



## **St. Joseph Parish School Wellness Policy**

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. St. Joseph Parish School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. These goals will help foster good health, which in turn, will promote student attendance and education. Therefore, it is the policy of St. Joseph Parish School that:

1. The school will engage students, parents/guardians, teachers, food service professionals, health professionals, and others interested in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
2. All students in grades K3-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
3. Foods and beverages served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
4. Quality school meals with an emphasis on nutritious foods will be served.
5. SJPS will provide a clean, safe, and pleasant setting and adequate time for students to eat.

To achieve these policy goals, St. Joseph Parish School will:

1. Teach, encourage, and support healthy eating by students.
2. Utilize science and health classes to promote healthy living.
3. Introduce new fruits and vegetables to the students on a regular basis.
4. Promote fruits, vegetables, whole grain products, and low-fat and fat-free dairy products; healthy food preparation methods, and health enhancing nutrition practices.
5. Link with a lunch program, other school food, and nutrition-related community services.
6. Feature an allergy-protected table in the lunchroom and allergy-protected classrooms and Extended Care rooms as needed to ensure safety of all students.

### **Food & Beverages at St. Joseph Parish School**

1. SJPS will encourage parents/guardians to send healthy foods as snacks for the school day; snacks should make a positive contribution to the student's diet and health, with an emphasis on serving fruits and vegetables as the primary snack and water as the primary beverage.
2. Classroom celebrations will encourage healthy or nonfood choices.
3. Treats being used as a reward will be minimal.
4. Students will be given 20 minutes to eat lunch and 20 minutes of recess time for all grades each day.

## **School Meals**

SJPS is committed to serving healthy meals to school students, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams of trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutritional needs of school students within their calorie requirements. The school meal programs aim to improve the diet and health of school students, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating special dietary needs.

## **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout the school. SJPS will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

## **Hot Lunch Meal Accommodations**

If your child needs a meal accommodation, please call the school office. Meal accommodations will only be available for students who have a signed medical statement.

## **Physical Activity**

It is recommended that children participate in 60 minutes of physical activity every day. SJPS provides opportunities for physical activity each day.

## **Physical Education**

SJPS will provide students with physical education, using an age-appropriate 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.

- The physical education curriculum shall stress the importance of remaining physically active for life.
- The K4-8 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
- Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

## **Recess**

The school will offer at least 20 minutes of recess on all days during the school year, although this policy may be waived on early dismissal or late arrival days. Indoor recess will be offered when weather is not feasible for outdoor play. See Recess section for more details.

- All students in K4-5 shall be provided with 2 daily recesses of at least 15 minutes in duration. All students in 6-8 shall be provided with 1 daily recess of at least 15 minutes in duration.
- Physical activity should not be employed as a form of discipline or punishment.

## **Before & After School Activities**

SJPS will continue to offer opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The school will encourage students to be physically active before and after school by joining any one of the athletics programs offered.

## **Implementation, Assessment, & Updating at St. Joseph Parish School**

1. The lunch menu is posted on our website [www.stjosephgrafton.org](http://www.stjosephgrafton.org) monthly.
2. The Parent/Student Handbook will include the Wellness Policy.
3. Information about any changes in the lunch program, reminders, and policy statements are posted in weekly principal news notes.
4. The principal is the ultimate supervisor and will assure compliance with these policies.

The food service program shall comply with federal and state regulations pertaining to selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program. SJPS follows the guidelines for the National School Lunch Program and/or the Summer Seamless Option including usage of fruits, Vegetables, whole grains, and fat free or low-fat milk. Additionally, we follow guidelines to reduce the levels of sodium, saturated fat and trans-fat in meals, while meeting the needs of nutrition in school children within their calorie requirements.

- All foods available during the school day shall comply with the current USDA nutrition guidelines, including foods that are for classroom parties or at holiday celebrations.
- The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation it will not be through the sale of foods with minimal nutritious value.
- The food service program will be administered by a Director who is properly qualified, certified, licensed, or credentialed according to current professional standards.

## **Nutrition Promotion**

School meals are provided through Grafton public school district. The Grafton Public School District nutrition services shall use the smarter lunchroom self-assessment scorecard to determine ways to improve the school meals environment.

- Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the state. **\*\*and The archdiocese\*\***
- Instruction related to the standards and benchmarks for nutrition education shall be provided by qualified teachers.
- Nutrition education standards and benchmark shall be age-appropriate and culturally relevant.
- The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at meal time.
- Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age appropriate.

## Public Notice

The principal shall be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the principal shall include information in the Parent Student Handbook, and post the wellness policy to the SJPS website, including the assessment of the implementation of the policy prepared by SJPS.

The principal shall require SJPS retain documentation pertaining to the development, review, evaluation, and update the policy, including:

- Copy of the current policy
- Documentation pertaining to the most recent assessment of implementation of wellness initiatives identified in the policy
- Documentation of efforts to publicize the policy

## DPI Nondiscrimination Statement

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- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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