

ST. JOSEPH SCHOOL WELLNESS POLICY

St. Joseph School recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive wellness program. Therefore, the school will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

St. Joseph School is committed to providing school environments that promote and protect children's health, well being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of St. Joseph School that:

- All students in grades Pre-K – Grade 8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- The school will engage students, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, the school will participate in available federal school meal programs.
- The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community.

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School Meals (Food Service)

School Lunch Program

St. Joseph School Lunch Program will operate in compliance with the Healthy, Hunger-Free Kids Act of 2010. The Act defines the parameters of all aspects of the school lunch and provides for a means to monitor the effectiveness of the program.

- Foods meet specific Federal Dietary Guidelines for fat, sodium, sugar and calorie limits
- 100% whole grains
- Increased variety and quantity of fruits and vegetables, portion sizes of these foods is not limited
- Low-fat and fat-free milk choices
- A la Carte Foods / Snacks Available for Purchase at Lunch
 - All snacks are “A-List” snacks, compiled by The John C. Stalker Institute of Food and Nutrition (JSI) to support healthy students and schools in Massachusetts.
 - All food items sold individually will have no more than 35% of its calories from fat and 10% of its calories from saturated and trans fat combined.
 - Candy will not be sold on the school grounds during the school day.
- The Food Service Director will be responsible for policy compliance within the School Lunch Program and the a la carte selections they offer.
- St. Joseph School will make readily available plain, potable water to all students during the day, at no cost to the students. Bottled water is also available for purchase throughout the school day.
- School dining areas will be clean, safe, and pleasant environments that reflect the value of the social aspect of eating.
- An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.
- All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.
- Meal times will be scheduled near the middle of the school day

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Health Services (School Nurses)

Health Services Personnel will conduct preventative health screenings or assessments to identify individual physical and other health needs.

- Screenings for vision, hearing are completed for all children K-8.

Health Services Personnel will identify health and safety concerns.

- Individualized Health Care Plans for students with chronic injuries or illness that potentially restrict activity (e.g. Asthma)

Health Services Personnel will advocate for a safe and healthy school environment.

- Collaborate with students, family, school staff and medical personnel to meet the needs of students with nutritional special needs
- Create school policies and Individualized Health Care Plans for students with special nutritional needs (e.g. diabetes, food allergies, etc.)
- Provide maximal nutritional and social opportunities in a least restrictive environment (e.g. peanut-free policies and allergy aware zones)

Physical Education and Physical Activity Opportunities

- Physical Education classes are offered to each student on a weekly basis. Weekly PE classes are 45 minutes in length.
- Students are given opportunities for physical activity through a range of after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
 - Certified physical education teacher will teach physical education classes.
 - Every effort should be made to ensure Physical Education will not be withheld as punishment or to make up classroom work.
 - Recess or other physical activity time is to be used on a limited basis for instructional make-up time
- Exemptions from Physical Education will be permitted on an individual basis, when deemed necessary by a medical professional.
- All students will have 15 min of scheduled recess time daily.
 - Recess will be preferably held outdoors, weather permitting.
 - Physical activity is encouraged during this time within a safe and supervised environment.
- All students have an opportunity to participate in extracurricular activities (clubs, sports etc.) that promote physical exercise.

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In compliance with Code of Massachusetts 225.100: General Nutrition Standards for Public Schools

All competitive foods and beverages sold or provided in public schools shall comply with the nutrition standards of 105 CMR 225.000; provided, however, that unless otherwise determined by the public school district or board of trustees, these standards shall not apply to competitive foods and beverages sold on school grounds up to 30 minutes before the beginning of the school day or 30 minutes after the end of the school day. This exception shall not apply to competitive foods sold through vending machines, which shall comply with these standards at all times.

Vending Machines: Vending machine products, considered “competitive foods”, will be of high nutritional value supportive of healthy eating and comply with the nutrition standards of 105 CMR 225.000. These foods and beverages sold in vending machines must comply with the standards at all times, 7 days a week/24 hours a day. The vending machine is not turned on during school hours.