

Wellness Review 2017-2018

John Ireland Catholic School, St. Peter, MN

- I. John Ireland School has encouraged involvement of students, staff, parents and the food service personnel in developing and implementing the Wellness Policy. The main people whom assisted with development are as mentioned in the Wellness Policy. There is not a committee labeled as the Wellness Committee.
- II. The Wellness Policy is made available to the public by making it available on the John Ireland website. It was also referenced and linked in the electronic newsletter during the 2017-2018 school year. Those that worked on the Wellness Policy were Teachers and the Parent Advisory Committee. The Wellness policy has also been added to the Student Handbook stating that John Ireland will implement the policy to the best of the staff's ability and follow it as closely as possible.

Revisions

The Triennial assessment will be done in the 2019-2020 school year.

The annual reassessment is this document, at this time there are no necessary changes needed, there has been no requested changes from families or staff.

Community Involvement, Outreach and Communications

A request for parent input was sent out in the Newsletter with no returned information for the request.

III. Nutrition

School Meals

Meals are served with two fruits and 1 vegetable available each day. Food is served with moderate sodium, no trans fat, low-fat milk (chocolate on Fridays only) and whole grains when breads and pastas are served. John Ireland participates in the USDA child nutrition program, including the National School Lunch Program. Meals are accessible to all students; Meals are appealing to eat, served in a clean and pleasant environment and meet or exceed the nutrition requirements that are established by our local, state and federal statutes and regulations. Menus are posted on the school website but do not contain the nutritional content of the food. The school accommodates the special dietary needs of children who need this, including food allergies. Children get 30 minutes to eat their lunch before being excused to go to recess. They are served lunch at 11:55 AM which is followed with 20 minutes of recess. Participation in the Federal child nutrition program is promoted among families but all information is kept strictly confidential.

Staff Qualifications and Professional Development

The school nutrition program director is licensed and trained in the USDA professional School Nutrition Standards.

Water

Water is kept in pitchers with cups next to the pitchers in the lunch room for students and staff to drink from. The water refill station is located next to the bathroom and students are allowed to keep their water bottles with them in class. No other fluids are allowed in the classroom.

Nutrition Promotion

John Ireland teaches and supports healthy eating by all students. The school provides nutrition education and promotion at an age appropriate level.

The Physical Education teacher spends the first 10 minutes of her class for all 3-6th grades, teaching the following:

The relationship between healthy eating and personal health and disease prevention

Using MyPlate to show how to gauge a healthy meal

Balancing food intake with exercise

Choosing foods low in fat

Choosing beverages low in sugar

Making healthy snacks

Food safety

Importance of water consumption

Importance of eating breakfast

What is sodium and how to choose foods with a lower amount

How to read a food ingredient label

What is a fat, carbohydrate and protein and why are they important

Physical Activity

The physical education teacher has each class three times per week for 40 minutes.

Students are also given recess for 20 minutes in the morning and 20 minutes at lunch time.

Outdoor recess is offered when weather is feasible. Recess will compliment not substitute for physical education.

After school activities such as basketball is also offered.

All grounds and facilities are continually inspected for safety. Supplies and equipment are maintained.

A class of cross country skiing has continued during the winter season and the skis are also used during recess at lunch time.

Classroom Physical Activity Breaks

Teachers use 'Just Dance', movement breaks and stretches to name some activities used for brain breaks of 3-5 minutes. These are done on a daily basis.

Resources to various movement ideas are presented during staff meetings. Wiggle cushions and flexible seating options are also available.

Active Transport

John Ireland School is located on the edge of the city and is not conducive for many students to walk to school. During Fall and Spring some students ride bicycle and there is a group Walk to School in the Fall.

Instruction for bicycling safety is offered for 3, 4, 5, 6th graders.

V. Other Activities that Promote Student Wellness

Teachers are encouraged to use coordinate Wellness ideas across teaching concepts.

The school nurse also teaches classes on staying healthy through good eating (reading food labels, eating the colors of the rainbow) and good hygiene(hand washing, showering, dental).

School sponsored events adhere to the policy as able. Food and activity are included in those events. Community partners such as GAC students or church groups are encouraged to adhere to the Wellness Policy.

Staff are offered a wide variety of opportunities for continuing education classes which includes nutrition.

Sue Wear, LSN 05/07/2018