



**St. JOSEPH**  
CATHOLIC SCHOOL

P.O. Box 6  
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Stratford, WI 54484  
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## **St. Joseph School Wellness Policy**

St. Joseph School is committed to the optimal development of every student. St. Joseph School believes students should have the opportunity to achieve personal, academic, developmental, spiritual and social success; we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines St. Joseph School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

### **School Meals**

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. St. Joseph School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP). St. Joseph School is committed to offering school meals through the NSLP.

- All school meals are accessible to all students.
- St. Joseph School offers reimbursable school meals that meet USDA nutrition standards.
- Drinking water will be available to all students throughout the school day, including during mealtimes.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Lunch will be followed by a recess period.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

### **Other food available at school**

- St. Joseph School doesn't sell any foods and beverages outside of the school meal programs (i.e., "competitive" foods and beverages).
- All foods offered at St. Joseph School will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal, but shall not exceed more than one exemption per class.
  - ✓ St. Joseph School will provide a list of healthy party ideas and snacks to parents and teachers.
  - ✓ St. Joseph School will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
  - ✓ St. Joseph School will provide teachers and other relevant school staff a list of alternative ways to reward children.
- Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold.

### **Nutrition Promotion**

Students and staff will receive consistent nutrition messages throughout the school, classroom, and the cafeteria. St. Joseph School will promote healthy food and beverage choices for all students throughout the school, as well as encourage participation in school meal programs.

- St. Joseph School will implement at least one of the following four Farm to School activities:
  - ✓ Local and/or regional products are incorporated into the school meal program.
  - ✓ School hosts field trips to local farms.
  - ✓ School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.

### **Nutrition Education**

St. Joseph School aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits.
- Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the Wisconsin Model Academic Standards for Nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.
- St. Joseph School teaches students nutrition education using up-to-date nutrition information consistent with the Dietary Guidelines for Americans. St. Joseph School will include in the health education curriculum the following essential topics on healthy eating:
  - ✓ Food guidance from MyPlate
  - ✓ Reading and using USDA's food labels
  - ✓ Balancing food intake and physical activity
  - ✓ Food safety
  - ✓ Social influences on healthy eating, including media, family, peers, and culture

### **Physical Education**

St. Joseph School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

- St. Joseph School students will participate in physical education that meets or exceeds state standards.
  - ✓ St. Joseph School **elementary students** in each grade will receive physical education for at least 60 minutes per week throughout the school year.
  - ✓ St. Joseph School **middle school students** are required to take physical education in each grade level.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- Waivers, exemptions, or substitutions for physical education classes are not granted unless student has a Physician note.

## **Physical Activity**

Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

- Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be required or withheld** as punishment for any reason.
- All elementary schools will offer at least 20 minutes of recess on all or most days during the year.
  - ✓ Outdoor recess will be offered when weather is feasible for outdoor play.
  - ✓ Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and provide group games, led by staff.
  - ✓ In the event that St. Joseph School must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable.
- St. Joseph School recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. Activity break ideas are available through Active Schools WI.
- St. Joseph School offers opportunities within the Stratford School District (e.g., including activity clubs, open gym and sports) for students to participate in physical activity before and/or after the school day.
- St. Joseph School will support active transport to and from school, such as walking or biking.

## **Other Activities that Promote Student Wellness**

St. Joseph School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. St. Joseph School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

- St. Joseph School will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.
- When feasible, St. Joseph School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

## **Policy Monitoring/Implementation**

- St. Joseph School convene a district wellness committee that meets at least three times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness
- The wellness committee membership will represent all school levels and include, but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); school administrator, education committee members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. St. Joseph School will compile and publish information about the wellness policy and report on the progress of the school meeting wellness goals.

- St. Joseph School will actively notify households/families of the availability of the annual report through the newsletter.
- St. Joseph School wellness committee will update or modify the wellness policy based on the results of the annual progress report, of as the community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years.**