

St. John the Apostle Catholic School. . .



Educating children in the faith for over 60 years.

479 East 4th Street
Hialeah, FL 33010

Telephone (305) 888-6819
Fax (305) 887-1256

SCHOOL WELLNESS POLICY

GOAL AND PURPOSE

St. John the Apostle Catholic School promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the learning environment. St. John the Apostle Catholic School supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. St. John the Apostle Catholic School contributes to the basic health status of children by facilitating learning through the support of good nutrition and physical activity. *In partnership with parents and families, the practice of good nutrition and physical activity may be achieved.*

PREAMBLE

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the USDA Choose my Plate;

Whereas, 77% of children (9 to 19 years) do not meet their recommended dairy intake;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, parental and community participation is essential to the development and implementation of successful school wellness policies;

Thus, St. John the Apostle Catholic School is committed to providing school environments that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity..

Guidelines

1. Nutrition Education

- a. School programs offer students in pre-kindergarten through grade 8 nutrition education that provides the knowledge the students need to adopt healthy lifestyles.
- b. St John the Apostle has implemented nutrition education in all our Physical Education Curriculum in all grade levels. Proper nutrition is discussed in Science classes at least once a week.
- c. St John the Apostle Catholic School Physical Education teacher is adequately trained and has his/her Physical Education Certification which allows him/her to implement a variety of games and nutrition information in to the curriculum to help promote a healthy lifestyle to all grade levels within the school. In Science class, students will create projects on healthy meal plan and help educate others on how to eat a balanced and healthy diet.
- d. St John the Apostle Catholic School teachers have access to appropriate professional and classroom resources to provide all students proper nutrition education which promotes a healthy life style for all students.
- e. The school lunch program serves as a learning laboratory to teach and practice good nutrition.
- f. Preparing foods with recipes allows students a hands on activity that enables them to learn about healthy ingredients and how to choose nutritious foods;
 - Discuss with students what constitutes a healthy recipe.
 - Have students bring their prepared dish and recipe to share at a class party.
 - Tracking what they eat can help manage and prevent complications of Diabetes, Heart Disease, Obesity and other health related deficiencies.
- g. St. John the Apostle Catholic School provides nutrition education and encourages healthy eating for families, both within the home and outside. Family members are engaged as a critical part of the team responsible for teaching children about health and nutrition. Nutrition and health information for families is provided by the school and through the monthly postings of lunch menu on the school website. Also we have a specifically designed curriculum to engage family members to work with students and help teach children about living healthy lifestyle outside the classroom environment. Additional nutrition and health information is sent home with additional nutritional tips to ensure healthy food and beverage selection in school.

Evaluation

- Incorporate Nutrition Education with in the Physical Education and Science Lesson plans.
- Students design healthy meal plans as shown in their Science Projects.

2. All food served on campus concurs with the intent of promoting student health and reducing childhood obesity

<http://school.StJohnHialeah.org>

- a. Food and beverages offered over the course of the school week are nutrient dense, including non-fat milks (.5% fat or lower) and low fat (1% Fat) be offered, whole grain products and fiber rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
1. A variety of nutrient dense foods are offered to students at each meal always including low fat milks, fruits/vegetables, meat/meat alternatives and grains.
 2. Food and beverages served during the school day include a variety of healthy choices that are of excellent quality, appealing to the students, and served at the proper temperature.
 3. Foods and beverages available during the school day should minimize the use of trans fats foods and beverages available during the school day shall comply with the current USDA Dietary Guidelines for Americas:
 - Total Fat shall be limited to no more that 30% of the total calories in the food product (excluding nuts, seeds and nut butter)
 - Trans fats shall be less than .05 grams per serving on competitive foods.
 - Not to exceed the serving size of the food served in the NSLP and not to exceed 200 calories.
 - Saturated fats shall be limited to no more than 10% on the total calories in the food product.
 - Sugar will not exceed 35% of the total weight of the food product (excluding fruits and vegetables).
 - Conscious effort should be made to limit the sodium content of foods to 480 mg per non entrée item.
 4. Salad bars or pre-packaged salads are available daily.
 5. Fruit is available at each meal.
 6. Food and Nutrition Services will encourage consumption of whole grain breads and cereals.
 7. Food and Nutrition Services offer low fat milks.
 8. At a minimum, foods served as part of a school lunch or breakfast will meet the Dietary Guidelines for Americans as set forth by the USDA.
 9. Guidelines will be provided for parents on packing healthy lunches.
- b. If a la carte, vending, or other food sales are available, they shall include a variety of choices of nutritious foods, such as fruits, vegetables, low fat dairy items, and water.
- c. Drinking water and hand sanitizing facilities should be conveniently available for students at all times.
- d. A list of healthy food and non-food alternatives will be made available to parents and teachers for classroom celebrations and rewards. Food served in the classrooms will be obtained from approved sources, per Chapter 64E-11 of the *Florida Administrative Code*.

- e. St. John the Apostle Catholic School shall encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fundraising to support physical activity events.
- f. Food and beverages sold at events during school hours must be obtained from approved sources, per Chapter 64E-11 of the *Florida Administrative Code*, and reinforce the importance of healthy choices.
- g. Snacks and rewards provided in after-care programs will comply with the current USDA Dietary Guidelines for Americans and reinforce the importance of healthy choices and food alternatives.

Evaluation

- Maintain a checklist that all foods served must have the following nutrient guidelines:
 - ✓ 200 calories or fewer per portioned package
 - ✓ No more than 30 % of total calories from fat per serving size
 - ✓ Zero trans fats per serving
 - ✓ Consistent with the Dietary Guidelines
 - ✓ Contributes to developing healthy eating habits
 - ✓ Review of menus, production records and nutrient analysis.

3. Physical Activity and Other School Based Activities

- a. St. John the Apostle Catholic School works to provide the opportunity for every student to receive regular, age-appropriate, quality physical education.
- b. St. John the Apostle Catholic School encourages healthy eating habits and exercise through the Science Curriculum. Students have a once-a-week class discussion and health related activities.
- c. All physical education classes shall be taught by certified physical education teachers and designed to build interest and proficiency in skills, knowledge, and attitudes essential to a life-long, physically active lifestyle.
- d. The physical education curriculum shall be coordinated with the health education curriculum.
- e. Physical education should provide safe and satisfying physical activity for all students including those with special needs.
- f. St. John the Apostle Catholic School will provide at least 15 minutes of daily recess on days that they do not have physical education.
- g. St. John the Apostle Catholic School shall not use participation or non-participation in physical education class or recess as a way to punish or discipline students.
- h. After-school programs shall include supervised, age-appropriate physical activities that appeal to a variety of interests.

- i. St. John the Apostle Catholic School shall disseminate information for parents to help them promote and incorporate physical activity and healthy eating into their children's lives.

Evaluation

- Review Physical Education Lesson to ensure that students are receiving adequate quality physical activities.
- Ensure that Science Lesson Plan incorporates healthy eating lifestyle habits.

4. Additional School Goals:

1. St. John the Apostle Catholic School will ensure that students who receive free or reduced price meals are not treated differently from other students or identified by their peers.
2. All Food and Nutrition Services personnel have adequate pre-training and participate in on-going professional development in the areas of sanitation, school food service essentials, nutrition and quantity cooking.
3. St. John the Apostle Catholic School will strive to provide menus that meet the requirements of the USDA for school meals, and over the course of a week meet the nutritional standards recommended by the *Recommended Dietary Allowances* or equivalent.
4. Effective food safety practices are applied to all foods prepared, sold and served through the Food and Nutrition Services of the school.
5. Meals are scheduled as close as possible to the middle of the day. Dining areas should maintain hygienic standards; appear cheerful, and appropriately supervised.
6. Families are encouraged to be evolved and address food and nutrition issues. The Home and School Board meets periodically and designee of the Wellness Policy provides information on the School Nutrition Program. Parents are encouraged to offer input at these meetings.

Evaluation

- Maintain the confidentiality of all students in the free and reduced school lunch program.
- Ensure that the food and Nutrition Service Staff continues to attend the prescribed and ongoing workshop and training.
- The school follows the food and nutrition guidelines set by USDA.
- The Food Service Administrator together with the food preparation personnel maintains the safe handling and cleanliness of the food service areas.
- Ensure that the safety rules are complied with in using all physical education equipment.

5. Evaluation and Accountability

1. St. John the Apostle Catholic School will be responsible for identifying an individual or group responsible for implementation of the Schools' School Wellness Policy.

2. The Wellness Policy Committee shall convene quarterly to assess whether policies are effective in improving student health. At least one student and one parent will each be a representative on the committee, as well as the food service administrator will be responsible to ensure the implementation of this policy and related activities.
3. St John the Apostle Catholic School Community Outreach will continue to provide input and recommendations regarding wellness initiatives and outcomes. They will also serve as a liaison to other community nutrition groups, organization and advisory committees.
4. Wellness Policy Committee will annually determine wellness promotion objectives based on results of the annual Wellness Policy Evaluation and report the effectiveness of the policy and recommended revisions if necessary, to the Principals Advisory Committee. One way to gage the efficiency of the Wellness Program is to implement a Plate Waste Procedure. To prevent plate waste, school will conduct taste testing parties, food surveys and nutrition education programs in and out of the classroom. It is hope that through the plate waste program the Wellness policy in accordance with the school's goals and initiatives will ensure high academic achievements through enhanced wellness curriculum and programs to improve the health of all students and staff.

Note:

- The public (parents, teachers, students, Wellness Committee members, parishioners and community organizers) can attend the Parish Council Advisory Board meeting prior request from the board. The board will allow the public to share their input on additional policy and/or revision.
- The Parish Council Advisory Board is composed of various members of the Parish community at large, religious, youth advisor, and school administrator.

Designee:

Marilyn S. Bimonte is the person charged with operational responsibility for ensuring that the school is meeting the local Wellness Policy.

ASSURANCE:

We assure that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the United States Department of Agriculture

Website address for the Wellness Policy

<http://school.StJohnHialeah.org>

St. John the Apostle Catholic School Wellness Policy was Adopted and effective on January 30, 2012.