

# **St. John the Baptist Catholic School**

## **Local Wellness Policy**

In connection with the Hot Lunch Program and its contract with the  
Wisconsin Department of Public Instruction

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## **St. John the Baptist School Vision Statement**

St. John's provides a Christ-centered education which prepares each student spiritually, intellectually, and socially to make a meaningful contribution to society. In partnership with family, Church, and community, we provide a Catholic education of the highest quality.

## **St. John the Baptist School Mission Statement**

It is our mission that St. John's students take an active role in their faith formation by respectfully participating in the Eucharist at Mass; pray as an individual, a class, and as a school; charitably complete service projects and contribute to the good of our society; and prayerful study of the Bible and the teachings of the Church.

It is our mission to commit to maintaining student-centered classrooms where children actively engage in the learning process by performing authentic assessments which reflect real-life experiences. Current curriculum and emphasis on state standards will ensure that students are well-rounded and independent learners.

It is our mission to provide St. John's students a faith-filled, meaningful education where they can excel to the best of their abilities. Each student will be respected as an individual and will be afforded the tools to be a lifelong learner, a productive member of our dynamic society, and a young adult Christian who lives with Jesus in their heart.

## **Policy Introduction**

St. John's contributes to the general health, both physically and intellectually for each student and gives them the opportunity to learn how to make healthy choices. St. John's advocates a healthy school by supporting wellness, good nutrition, and regular physical activity as part of the learning environment. St. John's desires a healthy and safe environment where students learn to make healthy nutritional and active lifestyle choices. Our school contributes to the basic health status of children by supporting and advocating good dietary habits and physical activity. Improved lifestyle and healthy choices increase student success so that no child is left behind.

Healthy nutrition and active lifestyle are connected to reducing the risk of obesity, Type II Diabetes, high blood pressure, heart disease and other chronic diseases for adults. To ensure the health and well being of all students, we will monitor the following.

## **Policy Leadership and Review**

The Pastor/ Principal shall implement and ensure compliance with the Local Wellness Policy (LWP) by leading the review, update and evaluation of the LWP.

### **St. John the Baptist Education Committee**

The LWP will be reviewed under the Education Committee of St. John the Baptist Parish.

The Education Committee is composed of the Pastor, Principal, parishioners, and school parents. The purpose of the Education Committee is to assist in the creation of a healthy school environment.

### **LWP Review Committee**

The purpose of the review committee will be to provide on ongoing and evaluation of the LWP. The review committee shall meet once a year to assess LWP compliance, review the LWP, and recommend any changes to the LWP.

The Education Committee will form a review committee for the LWP that will consist of:

- The Pastor
- The Administrator
- The School Secretary
- Classroom teacher(s)
- School Parent(s)
- Community member(s)

Other representatives encouraged to be part of the review committee include:

- Current student(s) of St. John the Baptist School
- Physical Education teacher
- Medical / Healthcare Professional(s)

### **LWP Review Committee Findings**

After the Committee has finished its review of the LWP, the results from the review - including any LWP updates - will be added to the “Hot Lunch” page of the parish/school website.

Announcements about the conclusion of the review will be communicated to the parents via email, Facebook post, and/or the school newsletter.

# **Nutrition Standards and Guidelines for** **School Meal Program**

1. St. John's will make sure that students have access to healthy food choices on school days at reasonable prices.
2. Make sure that food sales and/or parties for students are limited during school hours and will not conflict with the Hot Lunch Program.
3. Encourage proper nutrition habits that contribute to their lifestyle and academic performance. Foods that are nutrient dense per calorie are encouraged. Foods served will be of the utmost quality considering variety, appeal and taste. Service will include following all cooking and packaging guidelines. Students will learn about healthy food choices according to the United States Department of Agriculture (USDA) Food Pyramid.
4. St. John's entire school environment (beyond the classroom) will promote healthy nutritional and lifestyle choices. Students will be able to appreciate making healthy food choices and exercise regularly. Practicing these habits and teaching children to make good choices will develop into a lifelong habit towards wellness.
5. School Food Services meet the healthy choices policy to reinforce messages about healthy eating. Hot lunch food choices will promote nutritional health and encourage the development of lifelong healthy choices.
6. Train staff on the importance of encouraging the students to make healthy choices nutritionally and physically. The staff's education and encouragement will promote a healthy environment.
7. Educate family members and the community in supporting and encouraging the children in making healthy choices - nutritionally and physically.
8. Ensure the effectiveness of St. John's Healthy Choices program goals, staff will regulate and adapt the program as needed to increase its effectiveness.
9. Physical Education Curriculum teaches the students the importance of physical activities that will last into adulthood. This wide-range of activities will introduce students to skills and activities that will last a lifetime.
10. Students will receive instruction in the five health-related components of fitness, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition (proper diet and making healthy choices).

# **Nutrition Guidelines**

## **Nutrition Standards for All Foods Sold**

St. John's is committed to serving healthy meals to our students. The school meal program aims to improve the diet and health of school children and model healthy eating habits while accommodating cultural food preferences and special dietary needs.

## **Foods and Beverages Sold Outside of School Meals**

All food and beverages sold outside of the school meal program (competitive foods and beverages) shall meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools at a minimum (Smart Snack Rule).

## **Food Offered and/or Provided, but Not Sold**

St. John's encourages foods offered on the school 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.

## **Fundraising**

St. John's is allowed up to two exempt fundraisers per organization per year, all other fundraisers sold during the school day will meet Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

## **Marketing**

Schools 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. Marketing includes:

- brand names, trademarks, logos, or tags; except when placed on a food or beverage product/container or display such as vending machine exteriors
- corporate/brand names, logos, trademarks on cups, posters, school supplies, educational materials, food service equipment, and school equipment
- advertisements in school publications/mailings
- sponsorship of school activities, fundraisers, or sports teams
- educational incentive programs such as contests or programs
- free samples or coupons displaying advertising of a product.

## **Nutrition Standards for All Foods Offered / Provided**

All meals meet or exceed current nutrition requirements established under the Healthy, Hunger Free Kids Act 2010.

## **Nutrition Promotion**

St. John's is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias and school media.

## **School Meal Participation**

St. John's shall notify parents of availability of the lunch program, the costs involved and shall be encouraged to determine eligibility for free and reduced meals. This information will be shared in the school handbook included in each student's First Day folder at the beginning of the school year, in school newsletters, and on the Hot Lunch page of the parish/school website.

## **Nutrition Education**

St. John's shall provide nutrition education that helps students develop lifelong healthy eating habits.

## **Physical Activity**

St. John the Baptist School shall provide students with age and grade appropriate opportunities to engage in physical activity.

## **Physical Education**

- St. John's elementary students (Preschool - Grade 4) shall receive at least sixty minutes of physical education per week throughout the school year.
- St. John's middle school students (Grades 5 - 8) shall receive at least ninety minutes of physical education per week throughout the school year.

## **Other School Based Activities that Support Wellness**

As appropriate, St. John the Baptist School shall support students, staff and parents' effort to maintain a healthy lifestyle.

### **Staff Wellness**

Encouragement of staff members to set medical appointments and set a healthy lifestyle.

### **Community Engagement**

St. John's shall inform and invite parents to participate in school sponsored activities throughout the year.

## **Monitoring and Evaluation**

St. John's shall notify school staff, students, and families of the availability of the LWP via emails, newsletters, and postings on the parish/school Facebook page and website. A PDF of the report will be made available on the "Hot Lunch" page of the parish/school website.

<b>Created</b>	July 2011
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<b>Last Review Completed By</b>	St. John the Baptist Education Committee
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