

WELLNESS POLICY

Adopted September, 2006

Belief Statement

St. Joseph School's staff and school board are committed to providing a learning environment that supports and promotes spiritual and physical wellness, good nutrition, physical activity, and the capacity of students to develop and learn. The entire school environment is aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff strives to model Christian behavior, healthy eating, and physical activity as a valuable part of daily life.

St. Joseph School Wellness Committee developed a Wellness Policy to implement in August of 2006, in accordance with the US Congress Child Nutrition and WIC Reauthorization Act of 2004.

The SJS Wellness Committee developed the policy. This group includes:

- Jeanne Riis-Physical Education instructor
- Mary McMahon-Food Service
- Linda Burchill-Food Service
- Kathi Mueller-Parent/Community
- Eileen Herrin-School Nurse
- Dan Rounds-School Board/Community
- Sr. Jeremy Sitter-Teacher
- Darlene Braun-Administrator

The Wellness Policy addresses five key components:

- Nutrition Standards
- Nutrition Education
- Physical Activity
- Spiritual
- Other School-Based Activities

An annual review measures the success and progress in implementing this policy. The established Wellness committee verifies and maintains this annual review process.

NUTRITON STANDARDS

St. Joseph School Lunch Program:

- Operates in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and with applicable laws and regulations of the state of South Dakota. The school complies with the USDA regulations and state policies.
- Offers varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans.
- Encourages all students to participate in the lunch program and protects the identity of students who eat free and reduced lunch.
- Actively promotes healthy eating.
 1. Provides a list of recommended treats for special events in the classroom.
 2. Provides supplemental education for the classrooms.
 3. Provides education to families about healthy nutrition choices.
 4. Does not provide extra portions of food items beyond the items selected in the lunch line. Exceptions made when an unknown food is served and a partial serving is taken by the child.
 5. Encourages students to sample unknown food items.
 6. Provides healthy alternatives for students with special needs.
- Plans menus with the input of students, family members, and other school personnel and takes into account students' cultural norms and preferences.
- Accommodates students with special dietary needs.
- Schedules lunch as near the middle of the school day as possible.
- Encourages parents to join their children for lunch.

A La Carte Offerings in the Food Service Program

- Offers extra portions of fruit and milk to students in grades 3-5 and adults.

Sack Lunches

- Encourages families to prepare lunches that contain a balanced meal.
 1. Provides a list of suggested healthy sack lunch options.
 2. Prohibits pop, candy, fast-food, and peanut products from being consumed in the lunchroom.

Nutrition Education Component

Nutrition Education

- Students receive nutrition education that is integrated into all subjects and is consistent with South Dakota's Health standards for K-5. The program provides students with the knowledge and skills necessary to adopt healthy eating behaviors.
- Taught by adequately prepared staff who participate in professional development activities.
- Offers information to families to assist them in planning nutritious meals.

Physical Activity

Physical Education

- All students in grades 1-5 receive 30 minutes of physical education three times a week (90 minutes). Kindergarten students receive 30 minutes of physical education twice a week (60 minutes).
- Students spend at least 50 % of physical education class time participating in moderate to vigorous physical activity.
- The physical education curriculum demonstrates progression and sequence and is consistent with SD and/or National Physical Education standards for K-5. Accommodates students with disabilities and other limitations.
- A certified teacher teaches physical education.
- Class teacher to student ratios are equivalent to those of other subjects area classes in the school.
- The staff promotes community activity based programs.

Physical Activity across the Curriculum

- Students participate in Boost-up activities throughout the school day
- Extended periods of inactivity, one hour or more, are discouraged.

Daily Recess

- Students have at least 25 minutes a day of supervised recess, preferably outdoors, during which playground supervisors encourage students to engage in moderate to vigorous physical activity.

Physical Activity Opportunities After School

- SJS promotes community activity based programs
- Encourages students and staff to participate in an after school walk program for 30 minutes twice a week.
- Provides education to parents on the importance of physical activity.

Rewards/Incentives/Consequences

- Teachers and school personnel refrain from using or withholding opportunities for physical activity as a consequence for a student's behavior.

SPIRITUAL

Spiritual

- The staff creates a school environment which assists the students in their lifelong process of learning how to know, love, and serve the Lord.
- Religion classes, based on Catholic doctrine, are taught daily.
- Teachers integrate Catholic values and teachings throughout the school day.
- Students in grades 1-5 attend mass twice during the school week and numerous prayer services throughout the year.
- Encourages contributions to charities rather than sharing treats in the classroom.

OTHER SCHOOL-BASED ACTIVITIES

Classroom Milk Breaks

- Offers low-fat milk breaks to each student immediately after morning recess.

Classroom Snacks

- Provides a list of recommended healthy snacks to families.
- Encourages snacks to be consumed in the afternoon. However, snacks from the recommended list may be consumed before morning recess.
- Prohibits food to be provided as a reward.

Classroom Parties

- Limits the number of treats served at parties.
- Encourages low-fat treat options.
- Discourages food items given in the form of a gift-exchange.

Fundraising

- Limits the number of fund raisers which involve the sale of high-fat/calories food and/or beverages to at least 50%.
- Prohibits the use of food items as rewards.
- Encourages physical activity as a form of classroom rewards.