

St. James School

Wellness Policy

SAINT JAMES SCHOOL IS COMMITTED TO PROVIDING AN ENVIRONMENT THAT ENHANCES LEARNING AND DEVELOPMENT OF LIFELONG WELLNESS PRACTICES.

I. Goals for the St. James Wellness Policy

A. Nutritional Education

1. Saint James School will implement the health objectives relating to diet, nutrition, and exercise as stated in the Archdiocesan Graded Course of Study for Science and Health in grades K-4 (2016) & 5-8 (2015).
2. Programs relating to proper nutrition, tobacco education, and drug/alcohol education will also be presented to the seventh and eighth grade students as an extension of their basic curriculum.
3. Appropriate materials, reminders, and programs will be prepared and presented to parents regarding healthy lifestyle choices including; proper nutrition, appropriate in-school snacks and lunches, and encouragement of each child to eat a healthy breakfast each morning.
4. Nutrition guidelines, MyPlate charts, suggestions for healthy food choices, serving size, and other messages related to health and nutrition will be posted in the school cafeteria and other prominent places throughout the school building.
5. Student's amount of time in the cafeteria will be approximately twenty (20) minutes per day to allow for sufficient time to eat lunch.
6. The school lunch period will be scheduled so as to provide nourishment within a reasonable time frame from the start of the school day.

B. Physical Activity

1. Students will participate in the school's physical education program in Grades K-6 and required 1 Trimester in Grades 7 & 8.
2. Physical education programs will implement the objectives of the 2015 Archdiocesan Graded Course of Study for physical Education.
3. Teachers will be encouraged to integrate physical activities into the class time (stretch breaks, activities which involve movement).
4. All students will have access to recess according to the school's schedule.
5. Teachers will be encouraged to administer discipline in ways other than depriving a student of recess or physical education class.
6. Students will be encouraged to participate in parish and community sports programs, and to be physically active outside of school.

C. Other school-based activities

1. The St. James School staff will maximize the use of non-food items or healthy food items for student rewards.
2. St. James School encourages teachers and parents to provide healthy snacks and to minimize sugary treats.
3. St. James School organizations are encouraged to consider healthy food and non-food fundraisers.
4. The St. James School staff will be offered training in nutrition, personal wellness and physical activities designed to enhance learning and classroom activities.

5. Hand washing equipment and supplies are available in each restroom; waterless sanitizing soap dispensers will be available in each classroom and the cafeteria.
6. Fully operational and clean drinking fountains will be available throughout the school.
7. Designated areas are provided and monitored within the cafeteria for students with special dietary needs.
8. Staff will be encouraged to obtain annual physical wellness screening via their primary provider in order to track their personal wellness.
9. The St. James School staff will receive food allergy management training as well as be offered CPR/First Aid certification to increase the safety of the St. James Community.

D. Nutritional guidelines for all foods available in school during the school day.

1. The school lunch program will follow the nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services.
2. St. James School will evaluate the nutritional value of the food and beverages sold during the school day.
3. There will be appropriate restrictions on students' access to the sale of other food and beverages.

E. Guidelines for reimbursable school meals.

1. St. James School will continue to follow state and federal guidelines and procedures for reimbursement for the school lunch program.

- F. Plan for measuring the implementation of the St. James School Wellness Policy.
1. St. James School administration will appoint a Wellness Committee consisting of the physical education teacher, school nurse and faculty members, with consulting available through the school administration and food service staff to implement and monitor the School Wellness Policy.
 2. The St. James School Wellness Committee will meet a minimum of 3 times per year to implement and monitor the School Wellness Policy and make periodic reports to the School Administration.