

## St. John Vianney School Wellness Policy

St. John Vianney School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of St. John Vianney School that:

- Students, parents, teachers, food service professionals, health professionals, and other interested community members will be engaged at various levels in the development, implementation, monitoring, and reviewing of the school's nutritional and physical activity policy.
- All students within the school (PK3-8) will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served to students at school will meet the nutritional recommendations of the National School Lunch Program.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students.
- Cultural diversity of the student body will be considered in meal planning.
- The school will provide a clean, safe, and pleasant setting and adequate time for students to eat.
- The school will participate in the National School Lunch Program (NSLP).
- The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- The school will strengthen our own School Health Council (made up of our Educational Advisory Council Members) and work with, when able, existing district health councils as needed to develop, implement, monitor, review, and revise school nutrition and physical activity policies.
- School meals will be served through the National School Lunch Program and will be appealing and attractive to children, served in clean and pleasant settings, offer a variety of fruits and vegetables, serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives and will ensure that 100% whole grain rich foods are served.
- The school meals will meet the NSLP requirements over the course of the week.
- The school will follow the NSLP vegetable sub group requirements.
- The school will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, and/or other means.
- The school will participate in the Think Breakfast program that promotes a healthy breakfast.
- The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
- The school will provide students with at least 20 minutes to sit down for lunch.
- The school will schedule lunch periods between 11am and 1pm, and will not schedule tutoring, club, or other organizational meetings or activities during mealtimes unless the students may eat during these periods.
- The school will schedule lunch periods to include recess time.

- The school will provide students access to hand washing or hand sanitizing before they eat meals or snacks and will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.
- When able, the school will employ qualified nutritional professionals to administer the school meal program. The school will provide the opportunity to the food service staff to attend professional development according to the level of responsibility.
- The school will discourage the students from sharing their food and beverages with one another during meal and snack time due to allergy concerns and other restrictions.
- The school food service staff will approve and provide all food and beverage sales to students in the school during school hours. Food will be sold as balanced meals.
- The school will not sell extra drinks other than the milk and beverages provided through the lunch service. Soft drinks and energy drinks are not allowed as a lunch beverage.
- All snacks served are within the NSLP guidelines, and include whole grain, reduced fat and reduced sugar options approved by the NSLP.
- Fresh fruits and vegetables will be offered whenever possible.
- All portion sizes are approved and in accordance with the NSLP guidelines.
- The school will encourage fundraising activities that promote physical activities.
- Snacks served during the school day, in after-school care, or in enrichment programs will make a positive contribution to the children's diet and health.
- The school nurse will coordinate a healthy snack display for the students to see what is a healthy snack in the school once a year.
- The school will provide opportunities to assemblies about healthy eating when possible.
- The school will encourage celebrations that involve nutritional foods and beverages during the school day.
- The school will encourage the foods and beverages offered or sold at school-sponsored events outside the school day will meet the requirements throughout the plan.
- The school will teach, encourage, and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that is offered at each grade level that is standards based, throughout all classes and subjects, not just health classes. It will be enjoyable, developmentally appropriate, relevant and encourage participation, emphasizing caloric balance between food intake and energy expenditure.
- The school will make every effort for students to receive the nationally recommended amount of daily physical activity by offering opportunities outside of the regular physical education time, including, but not limited to short activity breaks, outside/inside play, clubs, etc in order to avoid sedentary activities.
- The school will provide nutrition information to parents, post nutrition tips on school websites, and provide the opportunity for analysis and analysis results to be viewed. Parents will be encouraged to pack healthy lunches for their children. The school will provide a list of healthy snacks and peanut free snacks that could be used for classroom celebrations.
- The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products will be encouraged.

- Staff members will be encouraged to live a healthy lifestyle through the implementation of activities, and professional development.
- The school will do its best to provide physical education to all students at the recommended time of 150 minutes a week.
- Students will have the opportunity for recess after the 20 minutes required for lunch.
- The school will offer extracurricular physical activities to meet the needs, interests, and abilities of all students.
- The after school care program will offer daily time for physical activity.
- Physical activity will not be used as a punishment, nor should it be withheld as punishment.
- The principal will ensure compliance with the established policy, and will, as needed, revise the wellness policy and develop work plans to facilitate their implementation.