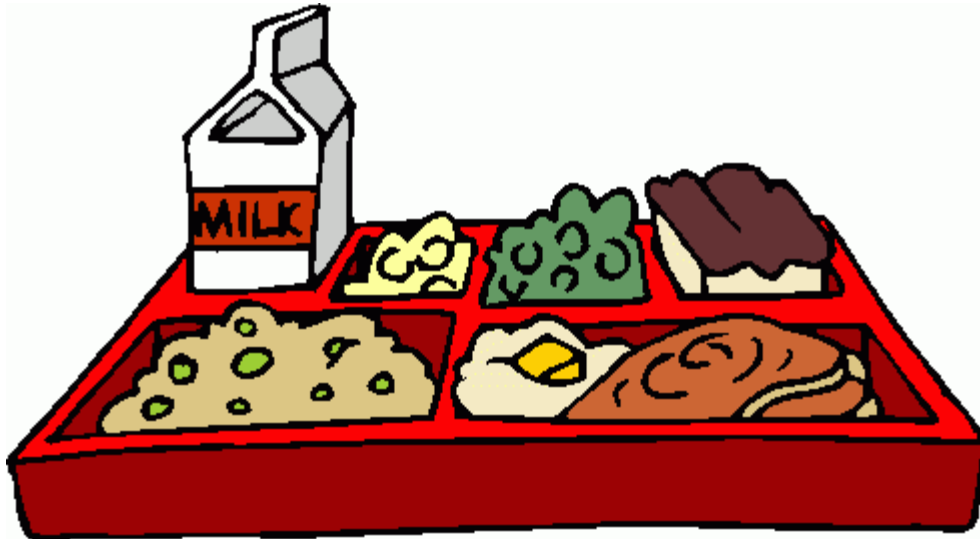


St. Joseph Catholic School Wellness Policy



St. Joseph School Mission Statement

Working with parents and using the resources of the Diocese of Madison, community, and faculty, St. Joseph School seeks to direct, facilitate, and coordinate learning with the classrooms while witnessing to the central beliefs of our Catholic faith.

St. Joseph School

Wellness Policy

Vision Statement:

St. Paul reminds us that even our most everyday actions have a sacred significance. “People who eat do so to honor the Lord and they give thanks to God. People who do not eat abstain to honor the Lord and they give thanks to God. None of us lives as one’s own master, and none of us dies as one’s own master. While we live we are responsible to the Lord, and when we die we die as his servants. Both in life and in death we are the Lord’s.” (Romans 14:6-8)

St. Joseph School must have regulations in place that support the Richard B. Russell National School Lunch Act and the Child Nutrition Act, which encourages the establishment of healthy school environments, to reduce childhood obesity, and prevent diet-related diseases. The following regulations are hereby reaffirmed or enacted. It is our hope these regulations help further the above goals and also give glory to God.

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the My Plate nutrition guide;

Thus, St. Joseph School is committed to provide 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 our policy that:

- St. Joseph School will engage students, parents, teachers, food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All students in grades 3K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition need of students; and will provide clean, safe and pleasant settings and adequate time for students to eat.
- St. Joseph 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 services.

To Achieve This Vision:

Students are highly encouraged to participate in the school lunch program. The St. Joseph School lunch director shall adhere to the National School Lunch Program rules regarding all aspects of the hot lunch program, including but not limited to their guidelines regarding the nutritional value and serving size amounts of the food served to students.

The following goals are in place in the school lunch program:

1. No fried foods are prepared: foods served that were traditionally prepared in fryers are always oven baked.
2. Lower fat varieties of milk are available, according to the National School Lunch Program regulations.
3. Only mono-saturated oils are used in cooking.
4. Fresh fruits and vegetables will be served as often as possible; given their availability and affordability.
5. Vegetables will be lightly seasoned. Salt shakers will not be put out for students. Pepper as well as other flavorings may be used also.
6. Use of processed foods will be limited to the extent possible
7. Ensure that whole grain-rich products are provided in the meal program.

Goals are in place for the school lunch program that make school lunches and snacks as nutritionally sound and healthy as possible.

Parents are our partners in the school lunch program:

1. They are asked to share any knowledge of food allergies with the hot lunch personnel as well as school personnel.
2. Parents are welcome to share their wishes regarding restricting food amounts and types to their children for reasons of healthy weight loss or gain. Some dietary needs may be required to have a signed statement from medical personnel.
3. Parents are invited to eat hot lunch with their children, with only the courtesy of a pre-call to the kitchen or school office.

**Soda and sports drinks are not to be brought to consume at lunch. Water is available at all meals.

Free and Reduced-priced Meals

Families who qualify for free and reduced meals are encouraged to participate. All information is strictly confidential. Participation has a direct benefit in funding to our school.

Field Trips

The hot lunch program will provide the opportunity for a sack lunch and milk for all field trip participants. Chaperones may order a meal and will be charged the price of an adult meal.

Meal Times and Scheduling

St. Joseph School:

1. Will strive to provide students with adequate time for meals by allowing 30 minutes for our lunch break.
2. Milk break/snack break will be completed a minimum of two hours before scheduled lunch.
3. Should not schedule tutoring, club, organizational meetings, or activities around meal times unless students are allowed to eat during these activities.
4. Special meals such as pizza parties, etc. cannot replace school lunch.
5. Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Sharing of Foods and Beverages

St. Joseph School will discourage students from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some children's diets.

Sale of Food and Beverages

All food and beverages sold to students during, before, or after school programs shall meet the USDA Smart Snack nutritional standards.

Fundraisers

St. Joseph School does not hold any fundraisers through the hot lunch program. Extra-curricular groups such as Athletic Association and Parish Education Commission will use the kitchen for different activities, but the hot lunch program is not responsible for these activities.

Healthy and Nutritious School Environment

1. The sale of all food, beverages and snacks to students during the school day shall be under the control of the principal or her designee.
2. St. Joseph School will prohibit the sales of foods and beverages of minimum nutritional value in vending machines during the school day.
3. Snacks served during the school day will make a positive contribution to children's diet and health, with an emphasis on serving fruits and vegetables as the primary snack and water as the primary beverage.
4. St. Joseph School will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

St. Joseph School will strive to limit celebrations that involve food during the school day. Parties will be scheduled after school lunch. **Parents are encouraged to provide healthy snacks for student celebrations and other events.** Suggestions for beverages/snacks include:

- 100% fruit/vegetable juice
- Bottled water, flavored water
- Canned fruit (no sugar added)
- Fresh fruit
- Fresh vegetables

- Pretzels
- Whole grain bread products (e.g. bread sticks, bagels, crackers)
- Granola bars made with unsaturated fat
- Low-fat or non-fat yogurt
- Snack mixes of cereal or dried fruit
- Raisins and other dried fruit
- Peanut butter & low-fat crackers
- String cheese
- Popcorn
- Low-fat pudding snacks

Rewards

Diocese of Madison schools will not use candy, food and/or beverages as rewards for academic performance or good behavior. Food or beverages will not be withheld as a consequence for academic performance or behavior.

The Diocese of Madison schools strive to teach, encourage and support healthy eating by students by providing nutrition education and engaging in the promotion of healthy nutrition habits. Students will receive daily physical activity. St. Joseph's School will not use physical activity (e.g. running laps, pushups) for a consequence and will not withhold all opportunities for physical activity as a consequence for academic performance or behavior.

Students with Allergies:

Given that St. Joseph School may have students with food allergies, our administration, staff, and parents will work with our lunch service provider to inform them of any allergies the students may have. Precautions will be taken to ensure that the students are not exposed to these foods.

Some students may require an epi-pen in case of an allergic reaction. The steps to be taken if a reaction occurs include:

- A school personal will get the child's epi-pen from the yellow emergency box located in the school office. (These pens are marked with the child's name and information.)
- While the epi-pen is being administered, emergency services will be called followed by informing the parents of a reaction.
- The child, along with a school official, will be transported to the specified emergency room for proper treatment.

Since the rectory building (used to house preschool and kindergarten students) may also have students who requires an epi-pen, parents will be asked to provide an additional epi-pen to be stored in a place designated by the classroom teacher.

Nutrition and Physical Activity Promotion and Food Marketing

St. Joseph School strives to teach, encourage, and support healthy eating by students by providing nutrition education and engaging in the promotion of healthy nutrition habits:

- Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Promoting healthy living in all in subjects such as math, science, language arts, etc.
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices.
- Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).

Integrating Physical Activity in the Classroom Setting

Students will receive daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. To that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activity such as watching television and video games.
- Opportunities for physical activity will be incorporated into other subjects where possible.
- Classroom teachers will provide short physical activity breaks between lessons or classes as appropriate.

Physical Education

- Physical education is offered at each grade level as part of a program to provide students with the knowledge and skills necessary to promote and protect their health.
- Instruction shall be provided at least twice a week, except days on which special activities are conducted.

Daily Recess

- All elementary students (K-6) will have at least 30 minutes a day of supervised recess, preferably outdoors, during which St. Joseph School will encourage moderate to vigorous physical activity through the provision of space and equipment.

Wellness Policy-Evaluation

- The principal shall implement and ensure compliance with the St. Joseph Wellness policy by leading the review, update, and evaluation of the policy.
- Each fall, the St. Joseph School Parish Education Commission (PEC) will review the policy to determine if any updates should be made to the policy.
- St. Joseph School will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which it is in compliance with the policy and how the policy compares to a model policy established by the U.S. Department of Agriculture.
- St. Joseph School will inform families about the St. Joseph Wellness policy by publishing the policy and any updates in the school handbook as well as on the school's website.
- The St. Joseph Wellness Plan will be shared with the families each fall during school registration as well as when new families enter our school.