

ST. JOAN OF ARC SCHOOL

Wellness Policy

March 2016

1. Goals for nutrition education, physical fitness, and other school-based activities that promote wellness.

Nutrition Education

- St. Joan of Arc School will implement the health objectives relating to diet, nutrition, and exercise as stated in the Diocese of Youngstown Physical Education and Health Courses of Study.
- Nutrition guidelines, food pyramid charts. Suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in the classroom and/or the school cafeteria.
- School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the school day.
- Lunch recess will continue to precede lunch.
- Recess or snack breaks will be scheduled for students as needed to maintain energy levels. Students may have access to the use of individual water bottles at teacher discretion.
- Seventh and eighth grade students will be provided with information on good nutritional practices as they relate to sports competition.

Physical Fitness

- Each student will participate in physical education class taught by a licensed teacher two times per week for thirty minutes each.
- Physical education classes will implement the Diocese of Youngstown Physical Education Course of Study objectives.
- Physical fitness goals will be introduced and monitored by the physical education teacher. Each student will keep an individual record card on file in which goals and growth will be recorded.
- The physical education teacher will provide access to resources and training to classroom teachers on short physical fitness breaks in the classroom.
- The physical education program will balance competitive sports with lifetime, social, and non-competitive fitness activities.
- All classes K-8 have access to recess according to the school schedule.
- Students will not be deprived of physical education classes as a method of discipline.
- A Walking Club will be offered at recess time.
- The school will participate in Ohio High School Athletic Association sports for grades seven and eight. Intramural opportunities for younger grades will be developed.

- Students will be encouraged to participate in school and community sports programs, and to be physically active outside of school.

Other School-Based Activities Designed to Promote Student Wellness

- The school encourages the use of non-food rewards for student behavior.
- Teachers and parents are encouraged to provide healthy snacks and to minimize sugary snacks for classroom celebrations.
- The school will provide parent education on nutrition and the benefits of physical activity in the parent newsletter.
- Teachers will be offered training in nutrition and brain-research as it relates to student learning. Websites and other resources for their use will be compiled by the school nurse, physical education teacher, principal, and/or technology coordinator. At least one health-related inservice will be scheduled annually by the school principal in conjunction with the school nurse.
- Teachers will be encouraged to provide movement and activity for students in a way conducive to learning.
- Outside student programming including assemblies and guest speakers will be invited in to speak with students on varying topics concerning healthy growth and development.
- The school nurse will actively be involved in providing and scheduling health-related curriculum experiences in the school and classrooms.
- The *Governor's Buckeye Best Healthy Schools* awards' checklist will be used by the Wellness Policy Committee as a resource in revising the Wellness Policy. Other evaluative tools such as the *School Health Index: A Self-Assessment and Planning Guide* published by the Center for Disease Control may also be used to refine the plan.
- The school nurse will annually review good hygiene and hand-washing procedures with students. Waterless bacterial hand sanitizer will be available in each classroom and the cafeteria.
- Health Department Directives and other public regulations for facilities safety and cleanliness will continue to be followed. The maintenance coordinator will review all procedures at least annually. The cafeteria manager will continue to supervise health and safety practices as related to food preparation and handling and kitchen cleanliness.
- The PeaceBuilder Program by Peace Partners, Inc. will continue to be used as a framework for school environment interactions among students.
- The Student Council will continue to sponsor *Mix it Up at Lunch Day* annually to encourage positive community-building at lunch.
- A Crisis Management Plan is in place and communicated to all school and community stakeholders as needed.

2. Nutrition Guidelines for all foods available on school campus during the school day.

- The school lunch program will follow nutritional guidelines established by the Ohio Department of Education Office of Child Nutrition Services.
- The cafeteria staff will evaluate the fat and sugar content in the snacks sold to students. Low fat and low sugar snacks will be offered for sale.
- The parish pop machine is off limits to students before, during, and after the school day.
- Drinking fountains are available to students throughout the school day.

3. Guidelines for Reimbursable School Meals

- St. Joan of Arc School will continue to follow the state and federal guidelines and procedures for reimbursement for the school lunch program.

4. Plan for Measurement of the Implementation of the Local Wellness Policy.

- Student record cards for physical fitness goals will be reviewed annually by the physical education teacher for growth.
- Grade 8 health classes will incorporate a student survey on student eating and exercise choices, with analysis of the survey information used to plan additional instruction.
- A record of activities related to the wellness policy will be reviewed annually by the Wellness Committee.
- The wellness committee will revisit the plan at least annually to revise, update, amend, or extend the policy as needed.

5. Community Involvement in the Development of the Plan

- St. Joan of Arc School Wellness Committee consists of the school principal, the physical education teacher, the school nurse, a classroom teacher, a parent/playground supervisor, and the cafeteria manager. The committee will review the plan at least annually to monitor progress and refine the plan.
- The plan will be presented to the Consultative Council at least annually for their information and input.

Wellness Policy Committee, March 2016

Robert Vero, Principal

Kent Kleinknecht, PE Teacher

Lucinda Gray, School Nurse

Lisa DeComo, Gr. 1 Teacher

Jacqueline Stangl, Parent/Librarian/Playground Supervisor

Sondra Falconer, Cafeteria Manager