

St John the Apostle School's Local Wellness Policy (LWP)

Committee Role and Membership

The Local Wellness Committee (hereto referred to as the LWC) will meet at least one time per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy (LWP). The designated official for oversight and to ensure compliance is Tony Arens, Principal.

Implementation, Assessment and Update:

The School will actively inform families each year of basic information about this policy, including its content, any updates to the policy and implementation status. The School will make this information available through school communications and on the website <http://www.stjohnslincoln.com/sj/index.shtm> . Annually, the School will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how they can get involved with the local wellness committee. At least once every three years, the committee will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- ☐ The extent to which the school is in compliance with the wellness policy;
- ☐ A description of the progress made in attaining the goals of the wellness policy.

The LWC will monitor school's compliance with this wellness policy and will notify families of the availability of the triennial progress report. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

References/Governance:

Healthy, Hunger Free Kids Act of 2010
USDA Local Process 2014-How to Develop, Implement, & Evaluate a Wellness Policy
USDA National School Lunch and Breakfast Program
Presidential Youth Fitness Test
Nebraska Department of Education Policy
Nebraska Department of Health and Human Services-Health Screening Policy
Diocese of Lincoln Catholic Schools' Healthy Schools Local Wellness Policy Requirements

General Statement

St John the Apostle Catholic School is committed to providing a school environment that will promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Our school will provide nutritional and physical educational programs to foster habits that promote lifelong health.

Policy Focus/Public Involvement

St John the Apostle Catholic School will engage students, parents, teachers, food/health professionals, school family leadership, school administrators, other interested community members and the public in developing, implementing, monitoring and reviewing nutrition and physical activity policies. The public can obtain this local wellness policy on the school website <http://www.stjohnslincoln.com/sj/index.shtm>.

Nutrition

School Meals

Our school is committed to serving healthy meals to children.

The school meal program aims to improve the diet and health of school children. School Meals will be prepared and served in accordance with state guidelines and the federal USDA National School Lunch to meet or exceed current nutrition requirements.

Nutritional Guidelines for Food Sold on School Campus

Good nutrition and a well-balanced diet are an important part of our bodily care.

The virtue of temperance is taught as it applies to healthy balance of food and drink.

- Students will be instructed to choose those foods and drinks which best promote a well-balanced diet.
- Students will be instructed to understand that an excess of sugars and fat in anyone's diet can result in more calories than the body can burn, and consequently the possibility of obesity and related diseases.

Selection of foods and eating patterns determine nutritional balance.

- Will provide a clean, safe, enjoyable meal environment for students.
- The School will ensure an adequate time for students to enjoy eating healthy foods with friends in school.
- Lunch time will be schedule as near the middle of the school day as possible.
- Enough space and serving area will be provided ensure all students have access to school meals with minimum wait time.
- St. John's encourages all students to participate in the school meal program and protects the identity of students who eat free and reduced priced meals.

Student Lunch Accounts

Families deposit money into their child's lunch account **before** their child takes hot lunch or milk. A notice will be sent home each week, via e-mail, when the balance is at or below \$5.00 or negative. A child will need to bring a cold lunch if their balance is a negative \$15.

Forms notifying all families of terms of eligibility for free or reduced lunch costs are sent home the first week of school. Any information provided by families is strictly confidential.

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Parents or guardians are encouraged to join students for meals and become involved in the school nutrition program. Parents and guardians are encouraged to pack nutritional food and drinks in sack lunches, to include: lean protein, fresh fruits/vegetables, whole grains, and milk/dairy products.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* Drinking water will be available where school meals are served during mealtimes.

Competitive Foods and Beverages

All foods and beverages sold at school during the school day will meet nutrition standards. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Healthy party ideas are available from the Alliance for a Healthier Generation and the USDA.

Food rewards should be avoided and if given, should be healthy. Teachers are encouraged not to use food as teaching tools when non-edible items will work, as well.

Birthdays may be recognized in many ways without involving food. Therefore, the school will move towards not allowing edible treats for birthday celebrations by students or faculty. If food is brought in, it should follow the USDA Smart Snacks in School nutrition standards. Non-edible gifts such as pencils, erasers, or stickers are preferred.

Nutrition Education and Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

Our Goal: Students and staff will choose nutritional food and drinks resulting in normal BMIs and energy levels that positively affect learning. The School will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is part of not only health education classes, but also integrated into other classroom instruction
- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and/or school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;

There are no requirements for food/beverages sold during non-school hours for example weekends and evenings. See websites <https://www.education.ne.gov/NS/forms/nslpforms/CompetitiveFoods.html> & https://www.fns.usda.gov/sites/default/files/allfoods_fundraisers.pdf for additional information. Food rewards should be avoided and if given, should be healthy. Teachers are encouraged not to use food as teaching tools when non-edible items will work, as well.

Food and Beverage Marketing in Schools

We do not have marketing in the school.

Food and beverage marketing is defined as advertising and other promotions in schools.

Physical Activity

Children and adolescents should participate in physical activity every day. Physical activity during the school day should not be withheld as punishment. If a child is consistently missing recess, a plan should be developed in conjunction with parents to address the child's needs. To the extent practicable, the school will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The school safety committee will conduct necessary inspections and repairs.

Physical Education

The school will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. All elementary students and middle school students will receive physical education throughout the school year taught by licensed teachers. Exemptions or substitutions for physical education classes are (usually) not granted. Physical tests will be conducted in select grades.

Essential Physical Activity Topics in Health Education

Health education is required in all grades. The school will include in the health education curriculum some of the following topics appropriate to the school:

- 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 ☐ Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition .
- Differences between physical activity, exercise and fitness ☐ Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity .
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety: eg. avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough: determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess

The school offers at least 20 minutes of recess on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Classroom Physical Activity Breaks

The school recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Resources and ideas are available through USDA and the Alliance for a Healthier Generation. Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities - Active Transport

The school will support active transport to and from school, such as walking or biking. Organized athletics are encouraged for Junior High students.

Staff Wellness and Health Promotion

The LWC will focus on staff wellness issues, identify and disseminate wellness resources. Our school will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors, including Professional Learning.

Community Health Promotion and Family Engagement

The School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. The school will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.