

SCHOOL NUTRITION and WELLNESS PROGRAM
ST. JOSEPH CATHOLIC SCHOOL
2016/2017

Statement of Purpose: In response to Public Law and ORC Code 3313.814, the following School Policy for Wellness has been written. The aspects of this plan reflect current practice of the staff towards our student body. Catholic Schools always have been, by design, geared towards the *whole child's* health, nutrition and wellness!

Nutrition Wellness Committee: The School Advisory Council

Goals of the Committee:

1. Nutrition Education:
 - a. Students in grades K-8 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors (Cafeteria Mgr., Classroom Teacher):
 - b. Students will be required to follow the Diocese of Toledo's objectives relating to diet, nutrition (and exercise) as stated in the Toledo Diocesan Graded Course of Study for Science and Health (Team members, especially teachers):
 - c. Nutrition guidelines, food pyramid charts, suggestions for health food choices, and/or other messages related to health and nutrition will be posted in or near the school cafeteria by Cafeteria Mgr.
 - d. Students receive consistent nutrition messages throughout the school, classrooms and in the cafeteria. (Team members).

2. Physical Activity:
 - a. Students will be given opportunities for physical activities during the school day through Physical Education classes, daily recess, and the integration of exercises into the regular classes;
 - b. Physical Education program will implement the objectives of the Dioceses of Toledo Course of Study for Physical Education;
 - c. Students will have the opportunity for physical activity through a range of CYO sports programs like football, basketball, and volleyball (all three for grades 5-8);
 - d. Discipline will be administered in ways other than depriving a student of recess or physical education class.

3. Other School-based activities:
 - a. The school lunch program will follow nutrition guidelines established by the Ohio Department of Education;
 - b. The school will evaluate food products sold on its premises, and set nutritional guidelines for all food and beverages available on campus.
 - c. The school will set guidelines for refreshments served at parties, celebrations, and meetings held during the school day.
 - d. Drinking fountains, and/or individual water bottles will be available to satisfy students needs for hydration.

Ways the Wellness Committee will evaluate the Program:

1. A Health Survey dealing with eating choices and physical activity levels outside of school hours will be done at the start and end of the school year, giving the Wellness Committee data, both pre and post year, on the program's effectiveness;
2. The physical Education Instructor will collect data on students weight at the beginning and end of school year and implement daily regimen of exercises for healthy practices.
 - Fun Things for morning
 - a. Everyone stand and jump 5 times
 - b. Stretch hands high, then touch toes heels off floor
 - c. Arm Circles
 - d. Mountain Climbers
 - e. Knee squats for 30 seconds
 - f. Balance on Rt. Or Left foot 30 seconds
 - g. Feet apart/feet apart 10 times
 - h. Pivot jump (½ turns)

Wellness Committee Meeting
5-22-16

On Wednesday, the first Wellness meeting was held. Members present were Mr. Wirick, Mrs. Burton, Mrs. Mahek, Ms. Belcastro, Ms. Hartman, Mr. Wirick, Mr. Salvati Principal.

After reading the Federal and State mandate on the Wellness Committee, the following items were voted on. These will be implemented as soon as possible:

1. All students will go outside everyday unless the temperature is 30 degrees or lower.
2. Gym is to be used in winter months and during non Phys. Ed. Days for physical activity. The gym is open for any class to use.
3. Children who have discipline problems will walk laps rather than be kicked out of gym.
4. If recess time is needed for students to catch up on school work, alternate activity or movement opportunity must be provided. St. Joseph School is "different by design", and all students should have recess, K-8. Lunches (minimum 20 minutes) are for eating and socializing with friends, they are not for "working lunches". Extra-curricular activities are to be held before or after-school.
5. When children cannot go outside, they should be encouraged to participate in, Example: jump rope, races or exercises.
6. Soda pop and carbonated drinks are not allowed for children during school hours. Candy, ice cream and other sweets will be kept to a minimum. Teachers should encourage healthy snacks and treats.
7. Cafeteria will maintain a nutritious menu for breakfast and lunch.

Next Nutrition and Wellness meeting would be at 4 p.m. on Friday, September 5th, 2017.