

St. John the Evangelist School
“This institution is an equal opportunity provider”

Wellness Policy

St. John School recognizes that it is essential to educate the whole child, spiritually, academically, physically, socially, and emotionally. Similarly, wellness education must be multi-dimensional and encompass all the same areas to promote ultimate health. St. John School aids this emphasis on total wellness by embracing the reverence for life, self-respect, and respect for others.

Nutrition Education

The primary goal of nutrition education is to positively impact eating behaviors.

Wellness objectives concerning nutrition are supported through the Diocesan Health Course of Study grade-level indicators relating to diet, nutrition, and exercise.

<https://d2y1pz2y630308.cloudfront.net/18267/documents/2018/9/Health%20Course%20of%20Study%202015.pdf>

Additionally, similar grade-level indicators are included in the Science Course of Study.

<https://d2y1pz2y630308.cloudfront.net/18267/documents/2019/7/2019%20Science%20Course%20of%20Study%20Final1-%20K-8-1.pdf>

Nutrition guidelines, Smart Snacks, My Plate, charts, suggestions for healthy food choices, and other messages that support wise food choices will be displayed in and near the cafeteria as well as in classrooms during the nutrition unit of instruction. Fresh fruit and vegetable are on display first in the cafeteria to promote and encourage students to make healthy choices.

Students are encouraged to get at least ten hours of sleep per night. Through Religion and Health classes, students are taught how to make wise choices that will help them live healthy, happy lives. This includes, but is not limited to drug, alcohol, and tobacco awareness, nutrition education and safety education.

Our healthful school food atmosphere allocates and fosters the school community (school staff, families, children, etc.) to make food selections that are consistent with healthier diets and enhanced wellbeing.

St. John School prohibits the use of any food or beverage to be used as an incentive or reward and shall not be used in classrooms to encourage student achievement or desired behavior. Only exceptions are if it is part of an IAP or IEP.

Field trips to local farms and environmental areas are used as teaching tools to educate students on produce, agriculture and physical activity. It is at this time; we encourage family involvement to help educate and increase awareness of nutrition and physical activity.

Our policy encourages healthy eating and physical activity to encourage healthy living and to fight child obesity. Families who wish to provide special occasion treats are encouraged to bring healthy snacks only and to follow Smart Snack guidelines. Food containing high fat, sugar, and salt content are discouraged. St. John School will control all food and beverages served during classroom activities. We will try to encourage celebrating with activities and not with food.

Measures for selecting educational resources will include a review of any advertised matter. Contents will be examined for unhealthy foods in written or illustration form. The educational resources with least amount of these undesirables will be given top selection.

Snacks

St. John School prohibits the sale, advertising, marketing and fundraising (in any form) of unhealthy snack food and beverages on the school property. Any food and beverage sold to students at schools during the school day (the school day is defined as the midnight before to 30 minutes after the end of the school day), including those foods provided as part of the school meal programs need to meet the Smart Snacks Standards. No exemptions allowed.

Snack breaks, including during school and any before and after school programs, will be scheduled as necessary to maintain energy levels. Snacks served at these times will follow the CACFP and Smart Snack Standards. (However, St. John School does not provide and before and after care services)

Smart Snacks Standards are a Federal requirement for all foods and beverages sold outside the National School Lunch Program and School Breakfast Program.

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or

Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or

Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and

The food must meet the nutrient standards for calories, sodium, sugar, and fats:

For more information on Smart Snacks go to:

<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

Cafeteria

All meals served through St. John School food service program, comply with all the rules of the National School Lunch Program standards for meal patterns, nutrient levels and calorie requirements for the ages and grade levels served at our school. We only sell reimbursable meals and milk to our students. We do not sell a la cart, nor do we have vending machines. Standards for the National School Lunch program can be found at: <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

Because we are a small school, lack of interest and tight bus schedules, St. John school does not offer meals for Breakfast. However, any student, that demonstrates they need breakfast, they will be fed, at no cost to them. Items provided will follow the rules and regulation of the National School Lunch Program.

The St. John School cafeteria serves healthy and balanced lunches. Monthly menus and nutritional goals as established by USDA are followed by the food service. Our goal is to improve the quality of meals at school & to encourage healthy eating habits generally through education. We encourage students to give their input for new food items and to try new items. We invite speakers from our health department and community to speak on topics of healthy eating.

St. John students are separated into two groups (by grades) and each group is allotted thirty minutes of lunch time. Each group is small which allows more than twenty minutes of actual eating time.

St. John's cafeteria is cashless. Our school has implemented a process to protect student's privacy. The school uses a check off sheet to identify purchases made daily. No identifying purchase status is used in this process.

St. John's school cafeteria will send out lunch balances at the end of each quarter of school. After the second quarter, students with negative balances will receive a balance letter at the end of each month. We will also send out free and reduced paperwork with these balances for anyone who might need help. Students with unpaid balances will receive the same service from the school lunch program as a student with a paid balance. The school will never approach a student about a negative balance in their lunch account. All finance issues will be handled between the parents/guardians and the school lunch director.

St. John School participates in the federal lunch program providing free and reduced lunches to families with income eligibility requirements. Applications for free/reduced priced meals are sent home to all families at the beginning of the school year and are available all year long. Income eligibility requirements are done on a non-discriminatory basis and eligibility is monitored through random verification process.

*Students are encouraged to drink water during the day and milk with their lunch. **SOFT DRINKS ARE NOT SERVED TO STUDENTS AND SHOULD NOT BE SENT INTO SCHOOL FOR LUNCH.***

Reviewed: August 2020

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Parents are also discouraged about bringing fast food to students as a packed lunch.

Drinking fountains are available in every building, on every level and in the cafeteria. Student are permitted to get drinks from the drinking fountain at any time during the day, including lunch.

When available the school cafeteria will include fresh locally grown fruits and vegetables.

All St. John School nutrition personnel of the National School Lunch Program and participates in the USDA's Professional Standards. Each year Food Director has at least twelve hours of continuing education/training. Our part time Cook also has at least four hours of annual continuing education/training. The education/training consists of approved training from the USDA's Professional Standards for School Nutrition Standards for their learning needs.

Physical Education:

"Catholics believe that life is a gift, and one way to enhance that gift is through physical education. Physical education is an integral part of the total educational program and contributes to the wellness of the whole child – physically, intellectually, emotionally, spiritually, and socially. It provides a continuous developmental program of physical activities that promotes fitness, critical thinking skills, self-confidence and social maturity. The objective of this Physical Education Course of Study is to promote the importance of being physically fit and for the student to understand the benefits of lifelong physical activities." <https://education.columbuscatholic.org/courses-of-study>

St. John School, physical fitness program is supported through the Diocesan Physical Education Course of Study. "The purpose of this course of study and Evaluation Instrument is to provide a continuous physical education program from kindergarten through high school. The course of study was developed at the state level by physical education specialists who integrated current research in physical education to structure both documents. The physical education teachers of St. John School should use as much of the course of study as their class times permit." <https://education.columbuscatholic.org/courses-of-study>

All St. John School students shall participate in 30 minutes of Physical Education per week. No student may be exempt from nor may they substitute other activities for the required physical education class time. Only exceptions will be due to a disability or a medical excuse.

St. John School physical education instructors are volunteers with degrees in nursing and athletic training. Due to the fact that our physical education instructors are volunteers, they will be provided with opportunities for professional development but are not required to do so.

Other Forms of Activity

Every student at St. John School and in all grade levels, will have a scheduled 30 minutes of recess times each day school is in session.

Classroom teachers are encouraged to use physical activity as incentives for academic achievement or desirable behavior. However, teachers are prohibited to use or withhold physical activity as a punishment for undesirable behavior or incomplete class work. (examples: push-ups or running laps as punishment; taking away physical education class or recess as punishment)

Students will be encouraged to participate in school and community sports programs and to be physically active outside of school. All information made known to St. John School concerning community sports programs will be made available to all St. John School students.

Also, all grades are encouraged to get 30 minutes daily of physical activity through an active recess period and an addition exercise during our physical education classes, and classroom exercise with music.

Our school does not have a Joint – Use Agreement due to lack of facilities here at St. John School. However, our county’s school district, Logan Hocking Local, does have facilities that are open to the public and would fall under the Joint-Use Agreement.

Classroom teachers provide physical activity breaks throughout the day and may include physical activity along with academic education.

Our school staff perform as role models for students and play a crucial part to a successful implementation of student wellness programs. Therefore, when feasible St. John School will offer staff wellness programs as well broad wellness resources and opportunities. This may include workshops and demonstrations on health promotion, stress management, education and resources that will enhance self-esteem, prevent injury, reduce frequent diseases, encourage healthy lifestyles and promote excellent role modeling. All staff members are encouraged to model and promote healthy physical activity and eating behaviors.

Less than one percent of our students are in walking distance from our school. Our “Safe Route to School” consist of knowing the route to and from school each student travels, providing safeguards and education to each child who walk or bikes to school and back. The Logan Hocking School District Safe Route to School Team has come up with several options to ensure the safety of children as they make

their way to school. Among the projects funded for St. John School use are new and improved sidewalks, new and improved street crossings, traffic light changes and new and additional signage.

STUDENTS:

The school has activities in which both nutrition and physical education are inherent parts of the activities. Therefore, the school must be mindful of these connections when planning activities. Whenever applicable, students could monitor wellness through activities such as monitoring their heart rate or keeping a food and/or exercise journal.

School-Based Activities:

The Religion Course of Study supports reverence for life, self-respect, and respect for others, which are foundational concepts of wellness. All school-based activities are also rooted in these Religion Course of Study concepts.

St. John School PTA fundraisers will use healthy food or non-food fundraisers.

Measurement and Evaluation:

The St. John School Wellness Policy shall be reviewed by School Administration and by the St. John School National School Lunch Program Director annually to evaluate school-wide compliance and effectiveness. The director of St. John School lunch program will review and up-date St. John School wellness policy and implementation every year by using the Wellness School Assessment Tool-Implementation. A triennial report will be posted on the school's website to report compliance and progress. <https://stjohnlogan.org/>

Based on the regular reviews St. John School Wellness Committee, St. John School Administration, NSLP Director, School Board and a parent who is a licensed dietician, will determine any revisions necessary to support wellness in the school annually or when necessary.

St. John School parent(s)/guardian(s), students, and the school community will be updated annually regarding the content and implementation of the policy through the St. John School Handbook and on the St. John School website. <https://stjohnlogan.org/>

St. John school principal will be responsible for ensuring that St. John School's Wellness Policy is implemented throughout the school.

