

JOHN IRELAND SCHOOL

NUTRITION AND WELLNESS POLICY

I. Purpose

The purpose of this policy is to assure that John Ireland School environment promotes and protects students' health, well-being, and ability to learn by supporting healthy eating habits and physical activity.

II. General Statement of Policy

- A. Since our bodies are created by God, (Genesis 1:27), and are the earthly dwelling place of the Holy Spirit, (1 Corinthians 6:19), all health and wellness policies of John Ireland School will reflect a high respect for life and for healthy bodies as gifts from God.
- B. The school recognizes that nutrition education and physical education are essential components in the educational process and that good health fosters student attendance and education.
- C. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students in grades K-6 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the students in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

III. Guidelines

A. Foods and Beverages

- 1. All foods and beverages made available on campus will be consistent with the current USDA Dietary Guidelines for Americans.
- 2. Food service personnel will take every measure to ensure that student access to foods and beverages meet, or exceed, all federal, state, and local laws and guidelines.
- 3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
- 4. The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
- 5. The school will provide recess after lunch, giving students sufficient time to complete their meal before returning to the classroom.
- 6. The school will provide students access to hand washing, or hand sanitizing, before they eat meals or snacks.
- 7. Classroom snacks are provided by parents who will adhere to the snack list suggested by the school.
- 8. Students cannot share food or beverages during meal or snack time.
- 9. Pop is not allowed for children who carry cold lunch.

B. School Food Service Program/Personnel

1. The school shall designate an appropriate person to be responsible for the school's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available in school, to ensure that food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
2. As part of John Ireland School's responsibility to operate a food service program, the school will provide continuing professional development for all food service personnel.

C. Health and Nutrition Education

1. The school will implement a health curriculum in all grades. This curriculum will be sequential and reviewed annually.
2. The teaching staff will engage in nutrition promotion in other subject areas where appropriate.
3. The school will provide the students with dental education, proper hand washing procedures, and personal safety programs.
4. The third grade will learn about winter survival skills.
5. The school will encourage all students to make age appropriate healthy selections of foods and beverages.
6. The school will not use foods or beverages as rewards for academic performance or good behavior unless this practice is allowed by the principal for specific school events, or for (a student's individual education plan IEP or behavior intervention plan) and will not withhold food or beverages as punishment.

D. Physical Education

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities, such as watching television.
2. The physical education curriculum for grades K-6 will be sequential.
3. The school will provide daily physical activity breaks for all students.

E. Communication With Parents

1. The school recognizes that parents/guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The school will support parents' efforts to provide a healthy diet and daily physical activities for their children.
3. The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. The school will provide information about physical education and other school based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

IV. Implementation and Monitoring

- A. After approval by the school superintendent and principal, the Wellness Policy will be implemented throughout the school.
- B. School food service staff will ensure compliance within the school's food service areas and will report to the school principal as appropriate.
- C. The principal and teaching staff will ensure compliance with the Wellness Policy and will provide an annual report to the Education Committee and the School Nurse.

Policy Approved and Adopted _____

By _____

(Superintendent)

(Principal)

(Education Committee Chairman)