

St. Joseph School Wellness Policy

A wellness committee will be formed consisting of:

- 1 school administrator
- 1 cafeteria representative
- PE teacher
- School Nurse
- 2 teachers (one from primary and one from junior high)

This policy will be available to all parents/guardians of St. Joseph School.

Nutrition Education

Nutrition education will be included as part of the curriculum in science, health, and physical education classes.

1. School nurse to share info and resources regarding healthy food choices. Posters encouraging this hung in nurse office and cafeteria.
2. Northern Kentucky Health Department has registered dieticians who can speak to classes free of charge.
3. March is National Nutrition Month. We participate in the Healthy Challenge encouraging five fruits and vegetables a day, and increased physical activity.
4. Teachers Pay Teachers website is another great resource along with the Healthier Generations website for nutrition education.

Students are not allowed to share or swap food/beverages at snack and meal times due to allergies and sensitivities.

1. Students are instructed on purpose/reason for this and given basic info on food allergies.

School based activities such as fundraisers, rewards, and celebrations ordinarily should not involve unhealthy food or beverages. Food and beverages should meet acceptable nutrition guidelines.

1. Fundraising activities and celebrations can promote physical activity such as the Walk a Thon and Olympic Day.
2. Rewards for academic performance or good behavior should ordinarily not be centered around food. Alternative suggestions can include pencils, coupon for swap a desk, extra recess...
3. Ordinarily, schools should limit celebrations that involve food during the school day.
 - a. For birthday celebrations, healthy snacks are suggested at the end of this policy.
 - b. In all grades, when snacks are brought to school, encourage nutritious, healthy choices of snacks, treats, and portions.
 - c. Ordinarily, candy should not be used as a reward or given during the school day.
 - d. Holiday celebrations- amount of food should be reasonable (not meal size) and include nutritious foods.
 - e. Drinks: Allowed- water, low fat milk, fruit/vegetable juices (contain at least 50% fruit/vegetable juice and do not contain additional sweeteners); Ordinarily not allowed- soft drinks, energy drinks, sports drinks, caffeinated/sweetened iced tea, caffeinated beverages, juices that contain less than 50% fruit/vegetable juice

Physical Activity

A certified PE teacher will teach the P.E. classes using K-8 approved curriculum guide.

Physical Activity at recess

1. Daily, a 20 minute period for recess is to be had for all children grades K-8
2. Ordinarily, do not use the time of recess as a time to finish work or eliminate the recess time as a consequence of actions.

Encourage students to maintain a physically active lifestyle.

1. Reduce time spent on sedentary activities such as watching TV, playing video games, cell phone/i-pad screen time, computer screen time
2. Encourage physical family activities

Nutrition Guidelines (to follow state and diocesan policies)

Menu planning needs to be in accordance with the National School Lunch Guidelines.

1. Fresh fruits or raw vegetables will be offered daily.
2. Whole wheat products offered.
3. Food preparation methods will attempt to lower saturated fat, sodium, and sugar.
4. The a la carte options will also promote more healthy and nutritious options

Students should be encouraged to start each day with a healthy breakfast. Students who do not purchase items are encouraged to pack healthy lunches from home. Suggestions include:

1. Low fat meat or cheese sandwiches on whole wheat bread, buns, or wraps

2. Fresh fruits and vegetables
3. Low fat yogurt
4. Low fat cheese cubes or sticks
5. At least 50% juice products
6. Pretzels, crackers, bagels, small muffins, dry whole grain cereal
7. Granola bars
8. Dried fruit
9. Candy and soft drinks MAY NOT be included as part of a lunch from home.

The diocesan food director will conduct a review of each school's program. The diocesan food director will be appointed by the Diocesan Superintendent.

Health and Wellness Education

The nurse, PE teacher and science teachers will work together to cover a variety of topics including: bodily hygiene, proper handwashing technique, cough etiquette, growth and development, the importance of sleep, physical activity, hydration, and limiting screen time. A CPR elective will be offered to junior high students.

This policy will be available to parents annually and on our school website.

Suggested Foods of Nutritional Value

Fruit kabobs	Goldfish crackers or pretzels
Whole wheat or grain crackers	Graham crackers
Microwave light or air popcorn	50% fruit juice
Dry whole wheat or grain cereal	applesauce
Granola bars	Baked chips
Low Fat Cheese	Rice cakes
Bananas	Animal crackers
Medium apples	English muffin
Cantaloupe cubes	Fruit snacks
Grapes	Low fat string cheese
Vegetable sticks	Baby carrots and dip
Low fat frozen yogurt	PB crackers
Frozen juice bars	Cheese crackers
Pudding cups	PB and celery sticks

8 Tips to Help when you have a snack attack:

1. Choose foods low in fats and low in salt.
2. Select fruits and vegetables in a rainbow of colors.
3. Limit sugar filled beverages and snacks.
4. Keep it small. A snack is an “extra”, not another meal.
5. Don't deprive yourself of a cookie or candy bar or treat- but eat something healthy first so you aren't filling up on the less healthy stuff.
6. Use a small bowl for snacks to control the portion size. (put away the bag/box)

7. Use a small bowl for snacks to control the quantity you are having and put the bag/box away. This way you are not tempted to eat larger portions of snacks.

Party Suggestions

Bagels	Breakfast bars
Cheese cubes	Fresh fruit pieces
Fresh finger food veggies	Granola bars
Veggie pizza	Yogurt parfait
Dried fruit mix	Popcorn
Pretzels	Baked chips
Apples and PB	Celery and PB

Alternatives to Food Rewards

1. Play favorite games
2. Extra recess
3. Sit by a friend
4. Eat lunch with the teacher
5. Show and tell
6. Paperback book
7. Trips to the treasure box
8. Listen to music while working
9. Homework pass
10. Free choice

