

“Wellness Policy”



JOHN PAUL II ACADEMY

*John Paul II Academy
2023 Northwestern Ave.
Racine, WI 53404*

John Paul II Academy's Wellness Policy on Physical Activity and Nutrition

Preamble:

Whereas, children need access to helpful 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, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

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, school districts around the country are facing significant fiscal and scheduling constraints; and

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

Thus, John Paul II Academy is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, this is the policy of John Paul II Academy that:

- The school will engage students, parents and teachers, food service professionals, health professionals and other interested community members in

developing, implementing, monitoring and reviewing school wide nutrition and physical activity policies.

- All students in grades K-8 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S Dietary Guidelines for Americans*.
- Qualified child nutrition professional will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, John Paul II Academy will participate in available federal school meal programs.
- John Paul II Academy will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE GOALS:

I. School Committee

John Paul II Academy will create, strengthen or work within the existing school committee to develop, implement, monitor, review and as necessary, revise school nutrition and physical activity policies. The committee also will serve as a resource to the school for implementing these policies.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch Program will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- (Ensure that half of the served grains are whole grains.) All grains whole grain.

John Paul II Academy will share information about the nutritional content of meals with parents and students. Such information could be made available on

menus, a website, on cafeteria menu boards, placards or other point-of-purchase materials.

Free and Reduced-price Meals. John Paul II Academy:

- Will provide students with at least 20 minutes after sitting down for lunch;
- Will schedule meal periods at appropriate times, e.g., lunch will be scheduled between 11:00a.m. and 1:00p.m.
- Will not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Will schedule recess periods to follow lunch periods;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks and
- Will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal program.

Sharing of Foods and beverages. John Paul II Academy discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Fundraising Activities. To support children's health and school nutrition education efforts, school fundraising activities will not involve food or will use only foods that meet the nutrition and portion size standards for foods and beverages sold individually. John Paul II Academy will encourage fundraising activities that promote physical activity.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. We will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations.

Rewards. John Paul II Academy will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. John Paul II Academy will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually.

School-sponsored Events (such as, but not limited to, athletic events, dances or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually.

III. Nutrition and Physical Activity Promotion and Food Marketing.

Nutrition Education and Promotion. John Paul II Academy aims to teach, encourage and support healthy eating habits by students. School should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities such as contests, promotions, taste testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing.

Integrating Physical Activity into the Classroom Setting. For students to receive daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward the end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes or classes, as appropriate.

Communication with Parents. John Paul II Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children. John Paul II Academy will encourage parents to pack healthy lunches and snacks.

John Paul II Academy will provide information about physical education and other school based physical activity opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter or other take-home materials, special events or physical education homework.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products are encouraged.

Staff Wellness. John Paul II Academy highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

IV. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-8. All students in grades K-8 including students with disabilities, special health-care needs, will receive weekly physical education (or it's equivalent of 75 minutes/week for elementary school students and 90 minutes/week for middle school students) for the entire school year. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which John Paul II Academy will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

John Paul II Academy will discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, we will give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities After School. John Paul II Academy will offer extracurricular physical activity programs. Middle School as appropriate, will offer interscholastic sports programs. John Paul II Academy will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage-verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Use of School Facilities Outside of School Hours. School spaces and facilities should be available to students, staff and community members before, during and after the school day, on weekends, and during school vacations. School policies concerning safety will apply at all times.

V. Monitoring and Policy Review

Monitoring. The principal or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies, and will report on the school's compliance to the Parish Council.

School food service staff, at the school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal.

John Paul II Academy will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. John Paul II Academy will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.