



## St. Josaphat Parish School Wellness Plan 2024-25

### Policy Preamble

In accordance with the Local School Wellness Policy Implementation rule under the Healthy, Hunger-Free Kids Act of 2010, St. Josaphat Parish School (hereto referred to as the District), establishes the following policy for implementation no later than August 24, 2020.

### Policy Leadership

Each school shall designate a site coordinator who shall ensure compliance with the policy. The designated official for oversight of the wellness policy is Kevin Maher. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

### Nutrition Standards for All Foods

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

#### *Standards and Guidelines for School Meals*

The District is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 ([www.fns.usda.gov/school-meals/nutrition-standards-school-meals](http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals)).
- All meals are accessible to all students.
- Withholding food as a punishment shall be strictly prohibited.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students during mealtimes.
- When drinking fountains are not present in the cafeteria, water cups/jugs are available., Students are provided at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch after being seated.
- All school campuses are “closed” meaning that students are not permitted to leave the school grounds during the school day.
- Lunch shall be scheduled following recess for elementary students.
- Lunch shall be served between 10:45am - 12:30 pm.
- Menus shall be posted on the District website and will include nutrient content.
- Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

In addition, the District’s nutrition services shall:

- Notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals.
- Allow students the opportunity to provide input on menu items.



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- Restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings.
- Explore the use of nontraditional breakfast service models (such as breakfast in the classroom) to increase breakfast participation.

### *Foods and Beverages Sold Outside of the School Meals Program*

- All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.
- All food and beverages sold to students during before and after school programs shall meet the USDA Smart Snack nutrition standards.
- No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during the school day regardless of their compliance with the USDA Smart Snacks standards.
- The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels during the school day are prohibited.
- The District allows up to two exempt fundraisers per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

### *Marketing*

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

### *Foods Provided but Not Sold*

Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior. Non-food celebrations will be promoted and a list of ideas is available to staff and family members.



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### **Nutrition Education**

The primary goal of nutrition education is to influence students' lifelong eating behaviors. As such:

- Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District.
- The District aims to teach, model, encourage, and support healthy eating by providing nutrition education.
- Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.
- Nutrition education shall be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers.
- Staff members responsible for nutrition education will regularly participate in relevant professional development.

### **Nutrition Promotion**

The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.

### **Physical Activity**

The District shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:

- Children and adolescents should participate in 60 minutes of physical activity every day.
- The District shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.
- The District shall also provide opportunities for students to participate in physical activity in addition to physical education.
- Physical activity during the school day shall not be withheld as punishment.
- Outdoor recess shall be offered weather permitting when the “feels like” temperature does not move below 0° Fahrenheit or exceed 98° Fahrenheit.
- Recess monitors/teachers shall encourage students to be active during recess.
- Schools shall provide physical activity opportunities for all students before and after school. Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and varsity sports.
- The District shall support active transport to and from school by engaging in activities such as using crossing guards.

#### *Physical Education*

- All District elementary students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.



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- All District middle school students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.
- Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions.
- All physical education classes are taught by licensed teachers who are certified to teach physical education.
- In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.

### **Other School Based Activities that Promote Wellness**

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water. Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.

#### *Staff Wellness*

The District will implement activities to promote healthy eating and physical activity among school staff, such as encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.

#### *Community Engagement*

The District shall inform and invite parents to participate in school-sponsored activities throughout the year.

### **Monitoring and Evaluation**

The District wellness policy shall be updated as needed based on evaluation results such as District changes, release of new health science information/technology, and/or issuance of new federal or state guidance.