



St. John the Apostle **Catholic School** ***School Wellness Policy***

Preamble:

St. John the Apostle Catholic School is dedicated to fostering a wholesome environment for students and staff within the school setting, acknowledging that individuals need to maintain physical, mental, and social well-being to enhance both wellness and academic performance.

St. John the Apostle Catholic School will concentrate on attaining the following five (5) objectives:

A. Nutrition:

- Ensure that all students and staff have access to and are motivated to choose from nutritious food options available in school and District/Region office cafeterias.

B. Physical Education:

- Encourage all students to participate in physical education at the recommended levels.

C. Physical Activity

- Encourage all students and staff to partake in daily physical activities in accordance with national guidelines.

D. Health and Nutrition Literacy

- Promote the development of healthy lifestyle habits among all students and staff.

II. Nutrition:

A. Beverages Policy

1. Elementary School (PK-5th Grade):



- a. Only plain water is allowed.
 - b. Up to eight (8) ounce servings of milk and 100% juice.
 - Fat-free or low-fat regular and flavored milk, as well as nutritionally equivalent milk alternatives (per USDA), are permitted, with a calorie limit of up to 150 calories/eight (8) ounces.
 - 100% juice with no added sweeteners, up to 120 calories/eight (8) ounces, and containing at least ten percent (10%) of the recommended daily value of three (3) or more vitamins and minerals.
2. Middle School (6-8th Grade)
- Same as elementary school, but juice and milk may be sold in twelve (12) ounce servings.
- B. Food and Snacks
1. All food and snacks sold in school must adhere to the following:
 - No more than thirty-five percent (35%) of total calories from fat.
 - No more than ten percent (10%) of total calories from saturated fat.
 - No more than thirty-five percent (35%) added sugar by weight.
 - No added trans fat.
 - Be a "whole grain-rich" product.
 - Be a fruit, vegetable, dairy, protein food; or a combination food that contains at least 1/4 cup of fruit and/or vegetable.
 2. Snacks sold separately from meal times and approved fundraisers on campus must:
 - Have no more than 200 calories.
 - Have no more than 230 mg of sodium.

St. John the Apostle Catholic School encourages healthy food and beverages at school-related events, with exceptions for specific situations and exemptions for Culinary Arts and Training Programs. Additional ideas and suggestions can be found at <http://nutrition.dadeschools.net>.

C. Nutrition Education:

1. Encouragement will be provided for all students and staff to acquire knowledge about nutritional principles and other essential competencies for making choices that promote health.
 - Health Literacy Education: Integration of health literacy into classroom instruction will cover comprehensive concepts related to health-enhancing behaviors, risk factor reduction for preventing lifestyle diseases, bullying and violence prevention, personal safety, stress identification and management, and sexual health and body image when applicable.
 - Nutrition Education: Nutrition education will encompass lessons and hands-on learning experiences, including activities like edible gardens. The focus will be on:
 - Emphasizing the importance of goal-setting and positive decision-making strategies that enhance health, including those related to food intake and energy expenditure.
 - Analyzing the impact of culture, media, and other factors on food choices and preferences in personal health practices, incorporating food preparation methods that contribute to healthy living.
 - Facilitating the development and care of edible gardens.
 - Media Literacy



- Students will be instructed to distinguish between marketing messages and substantive health information.
- Health Literacy Resources for Staff
 - Resources on health-enhancing behaviors, risk factor reduction for disease prevention, personal safety, and stress management will be made available to staff, promoting their understanding of essential health concepts.

III. Physical Activity:

A. Physical Education

The district is committed to delivering evidence-based physical education programs, fostering the development of healthy lifelong habits that promote cardiovascular conditioning, flexibility, coordination, balance, and strength in students.

- I. Elementary Physical Education, Grades K–1
 - Mandatory 150 minutes of weekly physical education instruction provided by the teacher.
- II. Elementary Physical Education, Grades 2–5
 - Required 150 minutes of weekly physical education instruction delivered by a dedicated physical education teacher.
- III. Middle School Physical Education, Grades 6–8
 - All students must complete a minimum of one semester of physical education in each of the three years, unless a waiver is submitted at the time of subject selection each year. Students are encouraged to opt for a full year of physical education for maximum health benefits.
- IV. Physical education will be conducted by a physical education specialist and will be an integral part of each school's instructional program, accommodating the differing abilities of students. The program will emphasize the importance of physical fitness, healthy lifestyles, and fairness and respect for all students.
- V. Nutrition education is mandated to be integrated into physical education in grades K–8
- VI. Physical education skills essential for health enhancement will include:
 - A. Understanding concepts related to health promotion, disease prevention, and reduction of health risk.
 - B. Ability to access valid health information.
 - C. Effective interpersonal communication skills.
 - D. Goal-setting and decision-making abilities.
 - E. Stress reduction techniques.
 - F. Advocacy skills for personal, family, and community health

B. Physical Activity

All students and staff will be actively encouraged to engage in a minimum of sixty (60) minutes or more of daily physical activity, following national recommendations.

- I. Recess for students in grades PK–5 is mandated to occur five (5) times a week for twenty (20) consecutive minutes each time. Recess is defined as unstructured free play supervised by adults but not directed by adults; it can also include activities directed by adults as outlined in the District's Recess Manual, available at <http://pe.dadeschools.net/>.
- II. School policies and practices support the idea that physical activity and recess should not be withheld as a form of punishment for students.



- III. Students will be informed of opportunities to participate in physical activity through after-school programs and school intramural programs.
- IV. Staff will be encouraged to partake in at least thirty (30) minutes of daily physical activity, encompassing a combination of cardiorespiratory activity, flexibility, and muscular strength and endurance.
- V. Staff will be informed of opportunities to engage in physical activity through after-school programs and community events.

IV. Mental Health

A. Counseling Services

1. All students have access to a counselor on campus. As part of the socio-emotional learning component of each student's education, he/she has a scheduled counseling time twice a week.

V. Implementation and Evaluation:

The St. John the Apostle Catholic School's Wellness Advisory Committee is tasked with the responsibility of scrutinizing and overseeing the School's Wellness Policy in alignment with established policies, aiming to enhance the health and well-being of all students and staff. This year, our school will be conducting annual self-assessments as well as student and parent assessments. Based on this data, we plan to create our goals for the following school year. These goals will be presented at the beginning of the school year to present to our school families and other stakeholders.