**LOCAL SCHOOL WELLNESS POLICY**

All elementary and secondary schools of the Catholic Diocese of Peoria shall be committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students’ beliefs and habits and promote health and wellness, good nutrition, and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life. A school contact person will be designated the responsibility to ensure our school does meet the local wellness policy requirements. It is the policy of the Catholic Diocese of Peoria that:

1. Each school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and reduce childhood obesity.

2. All students in early childhood programs and grades Pre-K-8 will have opportunities, support, and encouragement to participate in physical activities on a regular basis.

3. Qualified food service providers will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of the students; will accommodate the religious requirements of the students; and will provide clean, safe, and pleasant settings and adequate time for the students to eat.

4. To the extent practical, the schools in the Diocese will participate in available federal school meal programs.

5. Foods and beverages sold and/or served as part of the school meal programs will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

6. Each school will engage students, parents, teachers, staff, food service providers, health professionals, and interested community members in monitoring and reviewing the implementation of the Diocesan Student Wellness Plan.

Revised 06/2020

**LOCAL SCHOOL WELLNESS POLICY**

The purpose of this administrative regulation is to ensure a total school environment that promotes and supports student health and wellness, helps reduce childhood obesity, and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004.

GOALS FOR NUTRITION EDUCATION

1. Students in early childhood programs and grades Pre-K-8 shall receive sequential and interdisciplinary nutrition education. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors. Special emphasis should be placed on nutrition education in early childhood through the primary grades as eating habits are established at a young age.
2. The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, field trips, school gardens, or other like activities.
3. Schools shall work with parents to assist in providing a healthy diet and daily physical activity for their children, which may include information to help them incorporate healthy eating and physical activity.
4. School will avoid stigmatizing students who are not able to pay for their meal.

GOALS FOR NUTRITION PROMOTION

1. 1.Encourage students to increase their consumption of healthy foods during the school day. Students in grades Pre -K -8 are offered healthy food options in the cafeteria following the guidelines set by the USDA.
2. 2.Create an environment that reinforces the development of healthy eating habits to include offering the following healthy foods that comply with the USDA smart snacks in school nutrition standards.
	1. variety of fresh produce such as fruits
	2. A variety of vegetables to the specific subgroups
	3. whole grain rich products
	4. fluid milk that is fat free and low fat
	5. meat/meat alternate
3. Applications for free/reduced price meals are sent home to all families at the beginning of the school year.
4. After obtaining food, students will have at least 20 minutes to eat lunch.
5. Free water will be available in the cafeteria during meal times and throughout the school day from a water fountain.
6. All school nutrition program directors, managers, and staff will meet the requirements for annual continuing education/training and in the USDA Professional Standards for Child Nutritional Professionals. To meet their learning needs they will utilize this website.

GOALS FOR PHYSICAL ACTIVITY

1. Students in early childhood programs and grades Pre-K – 8 shall participate in regularly scheduled formal and informal physical activity programs. Special emphasis should be placed on promoting an active lifestyle in early childhood through the primary grades as health habits are established at a young age. Reasonable accommodations shall be made for students with disabilities and/or other limitations.
2. Elementary schools shall provide a daily, supervised recess period to all students.
3. Students shall be provided opportunities for physical activities through a range of school programs such as intramurals, interscholastic athletics, physical activity clubs, or other like activities.
4. School will provide physical activity that fosters lifelong habits.
5. Physical activity for grades Pre-K-8 is required to be taught by a certified licensed teacher who is eligible to teach physical education.
6. Unless otherwise stated exempted, all students will be required to engage in the school physical education program. There will be no substitutions allowed for fulfilling this requirement.

GOALS FOR OTHER SCHOOL ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

1. Consistent School Activities and Environment – Healthy Eating
	1. All food service personnel shall have adequate pre-service training and participate in activities or programs that provide strategies for providing tasty, appealing, and healthy school meals; nutrition education strategies including coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.
	2. Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (My Pyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products.
	3. It is recommended that food providers share information about the nutritional content of school meals and/or individually sold foods with students, family, and school staff.
	4. School meals shall be served in clean, safe, and pleasant settings with adequate time provided for students to eat.
	5. All foods and beverages provided by the school shall comply with federal, state, and local food safety and sanitation regulations.
	6. Students, parents, school staff, and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options from a list of smart-snack allowable options.
	7. Access to any area involved in storage, preparation, or service of food on the school campus shall be limited to authorized personnel.
2. Consistent School Activities and Environment – Physical Activity
	1. Schools are encouraged to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active.
	2. Physical activity facilities and equipment on school grounds shall be safe.
	3. Schools are encouraged to work with the community to create a safe and supportive environment for students walking or biking to school.
3. Food or Physical Activity as a Reward or Punishment
	1. School personnel shall not withhold food or beverages from students as punishment.
	2. School personnel shall not withhold participation in recess or physical education class as punishment.
	3. School will not use foods or beverages as rewards for academic, classroom or sports performances.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY

1. Food providers shall offer a variety of age-appropriate, appealing food and beverage choices and employ food preparation, purchasing, and meal planning practices consistent with current Dietary Guidelines for Americans (e.g. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).1
2. All foods and beverages sold individually (apart from the reimbursable school meal) shall be well-regulated and consistent with the nutritional goals of the student wellness plan. This includes:
	1. a la carte offerings in the food service program;
	2. food and beverage choices in vending machines, snack bars, school stores;
	3. food and beverages sold as part of school-sponsored fundraising activities.
	4. smart snacks in school standards is in place.
3. Every effort shall be made to provide nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, wherever and whenever food is sold or otherwise offered at school.
4. There will be no food-related fundraisers held during the school day.
5. Water fountains will be made available to both students and staff throughout the school building for the entire school day.
6. Advertising of any food or beverage that may not be sold on campus during the school day is prohibited.

GUIDELINES FOR SCHOOL MEALS

1. School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans.2
2. School meals shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.3,4

MEASURING IMPLEMENTATION & COMMUNITY INVOLVEMENT

1. The diocesan superintendent or designee shall be charged with the operational responsibility for ensuring that each school meets the student wellness plan requirements.
2. The principal of each building shall be responsible for implementation of the student wellness plan.
3. Individual schools shall involve parents, students, representatives of the school food authority, the Commission on Education/Board of Trustees (if applicable), school administrators, and the public to implement and continue development of the student wellness plan. Their involvement shall include review of the individual school wellness checklist.
4. The diocesan superintendent, based upon feedback from individual schools may recommend revising the student wellness plan as appropriate.

FOOD AND MARKETING POLICY

1. 1.The district is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. It is the intent of the district to protect and Promote a students’ health by allowing LEA’S advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus consistent with the Districts wellness policy.
	1. examples to include those foods and beverages that meet the requirements set forth in the smart snack standards.
	2. only foods and beverages that are smart snack compliant will be marketed or sold during the school day. (the school day is defined as the midnight before through 30 minutes after the end of the school day)
2. The school council shall conduct a policy implementation every 3 years. Using the WellSat-3.0. At this time, they will also review the latest recommendations pertaining to school health nutrition and fitness and update the policy accordingly.

Saint Joseph School Local Wellness Policy content and annual updates as well as the triennial assessments are made available to the public such as a copy on the school webpage and/or the school newsletter.

www.stjosephschoolpekin.com

Attachments:

Healthful Food and Beverage Options for School Functions

 Individual School Wellness Plan Checklist

1 MyPyramid.gov, United States Department of Agriculture. [www.mypyramid.gov](http://www.mypyramid.gov)

2 Dietary Guidelines for Americans 2005, Department of Health and Human Services and the Department of Agriculture, 2005. [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)

3 Minimum School Meal Requirements – section 9(f)(1), 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)0 [www.access.gpo.gov/uscode/uscmain.html](http://www.access.gpo.gov/uscode/uscmain.html)

4 Minimum School Meal Requirements – subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) [www.access.gpo.gov/uscode/uscmain.html](http://www.access.gpo.gov/uscode/uscmain.html)