

Local Wellness Policy

Date Last Updated: 5/25/2017

Preamble

The mission of St. John the Evangelist Catholic School is to promote the growth of each individual. At St. John, our root beliefs and core values encompass how each student, teacher, and staff member makes decisions whether in their everyday life or here at school. It is our priority to maintain high academic excellence by promoting the development of programs that ensure nothing short of excellence in teaching, learning, and healthy living. In order to enforce our mission, we believe that our students, teachers, and staff need to practice healthy habits within the school environment. Our local wellness policy has been created to support our core values and root beliefs by emphasizing the importance of healthy living and how it affects the ability to learn and excel.

All activities will reinforce the USDA guidelines along with our core value of **SEEK**. With this value, we hope to instill in our children the drive to continually learn how to live a healthy lifestyle and how it will contribute to success in all that they pursue.

Section I. Wellness Policy Goals

St. John the Evangelist school is part of the National School Lunch and Breakfast program. These programs follow the National and Arizona State standards. These standards will be implemented for grades PreK-8. St. John recognizes the US Department of Agriculture’s Local Wellness Policy (LWP) Final Rules and will ensure the implementation, revision, and monitoring of the written school wellness policy.

St. John recognizes that fostering a healthier school environment is a long-term commitment which follows a strategic process of monitoring and revising of the LWP as well as implementations. We have arranged our wellness policy goals within the parameters of items we are *currently implementing*, *will strive to implement within the next two years*, and finally, activities *we intend to accomplish within six years*.

Nutrition Promotion

St. John shall comply with the USDA’s Local Wellness Policy Final Rule to enhance specific and measurable goals pertaining to the promotion of nutrition and physical activity.

Currently Implemented
✓ Encourage student participation in school meal programs.
✓ School menus will be posted on the school website and front office.

- ✓ 100% of foods and beverages served will meet the USDA’s Smart Snacks in School Standards. National School Lunch Program and Breakfast Program standards will be implemented for grades PreK-8.

Strive to Implement (1-2 years)

- School shall participate in the Smarter Lunchroom Movement (SLM) by implementing at least 10 evidence-based strategies in the lunchroom.
- School shall complete the SLM scorecard by the Food Service Manager with assistance from the University of Arizona Nutrition Network (UANN).
- School shall include nutrition labels and nutrition contents with the menu.

Strive to Implement (3-6 years)

- School will strive to implement at least 4 of the following 5 Farm to School Activities:
 1. *Local and/or regional products are incorporated into the school meal program;*
 2. *Messages about agriculture and nutrition are reinforced throughout the learning environment;*
 3. *School hosts a school garden;*
 4. *School hosts field trips to local farms; and*
 5. *School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.*

We will emphasize this through our core value **EXCEL**. We want our students’ goals of *college* and *heaven* to be met, in order to accomplish this students must be taught how to choose a healthy lifestyle.

Nutrition Education

Currently Implemented

- ✓ Health and Wellness will be integrated into the core curriculum classes such as Math, Science, Language Arts, Social Studies, Music, Dance, and Religion. Nutrition education will be incorporated into each grade level with age appropriate materials. These activities can include developing school garden, farm visits, and taste testing.
- ✓ Nutrition education is designed to provide students with the knowledge and skills needed to promote and protect their health.
- ✓ Nutrition education includes topics of caloric balance between food intake and energy expenditure.
- ✓ Nutrition education includes enjoyable and developmentally appropriate participatory activities which include:
 - Cooking demonstrations
 - Taste testing
 - Promotion of new items
 - School gardens
 - Farm tours

Strive to Implement (1-2 years)

- School shall incorporate media literacy with an emphasis on food and beverage marketing is taught.
- School shall provide training on nutrition education materials to teachers.

Strive to Implement (3-6 years)

- School will strive to offer nutrition education that is sequential and comprehensive.
- Once, teachers are trained with sequential Health Education curriculum, teachers will provide opportunities for students to practice skills taught through the health education curricula.

- School will strive to implement a Health Education curriculum that enforces a minimum of 12 of the following essential Health Education topics on healthy eating:
1. *Relationship between healthy eating and personal health and disease prevention*
 2. *Food guidance from [MyPlate](#)*
 3. *Reading and using FDA's nutrition fact labels*
 4. *Eating a variety of foods every day*
 5. *Balancing food intake and physical activity*
 6. *Eating more fruits, vegetables and whole grain products*
 7. *Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat*
 8. *Choosing foods and beverages with little added sugars*
 9. *Eating more calcium-rich foods*
 10. *Preparing healthy meals and snacks*
 11. *Risks of unhealthy weight control practices*
 12. *Accepting body size differences*
 13. *Food safety*
 14. *Importance of water consumption*
 15. *Importance of eating breakfast*
 16. *Making healthy choices when eating at restaurants*
 17. *Eating disorders*
 18. *[The Dietary Guidelines for Americans](#)*
 19. *Reducing sodium intake*
 20. *Social influences on healthy eating, including media, family, peers and culture*
 21. *How to find valid information or services related to nutrition and dietary behavior*
 22. *How to develop a plan and track progress toward achieving a personal goal to eat healthfully*
 23. *Resisting peer pressure related to unhealthy dietary behavior*
 24. *Influencing, supporting, or advocating for others' healthy dietary behavior*

Physical Activity

Currently Implemented

- ✓ Physical activity (PA) during the day (Including recess and PE) will not be withheld as punishment.
- ✓ School shall ensure that physical activity equipment, grounds, and facilities are safe for students' use.
- ✓ School shall ensure that PA is equipment sufficient and known.
- ✓ All elementary grade level students shall receive at least 60-90 minutes of PE per week that is age appropriate and consistent with national and state standards.
- ✓ Physical Education is taught by a licensed teacher.
- ✓ Waivers, exemptions, or substations for PE shall not be granted.
- ✓ The school shall offer at least 20 minutes of recess.
- ✓ Recess shall be offered when weather is feasible.
- ✓ Recess is a supplement not substitution to PE.

Strive to Implement (1-2 years)

- School shall encourage students to be moderately to vigorously active for 50% of class time during most PE classes.
- School recess monitors will encourage students to be active.
- School shall offer PA opportunities to students before or after school.
- Teachers and staff will be encouraged to serve as role models by also being physically active alongside students whenever possible.

- Teachers will use physical activity brain energizers in the classroom throughout the school day in the classroom.
- School will train and encourage its teachers and staff to incorporate 3-5 minutes of physical activity in the classroom at least 3 days per week.
- Teachers will be encouraged and trained to incorporate PA and kinesthetic learning approaches into the core academic subjects and shall assist in reducing sedentary behavior during the day.

Strive to Implement (3-6 years)

- School will implement Comprehensive School Physical Activity Programming (CSPAP).
- School will work on developing a formal-joint agreement to encourage utilization of facilities for physical activity.
- School will require middle school students to take one academic year of PE.
- School will encourage biking and walking to school/on school ground activities.
- Health Education will be required in all grade levels using the following essential topics:
 1. *The physical, physiological, or social benefits of physical activity*
 2. *How physical activity can contribute to a healthy weight*
 3. *How physical activity can contribute to the academic learning process*
 4. *How an inactive lifestyle contributes to chronic disease*
 5. *Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition*
 6. *Differences between physical activity, exercise and fitness*
 7. *Phases of an exercise session including warm up, workout, and cool down*
 8. *Overcoming barriers to physical activity*
 9. *Decreasing sedentary activities such as TV watching*
 10. *Opportunities for physical activity in the community*
 11. *Preventing injury during physical activity*
 12. *Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active*
 13. *How much physical activity is enough, including determining frequency, intensity, time and type of physical activity*
 14. *Developing an individualized physical activity and fitness plan*
 15. *Monitoring progress toward reaching goals in an individualized physical activity plan*
 16. *Dangers of using performance-enhancing drugs such as steroids*
 17. *Social influences on physical activity including media, family, peers, and culture*
 18. *How to find valid information or services related to physical activity and fitness*
 19. *How to influence, support, or advocate for others to engage in physical activity*
 20. *How to resist peer pressure that discourages physical activity*

Section II. Nutrition Standards

School Meals

St. John is committed to serving healthy meals to students and follows the USDA standards for nutrition which also complies with the state and national standards through our participation with the National School Lunch Program (NSLP) and the Breakfast Program. Fresh fruits and vegetables shall be served at all times, be attractive and, appealing to students.

All employees in the food service department will be required to have adequate training in food and nutrition. This continuing education or professional development will be required in the form of Arizona Department of education trainings, conferences, videos, written documents, articles, etc. The Arizona department of

education has requirements depending on job specifications. Thus, schools meals shall be administered by a team of nutrition professionals.

Currently Implemented
<ul style="list-style-type: none"> ✓ Students shall have access to free, safe, and unflavored drinking water throughout the day; approved water bottles will be allowed in the classroom with only water in them. ✓ Meal time shall be prohibited from being utilized as punishment. ✓ All meals shall, at a minimum, meet the New Meal Pattern requirements. ✓ Students shall be provided with 10 minutes in which to eat their breakfast and 20 minutes in a pleasant, noise and temperature controlled environment to eat their lunch. ✓ Additional standards include: <ol style="list-style-type: none"> 1. Clubs or meetings that include students are prohibited during mealtime unless the students will be able to eat while at the meeting. 2. As designated table labeled as “Food Allergy” free zone when necessary to accommodate the students with specific food allergies. For this reason, students will not be permitted to share food. 3. Parents shall not be permitted to bring high-fat, high-sodium, and/or high-sugar content foods and drinks for their children’s meals.
Strive to Implement (1-2 years)
<ul style="list-style-type: none"> <input type="checkbox"/> Menus shall be created or reviewed by a Registered Dietician or other certified nutrition professional. <input type="checkbox"/> The district child nutrition program will accommodate students’ special dietary needs.
Strive to Implement (3-6 years)
<ul style="list-style-type: none"> ➤ All schools in the district will participate in the Afterschool Care Snack Program – When and where appropriate. ➤ Local and/or regional products will be incorporated into the school meal programs.

Fundraising

Promoting health is important and we intend to teach our children how to live a healthy lifestyle. Healthy fundraising is an important value that we strive to teach our students through the core value, **SERVE**. St. John believes that there are many ways to raise funds that are not food-based and instead, would encourage healthy eating and active living. We value teaching children the importance of exercise and how it can reduce diseases that may run in their family. St. John will also raise funds through awareness raising regarding specific illnesses such as obesity and cancer prevention. Below are more detailed fundraising guidelines which St. John shall comply with:

- A. Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA’s Smart Snacks in Schools guidelines. These guidelines apply to all foods sold in the following locations:
- B. St. John shall implement healthy fundraising efforts such as walk-a-thons, fun runs, community garden efforts, dance parties and, selling fruits and vegetables.
- C. St. John shall make available to parents and teachers a list of healthy fundraising ideas.

Currently Implemented
<ul style="list-style-type: none"> ✓ School will primarily use non-food fundraisers, and encourage those that promote physical activity like a walk-a-thon or jump rope for heart.

- ✓ Food based fundraisers will be limited to those that meet the USDA smart snacks in school nutritional standards.
- ✓ School shall only sell non-food items or food and beverages that meet the USDA's Smart Snacks in School guidelines.

Celebrations and Rewards

St. John, as a school community, shall comply with the Smart Snack Standards and ensure that students are receiving proper nutrition throughout the school day even during celebrations.

- A. St. John shall provide a list of healthy party ideas to parents and teachers including non-food celebration ideas.
- B. **Rewards and Incentives:** St. John shall provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward or withheld as punishment for any reason such as for performance or behavioral issues.

Currently Implemented

- ✓ Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines.
- ✓ Parents shall not be permitted to bring high-fat, high-sodium, and/or high-sugar content foods and drinks for their children's meals.
- ✓ Food and beverage shall not be used as a reward.
- ✓ Classroom celebrations/activities will be limited to those that include only healthy choices that follow the national nutritional standards.

Strive to Implement (1-2 years)

- School shall provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
- School shall provide parents a list of foods and beverages that meet Smart Snacks nutrition standards.
- School shall provide teachers and other school staff with a list of alternative ways to reward students.

Competitive Foods and Beverages

Currently Implemented

- ✓ School meets, at minimum, the USDA's Smart Snacks in Schools guidelines. These guidelines apply to all foods sold in the following locations:
 - I. Cafeteria

Food and Beverage Marketing

St. John, as a school community, shall comply with the Smart Snack standards and ensure to limit brand marketing on school grounds. St. John recognizes that marketing of unhealthy food and beverage items could influence children's eating habits and thus, the school's adherence to a strategic restriction of food and beverage marketing throughout the school day.

Currently Implemented

- ✓ Food and beverages that are advertised on school grounds during the school day shall meet the USDA Smart Snack guidelines.

Section III. School Wellness Committee

The school shall gather a group of teachers, school nurse, principal, and other staff to establish goals and oversee school health and safety policies and programs, including the development, implementation and periodic review and update of this written policy.

- A. The wellness committee shall meet a minimum of four times through the year. However, meetings can be more frequent based on needs.
- B. Our wellness committee will consist of school staff, school health professionals, parents, students, school nutrition representatives, school board members, Supplemental Nutrition Assistance Program-Education (SNAP-Ed) coordinators or educators, and members of the general public.
- C. Our local wellness policy will continually be updated and published on our school website. We will announce on the website when meetings will be held and encourage participation from students, families and the community. Additional announcements of the meetings will be done through our school newsletter, morning announcements and email.

Committee Members Contact Information		
Name	Position	Contact Information (Email + Phone Number)
Ashley Enis	Cafeteria Manager	achiusano@stjohntucson.org , (520)901-1994
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Trisha Bautista	UA Nutrition Network Program Coordinator (SNAP-ED Coordinator)	trishabautista@email.arizona.edu

Section IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation & Record Keeping

The school plans to implement, manage, and coordinate the execution of this written wellness policy. The school shall coordinate with the University of Arizona Nutrition Network to ensure that action plans are within specific timelines and according to who will be responsible to implement changes. Finally, the school shall use the Alliance for a Healthier Generation Healthy School Program which includes assessment of the school

environment and a platform to organize action plans. The school shall retain important documentation of compliance with the wellness policy.

Triennial Progress Assessments

The school shall evaluate the overall compliance to this written wellness policy at least once every three years. Additionally, the USDA requires that the District will compare their policy to an established model wellness policy.

Revisions

- A. Frequency of updating/modifying the wellness policy: St. John the Evangelist Catholic School Wellness Policy will continually be updated/modified until we are comfortable with how it is being implemented. **At this point the policy is a work in progress. The committee will meet several times over the course of the school year to continually address areas that need improvement.**

Community Engagement

The school shall be responsive to community's input. In addition, the school shall maintain active communication on ways the community may participate in the development, review, and/or implementation of this wellness policy through email and newsletters. Communications will include culturally and linguistically appropriate language.

Strive to Implement (3-6 years)

- The school shall inform parents of the following:
 - Improvements to school meals standards
 - How to apply for meal benefits
 - A description of and compliance with the Smart Snacks in Schools nutrition standards
 - Updates to the policy at least annually

***Note:** Language from this written Local Wellness Policy (LWP) was derived from the Arizona Department of Education (ADE's) LWP Model Comparison Tool.