

# **St John the Baptist School Wellness Policy**

**Kenmore, New York**

**2018-2019 School Year**

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, are described here.

## **Nutrition Education and Promotion**

- Teachers will integrate nutrition education into core curricula, including skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, and analysis of health information. etc.
- Encourage staff to be role models for healthy behavior – model eating healthy and engaging in physical activities as a valuable part of daily life.
- Promote healthy choices at school events

## **Nutrition Standards for all Food and Beverages Sold or Served on School Grounds**

All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements; Only fruits, vegetables, nuts and seeds, whole grains, low-fat dairy and combination products may be sold.

- Cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety.
- Students shall be provided with a pleasant environment with adequate space/seating to eat their food.
- Students will be provided at least 20 minutes to eat lunch after being seated.
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them;
- Menus will be provided in school classrooms, cafeteria and on the school web site.
- Participation in school meal programs will be actively promoted. Parents will be notified of the availability of the lunch food programs and will be encouraged to determine eligibility for reduced or free meals.

- Milk and bottled water (no soda or juice) will be sold with lunch.
- Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water and cups will be available in the cafeteria. Students are allowed to bring drinking water from home into the classroom.
- Maintenance will be performed on school water fountains regularly to ensure that hygiene standards are maintained.

## **Physical Activity and Education**

The St John the Baptist school provides opportunities for every student to develop the knowledge and skills to participate in regular physical activity. Below is a list of ways in which the school accomplishes this goal:

- Provide a Physical Education for each grade level.
- Use New York State Physical Education Standards along with the Diocese of Buffalo curriculum when planning classes.
- Programs shall provide adequate space and equipment and shall conform to all applicable safety procedures.
- Offer a variety of after-school team sports programs
- When possible provide after school physical activity (Girls on the Run, Race for Education, 5K run, etc.) sessions.
- Outdoor daily recess is provided, weather permitting.
- Continue to promote and develop profession development for Physical Education teachers.

## **Policy Implementation**

The Principal, Vice-Principal, Teachers and Staff shall be responsible for ensuring that we all meet our goals and policies for our wellness program. Any recommendations and changes will be addressed on an on-going basis and implemented as necessary. This policy shall be revised to reflect any changes as necessary.

Reviewed September 2018