



ST. JAMES SCHOOL

St. James School Local Wellness Policy

1. Purpose

Saint James School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The School is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

2. Authority

The School adopts the Student Wellness Policy in accordance with federal and state laws.

To ensure the health and well-being of all students, the Board establishes that the School shall provide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access at reasonable or no cost to foods and beverages that meet established nutritional guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for grades 4-8 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with curriculum regulations and academic standards.

3. Delegation of Responsibility

The principal shall be responsible to monitor programs and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

Staff members responsible for programs related to student wellness shall report to the principal regarding the status of such programs.

The principal shall annually report to the Board on the school's compliance with law and policies related to student wellness. The report may include:

- { } Assessment of school environment regarding student wellness issues.
- { } Evaluation of food services program.
- { } Review of all foods and beverages provided in schools for compliance with established nutrition guidelines.
- { } Listing of activities and programs conducted to promote nutrition and physical activity.
- { } Recommendations for policy and/or program revisions.
- { } Suggestions for improvement in specific areas
- { } Feedback received from school staff, students, parents/guardians, and community members.

4. Guidelines

The principal, Head of School, the supporting Board of Directors shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure successful implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner via either the school website, student handbooks, newsletters, posted notices and/or other efficient communication methods and include:

1. The extent to which the school is in compliance with law and policies related to school wellness.
2. A description of the progress made by the Board in attaining the goals of this policy.

At least once every three (3) years, the school may update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as school and community needs and priorities change; wellness goals are met; new health science is proven, information and technologies emerge; and new federal or state guidance or standards are issued.

The school may annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via either the school website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of

contacting Wellness Committee leadership.

Recordkeeping

The school shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness policy.
2. Documentation demonstrating that the school has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.
3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the school to inform the public of their ability to participate in the review.

Wellness Committee

The district will establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: Board member, an administrator or dean, a kitchen/food service representative, a parent/guardian of student or graduate, an enrolled student, school health professional, physical education teacher and member of general public (a relative of a current or past student will suffice). It shall be the goal that committee membership will include representatives from the school building and reflect the diversity of the school community.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Board for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process, which can be at anytime with the consent of the majority of the members of the committee.

Nutrition Education

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement. Nutrition education will be provided within

the sequential, comprehensive health education program with a positive health outcome worked into the curriculum in accordance with the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

{ } Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

{ } Nutrition education lessons and activities shall be age-appropriate.

{ } Nutrition curriculum shall be behavior focused.

{ } School food service and nutrition education classes shall cooperate to create a learning laboratory.

{ } Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.

{ } Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

{ } The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.

{ } School staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

{ } Consistent nutrition messages shall be disseminated throughout the school, classrooms, cafeteria, homes, and community.

{ } Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

{ } The school will promote nutrition through the implementation of cooking classes with our partners at Vetri Communit Kitchen as well as nutrition education classes that go along with health and physical education classes. Activities may include, but not be limited to, the initiation/maintenance of school gardens, cooking and taste-testing of whole foods with Vetri in the community room, nutrition classes to be carried out in classrooms, and the incorporation of local foods into school meal programs.

{ } The staff will cooperate with agencies and community organizations to

provide opportunities for appropriate student projects related to nutrition, like the garden and our share table open to the community.

{ } The school will only serve the students balanced meals to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease food waste.

{ } Consistent nutrition messages shall be disseminated and displayed throughout the school, classrooms, community room and nurses station.

{ } Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in the meal program.

{ } The school will offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

Physical Activity

{ } The School shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

{ } Physical education classes shall be the means through which all students learn and practice developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

{ } The School shall determine how it will contribute to the effort to provide students opportunities to accumulate at least thirty minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.

{ } Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

{ } Age-appropriate physical activity opportunities, such as recess; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

{ } A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

{ } Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

{ } After-school programs shall provide developmentally appropriate physical activity for participating children.

{ } The School shall partner with parents/guardians and community members to

institute programs that support physical activity.

{ } Physical activity shall not be used as a form of punishment.

Physical Education

{ } Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

{ } A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.

{ } A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

{ } A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All students must participate in physical education.

{ } Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

{ } Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

{ } Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

{ } Physical education classes shall have a teacher-student ratio comparable to those of other courses.

{ } Physical activity shall not be used as a form of punishment.

Other School Based Activities

{ } Students shall be provided a clean and safe meal environment.

{ } Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

{ } Meal periods shall be scheduled at appropriate hours, as defined by the government.

- { } Drinking water shall be available at all meal periods and throughout the school day.
- { } Students shall have access to hand washing or sanitizing before meals and snacks.
- { } Professional development shall be provided for school nutrition staff.
- { } Access to the food service operation shall be limited to authorized staff.
- { } Nutrition content of school meals shall be available to students and parents/guardians upon request.
- { } To the extent possible, the School shall utilize available funding and outside programs to enhance student wellness.
- { } Food shall not be used in the schools as a reward or punishment.
- { } The School shall provide appropriate training to all staff on the components of the Student Wellness Policy.
- { } Goals of the Student Wellness Policy shall be considered in planning all school based activities.
- { } Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.
- { } Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through school programs, communications and outreach efforts.
- { } The School shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Nutrition Guidelines

All foods available in the school during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

Foods brought in by students from outside the school will not be allowed unless medically necessary.

Competitive Foods/Beverages-

At this time, no competitive foods and beverages are available to students, as no outside food is allowed to be on school campus within normal operating hours (a school day being defined as the period from midnight before school begins until thirty (30) minutes after the end of the official school day.)

In the event that the school will sell competitive foods/beverages, they will all need to meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

Non-Sold Competitive Foods –

Non-sold competitive foods or beverages will not be allowed to be used as a reward or special treatment for any students on campus within normal operating hours (a school day being defined as the period from midnight before school begins until thirty (30) minutes after the end of the official school day.) Unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).

- Rewards and Incentives:

Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).

- Classroom Parties and Celebrations:

Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.

Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties or unless they have permission from the school ahead of time.

Marketing/Contracting –

At this time, no competitive foods and beverages are marketed or promoted to students on the school campus.

If this changes, any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established

Board policy and administrative regulations.

At this time, no exclusive competitive food and/or beverage contracts exist.

If this changes, exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Any contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Management of Food Allergies in the School

The school will make special accommodations to those with food allergies, to help manage their symptoms while still providing delicious and nutritious meals

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions by providing alternative food items for those with food allergies.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction by keeping allergy medications available
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Safe Routes To School

{ } The School shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.

{ } The School shall cooperate with local municipalities, public safety agencies, police departments, and community organizations to develop and maintain safe routes to school.