

Wellness Review 2018-2019  
John Ireland Catholic School, St. Peter, MN

I. John Ireland School continues to encourage students, staff and families to remain engaged in the Wellness of the school. There has been three meetings where the Wellness Policy has been discussed regarding following the policy and outcomes of what the policy has provided for the school. The leadership of the Wellness policy remains the same: Principal, School Nurse, Health and Physical Education teacher and Food Service Director.

II. The Wellness Policy remains on the School Website as a document for anyone to read. Any changes to the Policy as well as how the policy changes the school must go through the Principal. These changes are gathered in the end of year report and kept in the School Nurses' office as well as placed on the school website.

III. Nutrition

School meals continue to be served with at least one fruit and one vegetable each day. They are compliant with the USDA child nutrition program standards with sodium, trans fat and offer only low-fat milk and chocolate milk. They offer whole grain pastas, breads and rice for lunches served. John Ireland continues to participate in the USDA Child Nutrition Program, and National School Lunch Program. The meals are accessible and appealing for children. They meet the nutritional requirements established by our local, state and federal food regulations. Menus continue to be posted on the school Website.

If a student needs a special diet the school accommodates those students' needs, including food allergies. Students get 30 minutes to eat their lunch before recess. They are offered recess for 20 minutes after lunch time as well as 20 minutes in the morning.

Staff Qualifications and Professional Development

At this time the Principal is the nutrition program director but this summer the Food Service Director will be seeking to become licensed to be the Food Service Food Manager.

## Water

All students are allowed to carry water bottles to classes except technology class. There is a refill station for water bottles. There is also a cart with water in the cafeteria that students are allowed to get glasses of water to drink while eating lunch. No other fluids are allowed in classrooms.

## Nutrition Promotion

Nutrition Education is taught by the Health and Physical Education teacher. She is able to spend the first 10 minutes of class time with students of grades 3-6 and teach at an age appropriate level. She teaches on a 3 year cycle and this year has taught on body systems and the effects of exercise, various foods low in fat and sugar, making healthy food choices, food safety, the importance of drinking water, importance of eating breakfast, reading food labels, discussing fats, carbohydrates and proteins. Next year the teacher will discuss smoking, self image and fitness.

## Physical Activity

K-2<sup>nd</sup> grades receive 30 minutes of physical education three times per week and 3-6<sup>th</sup> grades receive 45 minutes of physical education three times per week.

They have recess in the morning and at lunch time. During lunch there is a Walk, Jog, Run program that features a different theme each month. The individuals that accomplish the most laps are rewarded with shoe tie emblems and at the end of the year the class that gets the most laps gets to go roller skating for a day.

All grounds are inspected for safety and supplies and equipment maintained by the maintenance staff.

Some classrooms have standing desks so that students may shift around if needed.

John Ireland sponsors a 7k walk/run each year in March for students, staff and families to participate in.

## Classroom Physical Activity Breaks

Teachers allow students to work off some energy during the school day for short periods by playing Smart Board games, doing stretches, running

outside, jumping jacks, silent seat ball, and many other movements including dance offs.

### Active Transports

There is a bike to school day in October at which time the Health and Physical Education teacher teaches safe bicycling to students in grades 3-6. At that time she also teaches the k-2<sup>nd</sup> grades pedestrian safety.

### Other activities

Teachers discuss healthy ideas during the natural course of the day. All students bring their own snacks and snack time is frequently the time when teachers discuss healthy snacks and eating. The School Nurse also teaches students Puberty Education, Hand Hygiene, the My Plate/Food pyramid nutritional information.

Sue Wear, LSN 05/29/2019