

SCHOOL NUTRITION AND WELLNESS PROGRAM
ST. JOSEPH CATHOLIC SCHOOL
2023-2024

Statement of Purpose: In response to Public Law and ORC 3314.814, the following school policy for wellness has been updated from the 2016-2017 document. This plan reflects current practice of the staff towards the student body. Catholic Schools always have been, by design, geared toward the whole child's health, nutrition, and wellness.

Nutrition Wellness Committee: Consists of 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 habits. (Cafeteria Manager, Health curriculum)
 - b) Students will follow the Diocese of Toledo's objectives relating to diet, nutrition, and exercise as stated in the Diocesan Graded Course of Study for Science and Health.
 - c) Nutrition Guidelines and posters for healthy food choices and/or other messages related to health and nutrition will be posted in or near the school cafeteria.
 - d) Students and families will receive instruction/information on any new nutrition updates or programs.

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 movement activities within the classroom.
 - b) Physical Education Classes will adhere to the objectives of the Diocese of Toledo Course of Study for Physical Education.
 - c) Students will have the opportunity for physical activity through extra-curricular sports at both St. Joseph Catholic School and local school districts.
 - d) Students will participate in outside recess daily with the exception of inclement weather or if the outside temperature goes lower than 30 degrees.

3. Other School-based activities:
 - a) The school lunch program will follow nutrition guidelines established by The Ohio Department of Education, The USDA, and the Federal School Lunch Program.
 - b) Soda and other carbonated drinks are not permitted for children during school hours. Dessert items will be kept to a minimum for classroom parties and celebrations. Classroom teachers should encourage healthy snacks.
 - c) Drinking fountains/Water Bottle Fillers will be available to satisfy students' needs for hydration.

Evaluation of Wellness Program

A health and nutrition survey will be offered to students at the end of each school year to evaluate the program's effectiveness.

STUDENT NUTRITION AND WELLNESS SURVEY

1. How many times a day do you eat?

1x 2x 3x 4 or more

2. Do you eat breakfast? **Yes No**

3. If yes, where do you eat breakfast? **Home School**

4. What meal do you feel is your main meal of the day?

Breakfast Lunch Supper Snacking

5. What is your daily frequency of the following food types:

	1x	2x	3x	4 or more
Salty foods	_____	_____	_____	_____
Sweet foods	_____	_____	_____	_____
Fresh fruit	_____	_____	_____	_____
Fresh Vegetables	_____	_____	_____	_____
Whole Grains	_____	_____	_____	_____

6. How often do you eat the school prepared lunch on average?

1x week 2x week 3x week 4x week 5x week Never

7. If you purchase the school prepared lunches, how would you rate them for taste on average?

Excellent Good Fair Not Very Good Awful

8. If you purchase the school prepared lunches, how filling are they?

Always filling Mostly filling Sometimes filling Never filling

9. Do you ever snack between meals? **Yes No**

10. If you snack between meals, when are you most likely to do so?

At school After school In the evening

11. In addition to physical education class, how often do you exercise a week?

1x 2x 3x 4x 5x or more Daily Rarely Never

12. Do other activities below prevent or distract you from daily exercise?

Homework Family Obligations Electronics Other