

## WELLNESS POLICY

### ST. JOHN THE BAPTIST SCHOOL

#### I. Goals for Nutritional Education

- A. Nutritional education at St. John the Baptist School will include those topics taught as directed in the diocesan curriculum:
  - 1. Nutrition is essential for health.
  - 2. Good nutrition and a well-balanced diet are an important part of bodily care.
  - 3. Selection of foods and eating patterns determine nutritional balance.
- B. The cafeteria shall display posters of other communications suitable to the ages of students served that promote healthy nutrition choices.

#### II. Goals for Physical Activity

Physical activity and other school-based activities designed to promote student wellness will be directed but not limited to the following curricular goals:

- 1. Exercises and sports are beneficial for sociability and physical health, for recreation, and teamwork.
- 2. Participation in physical exercises and activity should be age and gender appropriate and habitual.
- 3. Physical work and/or exercise is important to the maintenance and improvement of health.
- 4. Physical handicaps do not diminish the worth of people.
- 5. Middle school students will have the opportunity for physical activity during their lunch period. They will also have 45 minutes of PE once a week.
- 6. Elementary students will have the opportunity for daily recess. Weather and other conditions permitting, recess will be outdoors. Students who are idle during recess are to be encouraged by supervising staff to engage in physical activity. Daily minimums are as follows: Grades K-3: 30 minutes plus 30 minutes of PE once a week; Grades 4-5: 20 minutes plus 45 minutes of PE once a week.

#### III. Nutritional Guidelines for Food Sold on School Campus

- A. Good nutrition and a well-balanced diet are an important part of our bodily care.
  - 1. The virtue of Temperance is taught as it applies to a healthy balance of food and drink.
  - 2. Students will be instructed to choose those foods and drinks which best promote a well-balanced diet.
  - 3. Students will be instructed to understand that an excess of sugars and fat in one's diet can result in more calories than the body can burn, and consequently, the possibility of obesity and related diseases.
- B. No foods in competition with the school lunch program shall be sold or otherwise made available to students anywhere on school premises during the period of on-half hour prior to the serving period for lunch and lasting until one-half hour after the serving of lunch.
- C. Student clubs are encouraged to not sell foods of minimal nutritional value as part of fund-raising efforts.
- D. Parents are to be encouraged to bring healthy foods for classroom celebrations.

IV. Goals in the School Meals Program

- A. Guidelines for reimbursable school meals in the Diocese of Lincoln shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to Subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and Section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766 (a)0.
- B. The Diocese of Lincoln assures that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.
- C. Lunch periods will be scheduled at times when students are in need of nutrition (e.g., in the middle of their school day). Students will be provided adequate time to eat. In general, students will have at least 15 minutes to eat lunch.
- D. Efforts shall be made to have a clean, orderly environment, pleasant food services staff, adequate seating, enforcement of student conduct rules and adequate supervision.

V. Goals for Measurement and Evaluation

- A. The Presidential Physical Fitness Test for appropriate grade levels will be applied as a means for measuring the implementation of the wellness policy for the diocese of Lincoln.
  - 1. The Physical Education Teacher will ensure the implementation of the President's Physical Fitness Standards and Practices testing to all 4<sup>th</sup> through 8<sup>th</sup> grade students. Introduction to the President's Physical Fitness Standards and Practices will be introduced to K through 3<sup>rd</sup> grade students.
  - 2. The local principal will insure that the Presidential Fitness Test has been administered.
- B. The local school advisory board shall review the Wellness Policy annually, and, if necessary, make recommendations for revision to the local superintendent. The superintendent, after recommendation from the school advisory board, shall authorize the principal to implement the policy for the up-coming school year.