

# **St. John the Baptist School Wellness Policy**

Jonna Johnson, Principal  
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## **Committee Members:**

Barbara Trybuskiewicz – Food Service Director  
Barbara Rusin – Physical Education Teacher  
Jane Mahaney – School Cafeteria Worker  
Brandy Guilian – School Cafeteria Worker  
Kimberly Nagel – Parent

St. John the Baptist School is committed to providing a school environment that promotes children's physical and mental health and the ability to learn by fostering proper nutrition, physical activity, and emotional well-being. The School established a Wellness Policy Committee. This committee reviews the Wellness Policy, collaborates with the School to implement the policy and makes policy recommendations for review and adoption.

## **Beliefs:**

The St. John the Baptist Community, in promoting health and wellness for its students, believes that:

- a) As nationwide statistics show that approximately 30% of children and teens are overweight and numbers appear to be rising, our school community should be educated about good nutrition and physical activity and should participate in wellness policy initiatives;
- b) Healthy children make better learners;
- c) Every child wants to be healthy;
- d) All children need daily physical activity;

- e) A relationship must be established between nutrition education and food choices offered in school;
- f) Children need assistance in making healthy food choices;

## **Current Practices**

We believe our school community supports good health and wellness as;

- a) Our school health curriculum supports good health & wellness as;
- b) Our physical education curriculum emphasizes individual skill development and fitness, as well as team sports;
- c) Our teachers promote healthy snacks in the classroom;
- d) Opportunities to participate in physical activity are available through physical education classes, extramural activities such as Basketball K-8<sup>th</sup>, Baseball, Softball, Volleyball, Soccer, Swimming, Bowling, Walking club and Recess. Opportunities for physical activities are also available through Alden Recreation Department programs;
- e) Adult athletic coaches, whether school employees or community volunteers, encourage healthy lifestyles;
- f) We allow no sale of soda from vending machines in our school;

## **Implementation and Evaluation of the Wellness Policy**

Implementation activities and responsibilities will be undertaken by the committee members and other staff. The committee meets 3 times a year to discuss any new or old business. It is our goal to add more members to our committee.

## **Goals and Objectives**

As a school community, we realize that we must continue our efforts to improve our children's health in the areas of nutrition education and physical activity.

## **Goal #1 to Improve Nutrition Education/Choices**

### **Objectives:**

- a) Inform parents about Food Service Requirements; food choices; how food choices are categorized; minimum requirements;
- b) Promote family meal hours at home, at least twice a week, where homemade food is served;
- c) Use programs such as Independent Health's "Fitness for Kid's Challenge";
- d) Ensure that nutrition education in the health curriculum is current;

## **Goal #2: To Increase Physical Activity**

### **Objectives:**

- a) Enlist parent help to ensure that children engage in 60 minutes per day of physical activity. Includes safety education when promoting physical activity; i.e. wearing helmets and appropriate footwear, avoiding hot sun;
- b) Inform teachers that physical activity cannot be used as punishment; i.e. prohibiting misbehaving children from recess activities;
- c) Use physical activities and healthy eating challenges for character building at school;

## **Evaluation**

This committee will meet annually to measure the success of its goals and to update objectives and activities.

## **Assurance**

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.