



# SAINT JOHN THE BAPTIST CATHOLIC SCHOOL

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*Our Faith      Your Family      Their Future*

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**Pastor: Fr. Andrew Budzinski**

**Principal: Mrs. Mary Keefer**

## SAINT JOHN THE BAPTIST SCHOOL

### WELLNESS POLICY

In accordance with federal law, St. John the Baptist School will support the health of the students at our school by promoting nutrition and activity for PreK-8<sup>th</sup> grade students. All meals served at our school will meet or exceed the federal nutritional guidelines stated by the U.S Department of Agriculture.

This Wellness Policy will be posted on the school's website.

#### **1. Coordinated School Health Advisory Council**

St. John the Baptist School will engage the necessary community members to develop, implement, maintain, monitor, and review school nutrition and physical activity policies. A committee will be formed at the school to oversee the development, implementation, and evaluation of our school's Wellness Policy.

- A. In accordance with State and federal law, St. John the Baptist will maintain a school Health Committee that, if possible, will include:
  - Parents
  - Food Service Director
  - Physical Education teachers
  - Students
  - School Nurse
  - School Board members
  - Administrators
  - Interested members of the public
  
- B. This committee will meet at least once/year to review and develop an action plan for the upcoming year. The committee will meet during the year should the need arise.
  
- C. The committee will report annually to the principal regarding implementation of the policy and report any recommendations for changes to the policy.

## **2. Nutrition Education and Nutrition Promotion**

Nutrition information will be integrated into the health education at St. John the Baptist and taught at every grade level incorporating the standards of the Indiana Department of Education.

## **3. Standards for USDA Child Nutrition Programs and St. John the Baptist School**

St. John will promote the National School Lunch Program so that all students will have access to healthy foods to support healthy choices and promote optimal learning.

## **4. Nutrition Standards for Competitive and Other Foods and Beverages**

Foods and beverages at St. John the Baptist will support proper nutrition and healthy choices. This includes food and beverages made available in school during the school day for fundraisers, birthdays, and other classroom celebrations. Fundraisers that do not meet the federal nutritional standards are limited to two/year.

## **5. Physical Activity and Physical Education**

Saint John the Baptist will promote the health and well-being of students by promoting physical activity through Physical education class, recess, and walking and biking to school. The goal is to provide opportunities for every student to develop the knowledge and skills for physical activities, and to understand the long-term benefits of a physically active lifestyle.

- Students participate in scheduled physical education classes in grades PreK-8. Accommodations are made for students with disabilities as well as we can do so.
- The physical education program at St. John the Baptist follows the standards for the State of Indiana.
- Students in grades PreK-8 will have at least 20-30 minutes of outdoor recess, weather permitting.
- St. John will provide safe equipment and adequate space for students to engage in physical activity. Moderate to vigorous physical activity is encouraged.
- Students in grades 3-8 have the chance to engage in a variety of athletic programs throughout the school year.
- A safe procedure is in place for walkers and bike riders. There are adequate sidewalks and crosswalks.

## **6. Other Activities that Promote Student Wellness**

- St. John the Baptist will provide a clean and safe cafeteria for students.
- Adequate time will be given for lunch.
- Lunch time will be as near to the middle of the day as possible.

- Enough space will be provided to serve and eat lunch. Time is allocated so that there is little or no waiting.
- Students will not be denied recess as a form of punishment.
- If weather does not permit outdoor recess, students will have recess in the gym with classes able to be in the gym on a rotating basis.
- The gymnasium and the playground will be available (when possible) for use after school with necessary supervision.
- Drinking fountains are available throughout the school. Student may fill their water bottles when needed.
- Students participate in health screenings throughout the school year.
- Staff are trained on QPV Youth Suicide prevention every third year.
- Two on-staff, trained safety specialists provide ongoing safety professional development for the school staff.
- Staff are encouraged to participate in the Diocesan CHC Wellness Program.
- St. John the Baptist provides a space for nursing mothers.

## **7. Evaluation**

To assure implementation and enforcement of this Wellness Policy, St. John the Baptist will support physical activity and healthy eating behaviors. The school will evaluate implementation of this policy at least every three years. The Triennial Evaluation Tool (Indiana Department of Education) will be used. The school constituents will be notified of the results of this assessment and evaluation.

The principal will ensure compliance of this policy. The principal is responsible for retaining all documents of compliance. The principal is responsible to notify constituents of the three-year assessment and evaluation report.

LEGAL REFERENCE    42 U.S.C. 1758b  
                               7 CFR Part 210  
                               I.C. 20-26-9-18.5

## **Administrative Regulations:**

### **I. Nutrition Education**

The goals of St. John the Baptist School's Nutrition Education are:

- A. To influence students' eating behaviors and,
- B. To assist students in making wise eating decisions.

## **II. Nutrition promotion**

### **Goals:**

The main goal of St. John the Baptist School nutrition is to promote healthy eating behaviors and to assist students in making wise decisions when eating.

- Nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations, and any other appropriate means available to reach parents/guardians.
- Foods of minimal nutritional value, including brands and illustrations, shall not be advertised, or marketed in educational materials.
- St. John the Baptist School shall schedule mealtimes so there is a minimum disruption by recess and other special programs or events.
- The school environment will reinforce the development of healthy eating habits, including offering healthy foods and staff wellness support.

## **III. Standards for USDA Child Nutrition Programs and School Meals**

### **A. School Meal Content**

1. Meals served through the National School Lunch and Breakfast Program will:
  - Be appealing and appetizing to the children.
  - Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs.
  - Contain 0 percent trans fats.
  - Offer a variety of fruits and vegetables.
  - 100 percent of the grains offered are whole grain rich.
2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie, and sodium levels in food.
3. Students will have the opportunity to provide input on local, cultural, and ethnic favorites.

4. Special dietary needs of students will be considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.

6. The food services department will share and publicize information about the nutrition content of meals with students and parents/guardians. The information will be available in a variety of forms that can include handouts, the school website, articles, school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach families.

#### **B. Mealtimes and scheduling**

1. Adequate time will be provided to students for each lunch (at least 20 minutes after being served).
2. Elementary schools will schedule recess before lunch when possible.
3. School meals will be served in clean and pleasant settings.
4. Students will have convenient access to handwashing and sanitizing stations.
5. Potable (drinking) water will be readily available at all mealtimes.
6. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

#### **C. Professional Development**

1. Professional development and training will be provided at least annually to food service managers and staff on proper food handling techniques and healthy cooking practices.

### **IV. Nutrition Standards for Competitive and Other Food and Beverages**

**A.** Approved Nutrition Standards, based on the nutrition standards for the Institute of Medicine (2007).

1. K-12 a la carte and other foods outside of school meals shall be limited to:
  - No more than 30 percent of total calories from fat,
  - Less than 10 percent of total calories from saturated fats,

- 0 percent trans fats,
  - 0 more than 35 percent of calories from total sugars.
  - No more than 200 milligrams of sodium per portion as packaged,
  - No more than 200 calories per package, and
  - 100 percent of the grains offered are whole grain rich.
2. K-12 a la carte, and other beverages outside of school meals shall be limited to:
- Water without flavoring, additives, or carbonation,
  - Low-fat and nonfat milk (in 8- to 12-ounce portions)
  - 100% fruit juice in 4-ounce portions as packaged for elementary/middle schools
  - All beverages other than water, white milk or juice shall be no larger than 12 ounces.

**B. Availability**

1. A vending machine will not be available to the students at St. John the Baptist School.
2. Vending machines for school staff will not be accessible to students.
3. Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.

**C. Concession Stands**

1. The concession items sold at school-sponsored events to participants, fans and visitors shall include at least 50% healthy beverages and foods, according to the approved nutrition standards.

**D. Classroom Celebrations**

1. Classroom celebrations will focus on activities (ie: giving free time, extra recess, music and reading time) rather than on food.
2. Classroom celebrations that include food will be limited to one per month. Food items must comply with federal nutrition standards.

3. St. John shall inform parents/guardians of the classroom celebration guidelines.

#### **E. Food as a Reward or Punishment**

1. Teachers and staff will not use food as a reward. The use of sugar-sweetened beverages or candy as a classroom reward will not be used.
2. School staff will not withhold food or drink at mealtimes as a punishment.

#### **F. Non-sold Food and Beverages**

1. Non-sold food and beverages will comply with Federal Nutrition Standards.

#### **G. Marketing**

1. Signage or similar media on the school campus during the school day may only advertise food and/or beverages provided and sold by the school that meet the competitive foods standards for food sold in schools (ie: Smart Snacks).

### **V. Physical Activity and Physical Education**

#### **A. Physical Education K-12**

1. All students in grades K-12 will participate in physical education to meet the Physical Education Standards.
2. The physical education program shall provide adequate space and equipment to ensure quality physical education classes for students.

#### **B. Daily Recess and Physical Activity Breaks**

1. St. John the Baptist School shall provide daily physical activity in accordance with Indiana Code 20-30-5-7.5.
2. Students will have at least 1 period of active recess per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education (NASPE). This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.

3. All teachers will be encouraged to use physical activity breaks during classroom times as often as possible.
4. During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

C. Physical Activity and Remedial Activities/Punishment

1. Students will not be removed or excused from physical education to receive instruction in other content areas.

School staff will not use physical activity (ie: running laps, pushups) or withhold opportunities for physical activity (ie: recess, physical education) as