



WELLNESS POLICY

Saint John Paul II Catholic School recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

Saint John Paul II Catholic School is committed to creating school environments that promote and protect the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

1. Local School Wellness Policy Leadership

School level

Saint John Paul II Catholic School will establish an ongoing Healthy School Team that will meet bi-annually to ensure compliance and to facilitate the implementation of Saint John Paul II Catholic School wellness policy.

- The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to Saint John Paul II Catholic School wellness policy.
- The Principal will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.
- The Healthy School Team is responsible for:
 - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003);

Saint John Paul II Catholic School will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness.

2. Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- Students will have access to useful nutrition information. Posters will be available in the cafeteria.
- Schools will provide students with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity before and after school.

3. Nutrition Education

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- The nutrition benchmarks included in Florida's Physical Education Standards shall be taught as part of the structured and systematic unit of instruction during physical education classes and will be integrated into other subject areas (e.g., math, science) where there is a natural fit.
- Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Classroom lectures, activities and student participation are provided in physical education and other classes.
- Students will understand how food reaches the table and the implications that has for their health and future. Staff shall integrate hands-on experiences such as working in a garden, cooking activities and enrichment activities such as tours and field trips.
- Students will be taught about calorie balance, energy expenditure and how to read and interpret nutrition facts labels.
- The staff will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

➤ **4. Physical Activity**

Saint John Paul II Catholic School shall ensure that physical activity is an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of physical activity.

➤ **Physical Education Classes:**

- Are weekly for all students in grades EC3 to 8th grade for the entire school year.
- Physical Education/physical activity requirement per week. Physical Education 2x's per week...EC/Kindergarten 225 minutes, 1st/2nd 180 minutes, 3rd – 5th 165 minutes, 6th – 8th 135 minutes.
- Is taught by a certified physical education teacher.
- Includes students with disabilities, students with special health care needs may be provided in alternative education settings.

➤ **Daily Recess/Activity Time**

- Is at least 20 minutes per day at each grade level.
- Is outdoors (weather permitting).
- Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment.

5. Other School-Based Activities

Saint John Paul II Catholic School will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

General Guidelines

- The goals outlined by the wellness policy will be considered in planning school-based activities (such as school events, field trips, dances and assemblies).
- Afterschool programs will encourage healthy snacking and physical activity.
- Saint John Paul II Catholic School shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community.

Eating Environment

- Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
- The school will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.
- Convenient access to facilities for hand washing will be available during meal periods.

Recycling

- Each school shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.

Employee Wellness

- Saint John Paul II Catholic School values the health and well-being of every staff member and implements activities and policies that support personal efforts by staff to maintain a healthy lifestyle.
- Saint John Paul II Catholic School provides ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.
- The Diocese of St. Petersburg provides an online Wellness Program.
- All staff will be provided with opportunities to participate in physical activities and healthy eating programs.

Use of School Facilities Outside of School Hours

- The school will promote the use of school facilities outside of school hours for physical activity programs offered for the school community's use. Parents will be

allowed to bring their children to the school and have access to basketball courts and soccer field.

Behavior Management

- Saint John Paul II Catholic School 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 meals) as a punishment.

- **6. Guidelines for All Foods and Beverages Available During the School Day**

Saint John Paul II Catholic School shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables.
- To the maximum extent possible Saint John Paul II Catholic School will participate in available federal school meal programs, including the SBP and NSLP.
- Free, potable water will be made available to all children during each meal service.

Competitive Foods

- All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered "competitive foods," and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.

- *School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.*
- *School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.*
- Competitive foods include items sold a la carte in the cafeteria.
- Unless being sold by **Saint John Paul II Catholic School's** food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-1.003)
- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

General nutrition requirements for competitive foods:

- Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.

Nutrient standards for competitive foods:

| Nutrient Standards | Snack Items and Side Dishes <i>(including any added accompaniments)</i> | Entrée Items <i>(including any added accompaniments)</i> |
|---------------------------|---|---|
| Calories | 200 calories or less | 350 calories or less |
| Sodium Limits | 200 mg or less | 480 mg or less |
| Total Fat Limits | 35% or less of total calories | 35% or less of total calories |
| Saturated fat | Less than 10% of total calories | Less than 10% of total calories |
| Trans fat | 0 g of trans fat as served (less than or equal to 0.5 g per portion) | 0 g of trans fat as served (less than or equal to 0.5 g per portion) |
| Sugar | 35% of weight from total sugar as served or less | 35% of weight from total sugar as served or less |

Exemptions:

- Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
- Fresh or frozen fruits and vegetables with no added ingredients, except water.
- Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup or light syrup.
- Low sodium/No salt added canned vegetables with no added fats.
- Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

**Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.*

Nutrition standards for beverages:

Portion sizes listed are the maximum that can be offered.

| Beverages | Elementary | Middle | High |
|--|-------------------|---------------|-------------|
| Plain water | unlimited | unlimited | unlimited |
| Unflavored low-fat milk | 8 fl. oz. | 12 fl. oz. | 12 fl. oz. |
| Unflavored or flavored fat-free milk | 8 fl. oz. | 12 fl. oz. | 12 fl. oz. |
| 100% fruit or vegetable juice | 8 fl. oz. | 12 fl. oz. | 12 fl. oz. |
| 100% fruit or vegetable juice diluted with water but no added sweeteners | 8 fl. oz. | 12 fl. oz. | 12 fl. oz. |
| Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz. | Not allowed | Not allowed | 20 fl. oz. |
| Other flavored and/or carbonated beverages that are labeled to contain 40 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.) | Not allowed | Not allowed | 12. fl. oz. |

For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.

Standards for food and beverages available during the school day that are not sold to students:

- Saint John Paul II Catholic School will evaluate their celebrations practices that involve food during the school day. Saint John Paul II Catholic School will disseminate a list of healthy party ideas to parents and teachers.

Fundraising

- To support children’s health and school nutrition education efforts, school fundraising activities will try not to involve foods or will try to use only foods that meet the above nutrition and portion size standards for foods and beverages sold

individually. Saint John Paul II Catholic School encourages fundraising activities that promote physical activity, such as Relay for Life and the Run-a-Thon.

7. Policy for Food and Beverage Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion.

8. Evaluation and Measurement of the Implementation of the Wellness Policy

The Principal will ensure compliance with established school district wide nutrition and physical activity wellness policies as required in the Physical Education and Health curriculum (Standards and Benchmarks).

At Saint John Paul II Catholic School:

The Principal will ensure compliance with those policies in the school; and,

Food service staff, at Saint John Paul II Catholic School will ensure compliance with nutrition policies within food service areas and will report on this matter to the Principal.

The school will report on the most recent USDA Administrative Review (AR) findings and any resulting changes.

Triennial Progress Assessments

Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, Saint John Paul II Catholic School will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. Saint John Paul II Catholic School will revise the wellness policies and develop work plans to facilitate their implementation. The Principal will review and update the school's Incident command system (Emergency Plan) including action plan for handling a pandemic.

9. Informing the Public

Saint John Paul II Catholic School will ensure that the wellness policy is available to the public at all times on our website. Saint John Paul II Catholic School will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

- Saint John Paul II Catholic School will ensure the most updated version of the wellness policy is always available on the school website for the public to view.
- Saint John Paul II Catholic School will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/ Organization, school board, district superintendent, health and wellness committee and other interested groups or stakeholders.
- Wellness updates will be provided to students, parents and staff, as applicable, in the form of handouts, Saint John Paul II Catholic School website, articles and each school's newsletter, to ensure that the community is informed and that public input is encouraged.
- The school will provide all parents with a complete copy of the local school wellness policy at the beginning of the school year on the website.

10. Community Involvement

Saint John Paul II Catholic School is committed to being responsive to community input on the wellness policy.

Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but is not limited to the following:

The written local school wellness policy.