



# St. John the Evangelist

CATHOLIC SCHOOL

Making God known, loved, and served.

## Local Wellness Policy

Date Last Updated: 10/23/19

### Preamble

The mission of St. John the Evangelist Catholic School is to promote the health and growth of each whole individual. At St. John, our School-wide Learning Expectations (SLEs) encompass how each student, teacher, and staff member makes decisions whether in their everyday life or here at school. It is our priority to maintain high academic excellence by promoting the development of programs that ensure nothing short of excellence in teaching, learning, and healthy living. In order to enforce our mission, we believe that our students, teachers, and staff need to practice healthy habits within the school environment. Our Local Wellness Policy (LWP) has been created to support our SLEs and root beliefs by emphasizing the importance of healthy living and how it affects the ability to learn and excel.

All activities will reinforce the US Department of Agriculture (USDA) guidelines along with our SLE, “Hard Work Pays Off.” With this value, we hope to instill in our children the drive to seek and continually learn how to live a healthy lifestyle and how it will contribute to success in all that they pursue, including college and heaven.

### Section I. Wellness Policy Goals

St. John the Evangelist school is part of the National School Lunch and Breakfast program. These programs follow the National and Arizona State standards. These standards will be implemented for grades PreK-8. St. John recognizes the USDA’s LWP Final Rules and will ensure the implementation, revision, and monitoring of the written school wellness policy.

*St. John recognizes that fostering a healthier school environment is a long-term commitment which follows a strategic process of monitoring and revising of the LWP as well as implementations. We have arranged our wellness policy goals within the parameters of items we are currently implementing, will strive to implement within the next two years, and finally, activities we intend to accomplish within six years.*

### Nutrition Promotion Goals

St. John shall comply with the USDA’s Local Wellness Policy Final Rule to enhance specific and measurable goals pertaining to the promotion of nutrition and physical activity.

Currently Implemented	
✓	Encourage student participation in school meal programs.
✓	Display school lunch menus on the school website and front office.

- ✓ Include nutrient content and ingredients on menus provided to parents and community members.
- ✓ Continue to promote school garden efforts.
- ✓ Ensure that 100% of foods and beverages served will meet the USDA's Smart Snacks in School Standards. National School Lunch Program and Breakfast Program standards will be implemented for grades PreK-8.

#### Strive to Implement (1-2 years)

- School shall participate in the Smarter Lunchroom Movement (SLM) by implementing at least 10 evidence-based strategies in the lunchroom.
- School shall complete the SLM scorecard by the Food Service Manager with assistance from the AZ Health Zone-Cooperative Extension Nutritional Sciences.
- School shall include nutrition labels and nutrition contents with the menu.

#### Strive to Implement (3-6 years)

- School will strive to implement on more of the following Farm to School Activities:
  1. *Local and/or regional products are incorporated into the school meal program;*
  2. *Messages about agriculture and nutrition are reinforced throughout the learning environment;*
  3. *School hosts field trips to local farms; and*
  4. *School utilizes promotions or special events, such as tastings, that highlight the local/regional products.*

## Nutrition Education Goals

#### Currently Implemented

- ✓ Health and Wellness will be integrated into the core curriculum classes such as Math, Science, Language Arts, Social Studies, Music, Dance, and Religion. Nutrition education will be incorporated into each grade level with age appropriate materials. These activities can include developing school garden, farm visits, and taste testing.
- ✓ Nutrition education is designed to provide students with the knowledge and skills needed to promote and protect their health.
- ✓ Nutrition education includes topics of caloric balance between food intake and energy expenditure.
- ✓ Nutrition education includes enjoyable and developmentally appropriate participatory activities which include:
  - Cooking demonstrations
  - Taste testing
  - Promotion of new items
  - School gardens
  - Farm tours

#### Strive to Implement (1-2 years)

- School shall encourage teachers and school staff to model healthy eating behaviors.
- School shall incorporate media literacy with an emphasis on food and beverage marketing.
- School shall provide classroom teachers with appropriate nutrition education tools, trainings and resources to integrate nutrition concepts with other subjects like math, science, language arts, and social studies.
- School shall offer nutrition education that is sequential and comprehensive.

## Physical Activity Goals

### Currently Implemented

- ✓ Physical activity (PA) during the day (Including recess and PE) will not be withheld as punishment.
- ✓ School shall ensure that physical activity equipment, grounds, and facilities are safe for students' use.
- ✓ School shall ensure that PA is equipment sufficient and known.
- ✓ All elementary grade level students shall receive at least 60-90 minutes of PE per week that is age appropriate and consistent with national and state standards.
- ✓ Physical Education is taught by a licensed teacher.
- ✓ Waivers, exemptions, or substations for PE shall not be granted.
- ✓ The school shall offer at least 20 minutes of recess.
- ✓ Recess shall be offered when weather is feasible.
- ✓ Recess is a supplement not substitution to PE.

### Strive to Implement (1-2 years)

- School shall encourage students to be moderately to vigorously active for 50% of class time during most PE classes.
- School recess monitors will encourage students to be active.
- School shall offer PA opportunities to students before or after school.
- Teachers and staff will be encouraged to serve as role models by also being physically active alongside students whenever possible.
- Teachers will use physical activity brain energizers in the classroom throughout the school day in the classroom.
- School will train and encourage its teachers and staff to incorporate 3-5 minutes of physical activity in the classroom at least 3 days per week.
- Teachers will be encouraged and trained to incorporate PA and kinesthetic learning approaches into the core academic subjects and shall assist in reducing sedentary behavior during the day.

### Strive to Implement (3-6 years)

- School will implement Comprehensive School Physical Activity Programming (CSPAP).
- School will work on developing a formal-joint agreement to encourage utilization of facilities for physical activity.
- School will require middle school students to take one academic year of PE.
- School will encourage biking and walking to school/on school ground activities.
- Health Education will be required in all grade levels using the following essential topics:
  1. *The physical, physiological, or social benefits of physical activity*
  2. *How physical activity can contribute to a healthy weight*
  3. *How physical activity can contribute to the academic learning process*
  4. *How an inactive lifestyle contributes to chronic disease*
  5. *Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition*
  6. *Differences between physical activity, exercise and fitness*
  7. *Phases of an exercise session including warm up, workout, and cool down*
  8. *Overcoming barriers to physical activity*
  9. *Decreasing sedentary activities such as TV watching*
  10. *Opportunities for physical activity in the community*

## Section II. Nutrition Standards

### **School Meals**

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

St. John is committed to ensuring the following standards for *school meals*:

- a. Meals served to students shall follow the [USDA standards for School Meals](#) which also complies with the state and national standards through our participation with the National School Lunch Program (NSLP) and the School Breakfast Program. All meals served at St. John shall, at a minimum, meet the New Meal Pattern requirements.
- b. All employees in the food service department will be required to have adequate training in food and nutrition. This continuing education or professional development will be required in the form of the Arizona Department of Education trainings, conferences, videos, written documents, articles, etc. Additionally, school cafeteria managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.
- c. Students and staff at St. John shall have access to free, safe, and unflavored drinking water throughout the day; approved water bottles will be allowed in the classroom with only water in them.
- d. Students shall be provided with **10 minutes** in which to eat their breakfast and **20 minutes** in a pleasant, noise and temperature-controlled environment to eat their lunch after being seated. Clubs or meetings that include students are prohibited during mealtime unless the students will be able to eat while at the meeting. Moreover, students shall not be allowed to leave campus premises during lunch time.
- e. If necessary, a special table shall be labeled or provided as a "food allergy free" zone to accommodate students with specific food allergies. For this reason, students will not be permitted to share food; exceptions could be made for sealed and packaged items and/or untarnished fruits/vegetables to be placed in "shared-boxes" – if applicable. Meal time shall be prohibited from being utilized as punishment.
- f. Parents shall not be permitted to bring high-fat, high-sodium, and/or high-sugar content foods and drinks for their children's meals. Furthermore, parents shall receive information about free and reduced-price meal qualifications and privacy protections for students via school website or upon request.

### **Fundraising**

Promoting health is important and we intend to teach our children how to live a healthy lifestyle. Healthy fundraising is an important value that we strive to teach our students through our SLE, "United in Christ" and "Making Every Minute Count." St. John values teaching children the importance of exercise and how it can reduce diseases that may run in their family. St. John will also raise funds through awareness raising regarding specific illnesses such as obesity and cancer prevention.

St. John is committed to ensuring the following standards for *fundraising*:

- a. Primarily use non-food fundraisers and promote physical activity-based activities like a walk-a-thon or jump rope for heart.
- b. Food based fundraisers will be limited to those that meet the USDA Smart Snacks in School nutritional standards. School shall only sell non-food items *or* food and beverages that meet the USDA's Smart Snacks in School guidelines.
- c. Fundraisers that promote branded food products shall be discouraged.

## Competitive Foods and Beverages

Note: *Competitive foods and beverages* are sold outside of and in competition with federally reimbursable meal programs.

St. John is committed to ensuring the following standards for *competitive foods & beverages*:

- a. Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.
- b. Limit the sale of food and beverages outside the school meal programs.
- c. Ensure all foods and beverages sold on campus, during the school day defined as midnight to 30 minutes after the end of the school, meet the USDA Smart Snack guidelines for grades K-12.

## Celebrations and Rewards

Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines.

St. John is committed to ensuring the following standards for *celebrations and rewards*:

- a. Classroom celebrations/activities will be limited to those that include only healthy choices that follow the USDA nutritional standards.
- b. A list of healthy celebration ideas and resources are provided to parents and teachers including non-food celebration ideas.
- c. A list of alternative ways to reward students in the classrooms will be provided to teachers and school staff.
- d. Foods and beverages will not be used as a reward or withheld as punishment for any reason such as for performance or behavioral issues.
- e. Parents shall not be permitted to bring high-fat, high-sodium, and/or high-sugar content foods and drinks for their children's meals.

## Food and Beverage Marketing

St. John is committed to ensuring the following standards for *food and beverage marketing*:

- a. St. John, as a school community, shall comply with the Smart Snack standards and ensure to limit brand marketing on school grounds.
- b. Marketing of unhealthy food and beverage items could influence children's eating habits and thus, the school's adherence to a strategic restriction of food and beverage marketing throughout the school day.

- c. Food and beverages that are advertised on school grounds during the school day shall meet the USDA Smart Snack guidelines.

### Section III. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students’ physical activity can be provided through a comprehensive school physical activity program (CSPAP).

#### Physical Education

St. John is committed to ensuring the following standards for *Physical Education*:

- a. Students shall receive age-appropriate, sequential physical education curriculum consistent with national and state standards. Physical Education shall promote the benefits of being physical active and shall help students develop skills to engage in life-long healthy habits.
- b. Students shall be encouraged to be moderately to vigorously active at least 50% of class time during most or all of the Physical Education session.
- c. All Physical Education classes shall be taught by a licensed teacher certified to teach physical education and shall cover essential topics of physical activity *as much as possible*. Staff providing physical education shall also receive proper training and professional development.
- d. Physical activity shall not be used as form of punishment and shall only be used to encourage or reinforce positive behaviors.

#### Before & After School Activities

- a. Students shall be encouraged to engage in physical activity opportunities before or after school time; St. John shall continue to have opportunities such as (walk-a-thons and other fitness-based activities) after school time that also encourages the participation of families and community members.

### Section III. School Wellness Committee

- a. The wellness committee shall meet at least of four times during the year. However, meetings can be more frequent based on needs.
- b. The wellness committee shall consist of school staff, school health professionals, parents, students, school nutrition representatives, school board members, Supplemental Nutrition Assistance Program-Education (SNAP-Ed) coordinators or educators, and members of the general public.
- c. The local wellness policy will continually be updated and published on our school website. The committee/school will announce on the website when meetings will be held and encourage participation from students, families and the community. Additional announcements of the meetings will be done through our school newsletter, morning announcements and email.

Committee Members Contact Information		
Name	Position	Contact Information (Email + Phone Number)
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## Section IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

### Implementation & Record Keeping

Through our SLE of “Hard work pays off,” the school and the school wellness committee plan to implement, manage, and coordinate the execution of this written wellness policy. The school shall coordinate with the AZ Health Zone – Cooperative Extension – Nutritional Sciences to ensure that action plans are within specific timelines and according to who will be responsible to implement changes. Finally, the school shall use the Arizona Department of Education’s Activity & Assessment Tool to measure compliance to this local wellness policy. The school shall also retain important documentation of compliance with the wellness policy.

### Triennial Progress Assessments

The school shall evaluate the overall compliance to this written wellness policy at least once every three years. Additionally, the USDA requires that the school will compare their policy to an established model wellness policy. The school also plans to share wellness policy implementation progress with parents/community members via newsletter and community events/parent meetings or during wellness committee parents when parents are present.

### Revisions

Frequency of updating/modifying the wellness policy: St. John the Evangelist Catholic local wellness policy will continually be updated/modified until we are comfortable with how it standards are being implemented. ***At this point the policy is a work in progress. The committee will meet several times over the course of the school year to continually address areas that need improvement.***

### Community Engagement

The school shall be responsive to community’s input. The school shall maintain active communication on ways the community may participate in the development, review, and/or implementation of this wellness policy through email and newsletters. Communications will include culturally and linguistically appropriate language.

**\*Note:** Language from this written Local Wellness Policy (LWP) was derived from the Arizona Department of Education (ADE’s) LWP Model Comparison Tool.