

JPII Catholic Schools Network Wellness Policy

I. Purpose

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity and to promote and encourage students to adopt lifelong healthy behaviors that can reduce the risk of chronic disease and reduce the health risks of childhood obesity.

General Statement of Purpose

- A. The JPII Catholic Schools will engage students, parents, teachers, food service professionals, health professionals, school board, and other interested community members in developing, implementing, monitoring, reviewing, and revising as needed, the JPII nutrition and physical activity wellness policies.
- B. The school environment will promote and protect students' health, wellbeing, and ability to learn by providing opportunities for healthy eating and physical activity.
- C. JPII recognizes that nutrition education and physical education are essential components of the educational process and forming lifelong healthy behaviors; and that good health fosters student attendance and education.
- D. Encourage teachers, staff, and food service personnel to promote and model healthy eating and physical activity as a valuable part of daily life through provision of and involvement in wellness activities.
- E. All students K-12 will have opportunities, support, and encouragement to be physically active to achieve daily recommended physical activity.
- F. Food and beverages sold or served during the school day will meet or exceed the nutrition recommendations of the current Dietary Guidelines for Americans (DGA) or Institute of Medicine (IOM) Standards.
- G. School meals are intended to be the main source of nutrition for students during the school day.
- H. Qualified food service personnel provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; they provide clean, safe, and pleasant settings with adequate time for students to eat.
- I. To the maximum extent practicable, all JPII schools will participate in available federal school meal programs.

II. Nutrition Education and Promotion

JPII will provide nutrition education designed to provide students and their families with the knowledge and skills necessary to promote and protect their health.

Nutrition education in all JPII schools, K-12:

- A. Is integrated into an existing or school-developed education program.
- B. Is taught by certified teachers providing skills and knowledge that is needed by students to adopt healthy eating behaviors and attitudes.
- C. Links with school meal programs, other school foods, the Coordinated School Health Program, afterschool program (as appropriate), and nutrition-related community service.

- D. Is communicated in consistent nutrition messages throughout schools, classrooms, staff lounges, and cafeterias, and promoted to parents, the community and the media.
- E. Shall be consistent in school-based marketing and health promotion; thus it shall promote healthy food/beverage choices, not allow advertising of less nutritious choices; it shall promote healthy eating and physical activity behaviors to the community.
- F. Will be offered in the school cafeteria and in the classrooms with coordination between school foodservice staff and teachers.
- G. Is integrated into health, physical education, and other classes as appropriate.
- H. Training in nutrition will be provided as able to both teachers and food service staff.

III. USDA School Meals

Foods and beverages made available by JP II schools will meet or exceed current Dietary Guidelines for Americans in accordance with nutrition and portion size standards.

JP II Nutrition Services offers affordable, nutritious and appealing meals, snacks and beverages in compliance with the most updated USDA guidelines, safety standards, and current DGAs. JP II will use the current DGAs and/or IOM standards to establish nutrition standards and provide clear guidance for all foods and beverages available everywhere on school grounds to encourage healthy choices for students. The standards will focus on increasing nutrient density, decreasing fats, sodium, and added sugars, and moderating portion size. JP II encourages the consumption of nutrient-dense foods and beverages (such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats, legumes, nuts, and seeds) whenever foods are sold or served at school.

- A. Meals served in all JP II schools through the USDA National School Lunch and Breakfast programs:
 - 1. Are appealing and attractive to children considering balance, variety, contrast, color, and eye appeal and are served in a clean, safe, enjoyable environment.
 - 2. Offer a variety of colorful fruits and vegetables.
 - 3. Serve only low fat (1%) and fat free milk; offer nutritionally-equivalent non-dairy alternatives when requested by students and/or parent/guardian. Flavored milk, if offered, is fat-free only.
 - 4. Ensure at least half of the served grains are whole grain.
 - 5. Use serving sizes that meet minimum and don't exceed maximum USDA requirements by age.
 - 6. Eliminate or continue to eliminate deep-fried foods.
 - 7. Strive to replace higher fat with lower fat items, as appropriate.
 - 8. Share calorie, fat and sodium content in meals with students, parents, and staff through the FCSN website and posting in school cafeterias.
- B. Schools will provide an environment that encourages healthy eating and food habits. JP II schools will:
 - 1. Provide professional development for food service director and employees.
 - 2. Provide access to clean, free drinking water for students during the school day.

3. Provide students access to hand washing or hand sanitizing before they eat meals and snacks
4. Operate the USDA Breakfast Program in middle/high school and inform parent(s) through newsletters, website, or handouts of the availability of the program. They will encourage parents to provide a healthy breakfast for their children to enhance their ability to learn. (See Ap: 2 Healthy Breakfast)
5. Provide students with adequate time to eat meals (20 minutes for lunch).
6. Schedule lunch for all students, midday between the hours of 10am and 2 pm.
7. Discourage tutoring, club, organizational meetings, or activities during mealtimes unless students may eat lunch during such activities.
8. Use no foods or beverages as a reward unless this practice is allowed by a student's Individualize Education Program (IEP); do not withhold food or beverages as a punishment. (See Ap: 3 Alternatives to Food as Rewards).
9. Cold lunches brought from home are encouraged to be nutritious. (See Ap. 4: Guidelines for Nutritious Lunches).

IV. Competitive Foods:

Food and beverages sold/served during the school day outside of reimbursable school meals are known as Competitive Foods. Competitive Food Nutrition Standards are developed considering the standard that schools meals are intended to be the main source of nutrition for students during the school day. (See Ap. 5: Competitive Foods Nutritional Standards). Therefore, any other food or beverage consumed supplements that meal and must be:

- *a contribution to, rather than a detractor from the nutrition of the student
- *age appropriate serving size and within USDA caloric guidelines
- *infrequent in consumption

Parents can decide on use of discretionary calories at home. (See Ap. 6: Discretionary Calories.)

A. School based standards:

1. Elementary schools will not have vending machines available to students during school hours. If able, vending machines should be shut off during the day.
 - a. Reimbursable meal
 - b. Fresh fruit
 - c. 8 oz low-fat or non-fat milk
 - d. 6oz or less nonfat yogurt

See Ap 5: Competitive Foods Nutrition Standards for guidance in snack and celebrations food selections.(Examples are in Ap. 8: 150-200 Calorie Snacks and Ap. 9: Healthy Celebrations).

2. Middle school will only sell food or beverages that meet nutritional standards during school hours. They will not have food fundraising activities during the school day unless approved by administration. (See Ap. 7: Healthy Fundraising). Vending machines open during school hours will only carry healthy beverage options. (Afterschool standards are in Ap. 8 150-200 Calorie Snacks and Ap. 5 Competitive Foods Nutrition Standards). Ala Carte will choose from some of the following options to serve:
 - a. Reimbursable meal
 - b. Fresh fruit
 - c. 12 oz or less non-fat or low-fat milk
 - d. 10 oz or less 100% fruit juice
 - e. 6 oz non-fat yogurt
 - f. Water, plain
 - g. Cereal-whole grain, low sugar
 - h. 100 calorie pack snacks
 - i. Whole grain bagels with low fat cream cheese
 1. Foods and beverages served as snacks and at celebrations/parties should feature healthy choices that meet the JPII nutritional requirements. Please refer to the JPII Nutrition Guideline Appendix for healthy snack alternatives.

See Ap 5: Competitive Foods Nutrition Standards for guidance in snack and celebrations food selections.(Examples are in Ap. 8: 150-200 Calorie Snacks and Ap. 9: Healthy Celebrations).

3. High school: All food or beverages sold individually, outside of the reimbursable school meal programs, vending machines, fundraising, or ala carte will follow the Competitive Foods Nutrition Standards (Ap.5).

See Ap 5: Competitive Foods Nutrition Standards for guidance in snack and celebrations food selections.(Examples are in Ap. 8: 150-200 Calorie Snacks and Ap. 9: Healthy Celebrations).

B. Ala Carte, vending, and fundraising will follow or exceed current DGAs or IOM standards.

1. Vending Machines:
 - a. Vending machines will display only healthy options on the machine and will not market unhealthy options.
2. Ala Carte:

- a. Serving sizes will be comparable to those served in reimbursable meals.
 - b. Encouraged items such as fresh fruit and vegetables, fat-free unflavored dairy products, whole grain products, and lean meats and legumes will be featured in the most prominent places.
3. See Ap. 5: Competitive Foods Nutrition Standards for guidance in snack and celebrations food selections. Examples are Ap. 8: 150-200 Calorie Snacks and Ap. 9: Healthy Celebrations.

V. Physical Education and Physical Activity:

The primary goal for the JPII's physical activity components are: to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness in a safe, adequate environment, to ensure students' regular participation in physical activity, to teach students the short and long term benefits of a physically active and healthful lifestyle to enhance academic performance.

Accordingly the following guidelines for physical education and physical activity in the JPII are established:

A. Physical Education

1. Physical education shall be standards-based, using national or state developed standards, such as the National Association for Sport and Physical Education guidelines. The JPII follows the state law requiring instruction in Physical Education without exception.
2. All students will receive physical education during the school year as per state law and will comply with any specialized IEP or 504 Plans for students with disabilities and special health care needs.
3. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
4. Physical education curriculum is written for every grade elementary and middle school. It is sequential and provides an opportunity for students to learn, practice, and assessed on content, developmentally appropriate motor skills, responsible behavior, physical fitness, and benefits of physical activity. High school follows curriculum requirements for graduation and also provides elective physical education opportunities for students.
5. The district will provide training to certified physical education staff to educate and other school staff to promote enjoyable, lifelong physical activity among students.
6. The district will maintain class sizes of PE classes to ensure adequate supervision, comparable to other class sizes and minimize risk of school district liability for injuries.
7. JPII will not use physical activity as punishment nor withhold physical activity (recess or physical education) as punishment.

B. Physical Activity

1. Daily Recess
 - a. All elementary school students will have at least a 20 minute supervised recess break daily, preferably outdoors, during which schools facilitate moderate to vigorous physical activity verbally and through provision of space and equipment.
2. Integrating Physical Activity into the Classroom Settings (See Ap. 10)

For elementary, as well as older students, to receive the recommended amount of at least 60 minutes of physical activity per day and for students to fully embrace physical activity as a personal behavior, other school opportunities are:

- a. Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce sedentary activities such as watching TV and video games.
- b. Incorporation of physical activity into other subject lessons (such as math, science, and social studies, etc.)
- c. Classroom teachers will provide short physical activity breaks between lessons, classes, and/or standardized testing as appropriate.

3. Physical Activity Opportunities Before and After School

- a. The FCSN offers physical activity programs, such as interscholastic athletic programs in high school and physical activity clubs to provide a range of activities that meet the needs, interests, and abilities of all students.
- b. Schools shall work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students, community, and staff for physical activity before, during, and after the school day, on weekends, and during school vacations in accordance with the JPII Building Rental Policy. These spaces and facilities also should be available to agencies and organizations offering physical activity and nutrition programs. School policies concerning safety apply at all times.
- c. Schools shall encourage bicycling and walking to and from school.

VI. Implementation and monitoring

- A. After approval, the wellness policy will be implemented throughout the JPII system.
- B. The Superintendent or designee will ensure compliance with established JPII nutrition and physical activity wellness policy and procedures. These procedures shall include:
 1. Adoption of current guidelines
 2. Evaluation of outcomes and compliance.
- C. JPII food service staff will ensure compliance with the school's food and nutrition and will report to the food and nutrition program administrator, the building principal, or appropriate person(s), as appropriate.
- D. The JPII Wellness Policy will be reviewed and updated as needed.

JPII Nutrition Guidelines Appendix

Healthy Snack Alternatives

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Non-food Rewards

- Free choice time
- Stickers, pencils, bookmarks, erasers, positive incentive wristbands
- Rewards party
- Paper certificates
- Read a book
- Prize box
- Show and tell
- 5 minute chat break
- No homework pass
- Listen to music
- Play a favorite game/puzzle
- Be first in line when class leaves the room
- Teacher reads a special book to class
- Outside time
- Movie
- Change spots in the room
- Non uniform days
- Sugarless gum
- Propel/Gatorade
- 1st one dismissed at the end of the day
- Computer time

Concessions

- Beverages
 - 50% or half of the items offered are healthy alternatives.
 - Suggestions are:
 - Water and flavored water
 - Juice
 - Electrolyte replacement drinks
 - Diet soft drinks
 - Diet teas, lemonades, etc.
- Foods
 - 50% or half of the items offered are healthy alternatives.
 - Suggestions are:
 - Granola bars
 - Cereal bars
 - Fresh fruit (apples, bananas, grapes)
 - Single serving canned fruit
 - Pretzels
 - Baked chips
 - Bagel bites
 - Nut mix
 - Trail mix

- Fruit based snacks
- Popcorn
- Yogurt
- String cheese
- Sugar free jello cups
- Fat free pudding cups

Healthy Fundraising Sale Items

- Ideas
 - Fresh fruit
 - Nuts and trail mix
 - Magazines
 - Raffles
 - Gift baskets
 - Flowers
 - School spirit items
 - Family game night
 - Basketball tournaments
 - Silent auctions