in school meal programs, and*
 - *identity protection of students who eat free and reduced-price meals.*

Time to Eat

- *The school shall ensure:*
 - *that lunch time is scheduled as near to the middle of the school day as possible.*

Other Wellness Activities:

- *Fitness trail*
- *Stop and stretch*
- *T.E.A.M.*
- *Dental/Vision presentations*
- *Safety Training*
- *Mandatory Reporting (child abuse/neglect)*

Outside Activities:

The school may encourage participation in programs that promote activity, i.e. The Comet Crusade Run/Walk, Basketball, Volleyball and other sport activities.

The principal, along with the Wellness Committee, will report the establishment of this policy to the State of Michigan, as required, and shall be responsible, with the school staff, for oversight and implementation of the goals set forth in this document.

Approved by the St. Joseph School Wellness Committee _____

Date