

St. Joan Antida High School Wellness Policy

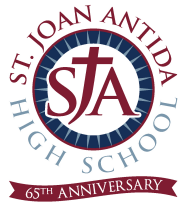
Saint Joan Antida is committed to providing a school environment that enhances learning and development of lifelong wellness practices. It is committed to promoting wellness behaviors, good nutrition practices and regular physical activity for students. It is believed that these habits are essential for all students to achieve their full potential. The Board, the Administration and the staff, together with the wellness committee will strive to make the school a safe and healthy place for students and staff to learn and work. It also believed that the school has an important role in helping to prevent unnecessary injury, disease and chronic health problems in students and staff.

A. Nutrition Education Goals

- Establish a nutrition program that instills healthy dietary habits.
- Nutrition education shall be integrated into the curriculum such as math, science and social studies.
- Promote that all foods and beverages served, sold and distributed to students in the school environment including food outside of the meal program shall meet and strive to exceed the minimum nutritional guidelines set forth by the child nutrition laws.
- Support a health education curriculum designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.

B. Nutrition Guidelines

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Control plans and guidelines are implemented to prevent food illness in the school.
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.
- The national school lunch, breakfast and milk program will be made accessible to all students.



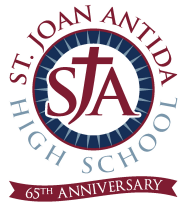
- St. Joan's shall not allow advertising that promotes food and beverage choices that do not meet the school's nutrition standards.
- Strategies will be applied to improve the selection and consumption of more nutritious choices.
- Food sales/distribution in direct conflict with school nutrition programs shall be prohibited.
- All fund-raising activities require prior approval from the wellness committee. (see attachment)
- Students, staff and parents/guardians shall be informed and encouraged to consider fundraising strategies that include the sale of non-food items.
- Vending foods shall not be available at the school.
- Vending beverage sales will have only juice and water options.
- Foods and beverages offered or sold at school-sponsored events outside the school day must include healthy choices.
- Foods for classroom celebration or snacks must include be healthy choices.
- Non-food rewards and incentives are encouraged. Should teachers feel compelled to utilized food items as an incentive, they shall provide healthy choices.
- Foods served at meetings and events shall include foods that include health choices.
- Reduce or eliminate foods of minimal or low nutritional value that are sold on campus; limit access, portions, or hours of sale.
- Teach food preparation skills

C. Physical Activity Goals

- To establish a program to help develop the understanding of the benefits of short and long term physical activity.
- Physical activity should be encouraged throughout the day.

D. Physical Activity Guidelines

- Adequate equipment is available for all students to participate in physical education
- Physical activity facilities on school grounds will be safe.
- Information will be provided to families to help them incorporate physical activity into their children's lives.



- A quality physical education program that is sequential, developmentally appropriate and comprehensive is necessary for all students to learn about and participate in physical activity. It shall meet and strive to exceed the national and state of Wisconsin physical education standards. It shall also help students develop individual fitness plans that are based on their ability and incorporate physical activity into their daily life.
- Extracurricular Physical Activities-Physical activity clubs and interscholastic athletics are valuable ways to supplement a student's education and encourage physical activity. Participation by all interested students regardless of athletic ability should be encouraged.
- Physical activity and topics relating to physical activity should be integrated into other curriculum through out the day.
- Sports Basketball, Volleyball, Soccer, and Cross country.
- Walking opportunities available during the day as possible.

E. Other School-Based Goals To Promote Wellness

- Ensure a school environment that is safe and physically, socially and psychologically healthful.
- Health promoting behaviors of staff should be supported.
- Establish a student service program that ensures access or referral for assessment or intervention for the students' health.
- Promote a program to families that will help them be engaged as active participants in their children's education and encourages collaboration with community resources and services to more effectively support the health-related needs of students

F. Other School-Based Guidelines

- St. Joan is committed to maintaining a safe, comfortable and pleasing environment.
- Lunch periods are scheduled as near the middle of the school day as possible
- The school allows ample time and space for the students to eat their meals.
- St. Joan's provides adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.

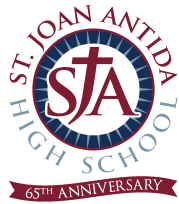


- Cafeteria includes enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students.
- Drinking water is available for students at meal times.
- Food is not used as a reward or a punishment for student behaviors.
- Students will be encouraged to start each day with a healthy breakfast.
- Support for the health of all students is demonstrated by hosting an annual health fair for parents/guardians, staff, and students.
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast).
- Use peer-to-peer marketing strategies to promote healthier food choices
- Provide taste testing opportunities to introduce new fruits & vegetables if funding becomes available.

The wellness committee of St. Joan Antida comprised of representatives of the school administration, teachers, staff, students, parents and food service vendor will implement and measure the effectiveness of the wellness policy. The committee will meet at least twice yearly. It will determine areas that need improvement and recommend policy revisions as necessary. The committee will report annually to the St. Joan Antida Board of Directors.



Attachments



Examples Of Alternative Fundraising Activities

Things to Sell

- Healthier food products (i.e., fresh fruit and vegetables, nuts and trail mix, popcorn)
- Gift wrap
- Magazine subscriptions
- Garden seeds
- Candles
- Discount coupon books
- Plants and flowers
- School spirit items

Things to Do (including some fundraising activities that also promote student physical activity)

- Car washes
- Fun runs, walk-a-thons, bike-a-thons, jog-a-thons, skate-a-thons, read-a-thons, etc.
- Family game nights
- "Hire a student day" for odd jobs (with proceeds going to the school)
- 3-on-3 basketball tournaments
- Silent auctions
- Talent shows/singing telegrams
- Raffles for gift baskets, movie passes, theme bags, etc.
- Penny challenges (pennies +1, nickels +5, quarters +25, team with most points wins)



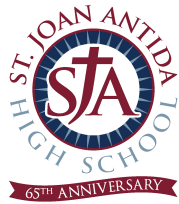
Examples Of Non-Food Teacher Rewards/Incentives For Students

Recognition

- Ribbon, certificate, trophy in recognition of achievement or a sticker with an affirming message (e.g., “Good job”)
- Recognizing a child’s achievement during school morning announcements
- A phone call, e-mail or letter sent home to parents/guardians commending a child’s accomplishments
- A note from the teacher to the student commending his/her achievements

Privileges

- Sitting by friends
- Going first
- Reading outdoors
- Teaching the class
- Getting a movie pass
- Getting a jean day pass
- Choosing a class activity
- Helping the teacher or helping in another classroom
- “No homework” pass
- Playing an educational computer or other game
- Allowed to use I-pod or CD in study hall
- Reading to a younger class
- Listening to music while working
- Earning play money for privileges
- Walking with or eating lunch with a teacher or principal
- Eating lunch outdoors with the class
- Designing a class or hall bulletin board
- Taking a trip to the treasure box (filled with stickers, pencils, erasers, bookmarks, etc.)
- Getting a “free choice” time at the end of the day



Examples Of Healthier Snacks For “Birthday Treats” And Class Parties/Functions

- Fruit Smoothies
- Unsweetened Fruit Juices
- Flavored waters
- Teas unsweetened/sugar free
- Vegetable Juices
- Fresh fruits
- Fresh vegetables (cut-up)
- Canned fruits/fruit cups (in juice)
- Yogurt (low fat or fat free)
- String cheese
- Sliced cheese and crackers
- Air-popped popcorn
- Graham crackers
- Animal crackers
- Unsweetened cereal
- Bagels/cream cheese
- Pretzels
- Nutrigrain bars
- Cereal bars
- Crackers w cheese
- Crackers w peanut butter
- Nuts or trail mix (when bringing nuts to school for distribution to other students – make sure that no student in the class has food allergies)