

SCHOOL WELLNESS POLICY PHYSICAL ACTIVITY & NUTRITION

It is the mission of St. Joseph/Marquette Catholic School to build community and educate the total child (spiritually, intellectually, emotionally, physically and socially) in values consistent with the teachings of Jesus Christ.

SCHOOL LUNCH PROGRAM

The St. Joseph/Marquette's School Lunch Program meets or exceeds all United States Government Nutritional Standards. Meals are served in a clean, pleasant atmosphere where the children have the opportunity to enjoy their lunch. Offer vs Serve has been implemented in the School Lunch Program.

SPECIAL NEEDS & ALLERGIES

Parents of children with life-threatening food allergies or special food needs should communicate their concerns with the school nurse, teachers & kitchen staff to develop and implement a risk assessment plan to determine what specific safety measures their child requires based on their medical needs.

Food provided by the school will be tree nut/peanut free, this being the most common of severe food allergies. We ask parents not to send lunches, bring snacks or fundraising food items that contain tree nuts or peanuts to school.

ALL GRADES

Hot lunch is offered daily providing the required nutritional components of the meal. An emphasis is placed on offering fresh fruits and vegetables whenever possible. A choice of milk, plain 1% or skim chocolate milk, each day with the school lunch, and is also available to children who bring cold lunch

ALL GRADES

As an option to the hot lunch offered daily, there is a cold lunch option available for purchase. The cold lunch is called a SWAK. This lunch provides all the required components and provides a fruit, whole grain bread and low fat turkey and cheese, low fat ham and cheese or Sunbutter, a mozzarella cheese stick and a choice of milk, fat free chocolate or plain 1%.

GRADES 4 – 8

As an option to the hot lunch offered daily, grades 4-8 have a daily salad bar option, which provides the children with a choice of fresh fruits, vegetables, whole grain breads, various protein options and milk, fat free chocolate or plain 1%.

PHYSICAL ACTIVITY

Pre-kindergarten has 30 minutes of PE classes each week. Kindergarten through 4th grade has 30 minutes of PE class twice per week. Fifth grade has 45 minutes of PE class twice per week. Middle school students have a 2 quarters of PE per year, with 45 minute sessions, 5 times a week. Physical Education is taught by a P.E. instructor with an

Elementary Education Degree, with a special in ECE. The children are taught age appropriate exercises and activities based on a Physical Education Curriculum. Elementary PE focuses on basic motor skills, sportsmanship through team games as well as free-choice days with various game options available to encourage love of activity. Middle school PE emphasizes team sports and students are graded on participation, effort and attitude. All students in every age group are taught age appropriate Locomotor Skills, Non Locomotor Skills and Manipulative Skills.

Essential learning #1: The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness and nutrition.

Essential learning #2: The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes patterns of growth and development, reduce health risks and live safely.

Essential learning #3: The student analyzes and evaluates the impact of real-life influences on health.

Essential learning #4: The student effectively analyzes health and safety information to develop health and fitness plans based on life goals

Recess times are used to encourage children of all ages to engage in supervised play and activity. During school hours, 8:15 a.m. to 3:00 p.m., there are 3 recess times where the children are active. The children have two (2) fifteen-minute breaks, morning and afternoon. The lunch break is 45 minutes for grade school and 35 minutes for middle school, with 20 minutes inside to eat lunch and then go outside for supervised play.

PARENTS & EDUCATION

Parents are a key component to their child's health and nutrition. They are encouraged to provide nutritional items for their child who brings a cold lunch to school.

Parents are invited to the lunchroom/cafeteria to have a school lunch and share in an important part of their child's day in a relaxed and inviting atmosphere. This activity gives parents an opportunity to spend time with their child and take part in the Nutrition Program provided at school. Parents can experience, first hand, the worth and the value that the School Lunch Program provides.

EDUCATION

Third grade teachers at St Joseph/Marquette, have a nutrition curriculum that has been implemented to educate and help younger children make healthy food choices.

Grade-school teachers talk to the students each day while the children are waiting in line to receive their lunch. The teachers encourage the children to make healthy choices by eating the right kinds of foods that are nutritionally balanced, which a school lunch provides.

Teaching by example:

Teachers of all grades promote good nutrition. The teachers who get a salad from the salad bar or request a hot lunch from the kitchen are setting an example to their students, that the school lunches are good, and they enjoy them too!

If a grade school child has a lunch from home that does not provide adequate nutrition, a teacher will request from the kitchen, a sandwich, fruit or vegetable for that child. The teacher explains to the child, the importance of good food, and healthy choices.

Teachers and food service staff are in constant communication about the school lunch program, and the concerns of nutrition and possible food related allergies. There is always faculty and staff available in the cafeteria to assist students and answer questions that they may have. There is a qualified kitchen employee at the salad bar to assist students, make sure the students are getting adequate and appropriate servings.

A parent committee, called the Nutrition Workgroup, was formed to create the Healthy Foods and Beverage list for all school snacks that are provided during school hours, 8:00 a.m. to 3:00 p.m.

If a parent/teacher wishes to bring food to the school for a snack, celebration, or to a school sponsored event, it is suggested that a healthy food choice is provided. Teachers and /or the Administration should be consulted before making selections outside the Healthy Foods and Beverage list.

FOOD FUND RAISING & REWARDS

When using food items for fundraising or rewards during the school day, this policy encourages; but is not limited to the Healthy Foods & Beverage list. Teachers and/or the administrative staff should be consulted before making selections outside the list.

IMPLEMENTATION PLAN

The people involved in establishing, implementation and review the Physical Activity & Nutrition Plan are as follows: The Nutrition work group consists of Paula Mattson, Jennifer Hull, Principal Gregg Pleger, V.P. Esther Seidl and Kitchen Manager, Emily Wall. The policy will be reviewed at the end of every school year and changes, if necessary, will be implemented at the beginning of the next school year.

A copy of this plan will be given to each teacher and kitchen staff. Parents have received a short version of this policy, which included the Healthy Foods & Beverage list. Parents, pending families and the general public can receive a complete version of the policy upon request.

KITCHEN STAFF

Kitchen Staff will continue to follow local, State and Federal requirements for the CHILD NUTRITION PROGRAM. Kitchen staff will continue to be educated in Child nutrition and Food Safety.

St Joseph /Marquette has one (1) food service PIC. Emily Wall, Kitchen Mgr. The cook is Irma Valencia. Food Service Staff is educated and knows the importance of child nutrition and food safety. Ongoing education in child nutrition is a requirement in the

school kitchen, recognizing that even the smallest improvements can make a huge difference.

Schools are in a powerful position to influence children's lifelong eating habits and encourage physical activity, organized, or play. To support this role and help combat the childhood obesity crisis, we have created and implemented these policies so our school can participate in the federally funded CHILD NUTRION PROGRAM.

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