

St. Joseph Academy  
(SJA)

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|-----------------|-----------------------|
| Department:     | Health & Wellness     |
| Number:         | 600.2 (same as 700.1) |
| Effective Date: | 1/9/18                |
| Review Date:    | 2/16/22               |
| Revised Date:   | 1/27/20               |
| Page:           | 1 of 4                |

I. Policy:

SJA is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. SJA believes that we need to create and support health-promoting learning environments throughout our Academy giving students the opportunity to achieve success. This policy outlines SJA's approach to ensure all students practice healthy eating and physical activity behaviors throughout the day.

II. Policy Leadership:

- A. SJA shall designate a site coordinator who shall ensure compliance with the policy.
- B. SJA shall convene a Wellness Committee that meets at least two times during the school year to establish goals and oversee Academy health policies and programs, including development, implementation, and periodic review and update of this Wellness Policy.
- C. SJA shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include:
  - Administrator/Principal
  - ECEC Director
  - Classroom Teacher(s)
  - Physical Education Teacher
  - Food Service Supervisor
  - School Nurse
  - Mission & Outreach Coordinator
  - Resource Development Manager
  - Community member/parent
  - Student
  - Others as needed

III. Standards for All Foods

SJA is committed to serving healthy meals to our students. The meal programs aim to improve the diet and health of children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. SJA participates in USDA child nutrition programs, including CACFP, NSLP, SNBP, FFVP.

**Standards and Guidelines for Snacks and Meals**

SJA 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/sites/default/files/dietaryspecs.pdf](http://www.fns.usda.gov/sites/default/files/dietaryspecs.pdf)).
- 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.
- All school campuses are “closed” meaning that students are not permitted to leave the Academy grounds during the Academy Day.
- Lunch shall be served between 11am-1pm.
- Menus shall be posted on the SJA website and communication platforms like Class DoJo and Hi Mama.
- Menus shall be created/reviewed by a 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, SJA’s nutrition services shall 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 Meals Program**

- All food and beverages sold and served outside of the 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>.
- No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during Academy 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 Academy day are prohibited.
- SJA allows up to 15 exempt fundraisers 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**

SJA 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.

#### **Foods Provided but Not Sold**

- SJA encourages that foods offered on campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. All foods and beverages offered on the school campus, including those provided at celebrations, parties, or part of classroom snacks, will adhere to SJA standards as established below. Food rewards or incentives to encourage student achievement or desirable behavior will be used sparingly. (Example: Pizza Party)
- Celebrations that involve food will be limited to four per month. Non-food celebrations will be promoted and a list of ideas will be made available to staff and family members.

#### **Nutrition Education**

SJA shall provide nutrition education that helps students develop lifelong healthy eating behaviors. As such:

- SJA’s Food services staff shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment.
- SJA’s Food service staff shall review and implement at least three Smarter Lunchroom techniques at our school annually.

- Nutrition education shall be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers.
- Staff shall integrate at least one experiential nutrition education activity in all grade levels.
- Activities may include gardening, cooking demonstrations, farm and farmers' market tours etc.
- Nutrition education shall be provided to families via handouts, newsletters, postings on the website, presentations, and workshops.

#### **Nutrition Promotion**

Nutrition services shall purchase at least five locally grown/produced products each year. SJA vendors utilize locally grown products.

#### **Physical Activity**

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

- SJA shall offer 60 minutes of gross motor play in the ECEC program and at least 20 minutes of recess for K4-8th grade on all or most days during the school year (early dismissal/late arrival days are exempt).
- Outdoor recess shall be offered weather permitting. When the wind chill is zero or below, raining or snowing students will remain indoors. In the event that the school must conduct indoor recess, the indoor recess guidelines that promote physical activity for students to the extent practicable will be employed.
- Recess monitors/teachers shall encourage students to be active during recess.
- Teachers shall incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible.
- Teachers shall offer short (3-5 minute) activity breaks throughout the school day. Resources and ideas are available through [www.actionforhealthykids.org](http://www.actionforhealthykids.org).
- Opportunities to participate in physical activity shall be promoted throughout the school via School Announcements, Flyers, Electronic Newsletters, Facebook, Class DoJo and Hi Mama.
- SJA shall support active transport to and from the Academy by engaging in the following activities:
  - Promote safe routes program to students, staff, and parents via newsletters, websites, and local newspaper.
  - Crossing guards are used.
  - Crosswalks exist on streets leading to Academy.

#### **Physical Education**

- All SJA elementary students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.
- All SJA 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 80% 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. Physical education staff shall receive professional development on a yearly basis.

#### **Mental Health Awareness and Anti-Bullying**

SJA recognizes that Health and Wellness encompasses more than nutrition and physical fitness, equally important is awareness of and taking care of one's mental health. We work to ensure that we are responsive to the whole person.

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

As appropriate, SJA shall support students, staff, and parents' efforts to maintain a healthy lifestyle. As such:

- SJA supports the implementation of other programs that help create an environment that conveys consistent wellness messages in an effort to promote student well-being.
- Students shall be allowed to bring and carry throughout the day approved water bottles filled only with 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**

- A. SJA will implement activities to promote healthy eating and physical activity among school staff such as the administration of flu shots, optional participation in the Employee Lunch Program, fitness nights, etc.
- B. Annual flu shots are available to all employees at SJA - targeting October/early November.
- C. Employee Assistance Program (EAP) provided by ComPsych free to all employees and their immediate family members. Program includes 24/7 phone assistance to anyone in need of speaking with licensed professionals in the field of psychology. ComPsych also provides our employees and their immediate family members with free access to educational articles, PDFs, informational guides, and webinars to various topics related to mental health.

#### **Community Engagement**

SJA shall work with community partners, including partners like, but not limited to, Marquette Dental School and the Blood Center of WI, part of Versiti, to support health & wellness. SJA strives to offer three family-focused events supporting health promotion (e.g., health fair, nutrition/physical activity open house) each year. SJA shall inform and invite parents to participate in Academy-sponsored activities throughout the year. SJA shall provide information on how the public can participate on the wellness committee on an annual basis.

#### **Monitoring and Evaluation**

SJA wellness policy shall be updated as needed based on evaluation results, Academy changes, emersion of new health science information/technology, and/or when new federal or state guidance is issued. However, review of compliance with our Wellness Policy will be completed once every three year. The assessment will include the extent to which our Academy is in compliance with the policy and how the policy compares to the model policy as established by the U.S. Department of Agriculture.

SJA will actively inform families and the public about the content of and any updates to the policy through our social media sites and website.

Approved by: Tabia Jones

Date: 2/17/2022

President/CEO