

St. John XXIII School Wellness Policies On Physical Activity and Nutrition

Reviewed/Updated May 8, 2017

Preamble/Statement of Assurance

At St. John XXIII Catholic Elementary School, we believe children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive. We also believe that good health fosters student attendance and education. To this end, a School Health Council/Wellness Committee which consists of the physical education teacher, school nurse, cafeteria manager, principal, a school board member, parents, and students, has been formed. This committee will meet yearly in the spring and will create, strengthen, implement, monitor, review, and revise school nutrition and physical activity policies. At these meetings, minutes will be taken which will include a “roll call” of those in attendance.

Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. The percentage of children aged 6-11 years in the U.S. who were obese increased from 7% in 1980 to nearly 18% in 2012. Similarly, the percentage of adolescents aged 12-19 years who were obese increased from 5% to nearly 21% over the same period. Overweight and obesity are the result of “caloric imbalance” – too few calories expended for the amount of calories consumed.

Children and adolescents who are obese are likely to be obese as adults, and are therefore more at risk for adult health problems such as heart disease, Type 2 diabetes, stroke, several types of cancer, and osteoarthritis. One study showed that children who became obese as early as age 2 were more likely to be obese as adults.

The U.S. Department of Health and Human Services recommends that young people aged 6-17 years participate in at least 60 minutes of physical activity daily. In 2013, 27.1% of high school students surveyed had participated in at least 60 minutes per day of physical activity on all 7 days before the survey, and only 29% attended physical education class daily.

Most U.S. youth:

- Do not meet the recommendations for eating 2-1/2 cups to 6-1/2 cups of fruits and vegetables each day.
- Do not eat the minimum recommended amounts of whole grains (2-3 ounces each day).
- Eat more than the recommended maximum daily intake of sodium (1,500-2,300 mg each day)

Empty calories from added sugars and solid fats contribute to 40% of daily calories for children and adolescents aged 2-18 years, affecting the overall quality of their diets. Approximately half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza and whole milk.

St. John XXIII 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 XXIII School that:

- The school will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies. This will be known as the School Health Council/Wellness Committee.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served during school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat. (This was a topic of conversation and the schedule will be reviewed over the summer months to see if we can create more "in seat" time for the students while in the cafeteria.)
- To the maximum extent practical, St. John XXIII will participate in the National School Lunch Program and available Community Programs such as St. Vincent de Paul's Backpack Program.
- St. John XXIII 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.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

At St. John XXIII School, The School Health Council/Wellness Committee which consists of the physical education teacher, school nurse, cafeteria manager, principal, a school board member, parents and students will create, strengthen, implement, monitor, review, and revise school nutrition and physical activity policies. This Committee will meet yearly in the Spring. At these meetings, minutes will be taken which will include a "roll call" of those in attendance.

II. Nutritional Quality of Food and Beverages Sold and Served during school

Meals and A La Carte items served through the National School Lunch Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by the USDA); and
- ensure that all of the served grains are whole grain.
- Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

St. John XXIII School should share information about the nutritional content of meals with parents and students. Such information could be made available on cafeteria menu boards or other point-of-purchase materials.

Breakfast

- St. John XXIII will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
- This will be reviewed by the St. John XXIII School Board.

Free and Reduced School Lunch Program

- St. John XXIII 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.

Meal Times and Schedules at St. John XXIII School

- will provide students with at least 20 minutes after sitting down for lunch; (this will be reviewed when preparing the schedule this summer.)
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks, and;

- should take reasonable steps to accommodate the tooth-brushing regiments of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of Nutrition Staff

- Qualified nutrition professionals will administer the school meal program. St. John XXIII will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate training programs for school nutrition managers which will be shared with cafeteria staff.

Sharing of Food and Beverages

- St. John XXIII students are not to share their foods or beverages with one another during meal or snack times given concerns about allergies and other restrictions on some children's diets.

Other Food Served On Campus

- Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Health professionals will disseminate a list of safe snack items to teachers and after-school program personnel.
- Food will be discouraged as a reward, and alternatives will always be offered. Likewise, food will never be taken away as a punishment.
- Celebrations: Food brought in by parents for parties and birthdays will be in small portions if not meeting the acceptable nutritional guidelines. Parents and teachers will be encouraged to select healthy alternatives when possible.

Other

- Drinking fountains and/or water coolers will be available to students.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. St. John XXIII School aims to teach, encourage, and support healthy eating by students. St. John XXIII should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects whenever possible;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- follow the health objectives relating to diet, nutrition and exercise as stated in the 2015 Archdiocesan Graded Course of Study for Science and Health;
- nutrition guidelines, food pyramid charts, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in or near the school cafeteria.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- classroom teachers of those classes who do not switch on the 45 minute bell schedule will provide short physical activity breaks between lessons or classes, as appropriate.

Communication with Parents. St. John XXIII School will provide nutrition and health tips through newsletters and school websites. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. In addition, St. John XXIII will provide opportunities for parents to share their healthy food practices with others in the school community.

The cafeteria manager will be available at the annual “Back to School Night” to answer any parent questions regarding school meals.

Students will be an active part of the annual review of this Wellness Policy so that their voices may be a part of this plan.

St. John XXIII will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing at St. John XXIII. School-based marketing will be consistent with nutrition education and health promotion. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Staff Wellness. St. John XXIII School highly values the health and well-being of every staff member and will provide yearly wellness screenings along with wellness coaches for education and support.

IV. Physical Activity Promotion and Physical Education

Physical Education (P.E.) All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education (or its equivalent) and/or Health for 90 minutes/week for the entire school year. All physical education will be taught by a certified physical education teacher, and will follow the objectives set forth by the 2015 Archdiocesan Graded Course of Study for Physical Education. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. Most St. John XXIII students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. St. John XXIII will encourage students to be involved in Catholic Youth Organization sports and other leagues offered through St. John XXIII, as well as community organizations.

Additionally, whenever possible, St. John XXIII will promote physical activity through activities such as Walk A Thons.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) as punishment. If loss of recess is necessary punishment, it should be limited to a 10 minute period.

Safe Routes to School. St. John XXIII will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

Use of School Facilities Outside of School Hours. St. John XXIII Catholic School is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by the Parish and by community-based organizations. School and Archdiocesan policies concerning insurance and safety will apply at all times.

V. **Monitoring and Policy Review**

Monitoring. The principal and her designees will be responsible for overseeing the implementation of the policies set forth. Reports will be given to the school board on a regular basis.

Assessments will be repeated every 3 years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the ODE Child Nutrition Dept. will review our Nutrition and Physical Activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

References and Additional Resources

National Alliance for Nutrition and Activity <http://www.schoolwellnesspolicies.org/WellnessPolicies.html>

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Kushi LH, Byers T, Doyle C, Bandera EV, McCullough M, Gansler T, et al. American Cancer Society guidelines on nutrition and physical activity for cancer prevention: reducing the risk of cancer with healthy food choices and exercise.

Fit, Healthy, and Ready to Learn: a School Health Policy Guide, National Association of State Boards of Education www.nasbe.org/HealthySchools/fithealthy.mgi

Updates/Items to be reviewed from 2017 meeting:

- We will have staff assist with the dumping of trays for all students in K-4
- Teachers have done a wonderful job coming up with reward systems that do not involve the giving of “treats” to the students
- The student garden will be overseen by Latch Key this year
- Students in grades K-6 will have at least 20 minutes a day of supervised recess. NOTE: Ohio law has NO General physical activity requirement. Ohio has NO policy requiring or recommending recess or physical activity breaks. In lieu of recess, students in grades 7-8 will have a study hall
- Moving grades 7-8 to study hall vs. recess, will allow us the flexibility to give students their allotted time in the cafeteria
- We will continue to offer peanut free tables. If a parent does not want their student with a peanut/tree nut allergy to sit at the peanut free table, they must sign a waiver
- Students with a peanut/tree nut allergy may choose a friend who has a peanut free lunch to accompany them at the peanut free table
- A teacher with health certification has been hired to teach health to all students in grades 4-7; remaining classes will receive health instruction from the classroom teacher