ST. JOSEPH
CATHOLIC SCHOOL

WELLNESS POLICY
Nutrition and Physical Fitness

St. Joseph School recognizes that childhood obesity has reached critical levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of obesity and some cancers, diabetes and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our school's youth. Therefore, it is the policy of the board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

The Principal or designee shall develop and implement a comprehensive school wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-8. The input of staff, students, parents or guardians and public health professionals in the development of the curriculum is encouraged.

An assessment of the policy will occur every three years using the Wellness School Assessment tool Practice (WellSAT Practice) and will be posted on the school website. Evaluation procedures will utilize classroom-based assessment or other strategies and will be in place as required by state timelines.

Nutrition, health, and fitness topics should be integrated within the sequential, comprehensive health education curriculum and coordinated with the schools nutrition and food services operation.

The school shall take a proactive effort to encourage students to make nutritious food choices. The Principal or designee shall strongly encourage that:

1. A variety of healthy food choices are available whenever food is sold or served in school. Food pricing strategies should be designed to encourage students to purchase nutritious reimbursable meals.

2. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

3. Free water will be available in the cafeteria during mealtimes. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

NUTRITION

Nutrition Standards

The school shall provide school lunches that meet the nutritional standards required by state and federal school lunch programs. Meals served in school before the end of the last lunch period shall conform to the U.S. Dietary Guidelines for Americans.

Food Services Program

The school supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious meals for children

Free And Reduced-Price Food Services

The school shall provide free and reduced-price lunches to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The school shall inform parents or guardians of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals.

Surplus Commodities

The district should use food commodities made available under the Federal Food Commodity Program for school menus.

PHYSICAL EDUCATION

Health and Fitness Curriculum

The Principal or designee shall adopt and implement a comprehensive health and fitness curriculum consistent with the EALRs. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-8. Evaluation procedures will utilize classroom-based assessments or other strategies and will be in place as required by state timelines.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.

In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The school shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play.

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