

## **Wellness Policy for St. Joseph the Provider School 2017-2018**

Our School will evaluate a yearly wellness policy as guidelines for all our students. It will serve as a template to promote good health and wellbeing of all our student body. It will incorporate input from our staff including our nurse, cafeteria manager, physical education teacher , school principal and all other staff members. It will include nutrition education, physical activity, Healthy school meals and health and wellness checks by the school nurse. We will also have some special programs brought in by community members and parents.

Section 1. Goals to promote nutrition education.

Section 2. Goals to promote physical activity.

Section 3. Goals designed to promote participation in other school based activities.

Section 4. Plans for measuring implementation of wellness policy.

Section 5. Nutrition guidelines

Section 6. Community involvement

Section 1.

During the course of the school year, teachers will present nutrition guidelines and healthy food choices according to their respective grade level requirements in the Diocese of Youngstown Course of Study also including health education.

Nutrition posters sent from the USDA will be displayed in and near the cafeteria.

Cafeteria will display my healthy plate poster at the beginning of the food line for both breakfast and lunch so students understand what a balanced meal consists of and what their choices are.

Students will be encouraged to make and display any self made charts or projects that they complete as part of their study.

Students will be given a 30 minute lunch period under the supervision of staff members. The first 10 minutes is asked to be silent so that they can eat their food.

K -1-2- 11:00 am to 11:30 am

3-4- 11:30 am to 12:00 pm

5-6-7-8- 12:00pm to 12:30 pm

Student handbook states: There is no pop or soda allowed in lunchroom.

Also no fast food is allowed in lunchroom ie: McDonalds etc.

There is a maintained water fountain right outside the cafeteria doors.

All Students will have regular bathroom breaks with their class or individually, as the need arises.

The school will provider special education programs when available through the community such as local health providers, and college intervention classes.

## Section 2.

Goals to promote physical activity:

A certified physical education teacher will conduct gym class once a week for Students grades K through 8.

A 30 minute recess period, inside or outside weather permitting, will be scheduled.

All students will be encouraged to participate in available sports and physical activities.

K through 8- Cross country

5 and 6 Boys and Girls basketball

7 and 8 Boys and Girls basketball

7 and 8 Boys football

7 and 8 Girls volleyball

5 through 8 Boys and Girls Track

Cheerleading

### Section 3.

Goals designed to promote participation in other school based activities:

Students will be encouraged to participate in the school Federal Lunch , Breakfast, and Fresh Fruit and Vegetable Program.

Students will be encouraged to participate in community activities such as poster contest, place mat designs, etc. which promote wellness.

Students will be encouraged to participate in the School Garden in which the Staff and students will prepare, plant and cultivate a school garden where we can and have used the fresh vegetable and fruits within the school meals programs.

## Section 4.

Plan for measuring implementation of the school and Local wellness policy:

School nurse will monitor the weight, height, and overall health of each student during each school year. Parents will be notified of significant problems.

School nurse will do vision, hearing and postural screening during each school year.

School nurse will have input on any healthcare providers willing to come and have an assembly for students to speak about any health issues or services that would be beneficial for the students to learn about.

Physical Education teacher will keep a written record of progress of K through 5 students on the outdoor project fit equipment, as well as, activities such as running laps for K through 8. Significant achievements will be recognized at the awards ceremony at the end of the year.

Cafeteria Manager will access promotions and grants when available to help provide more breakfast and lunch participation. We also will provide the current standards for meal planning through the USDA. There will be a collaboration between the cafeteria manager and the school nurse for children with special dietary needs, food allergies, and diabetes.

School guidance counselor will have input for community involvement for mental health assemblies.

School guidance counselor will have input for any speakers for Mental health.

Section 5.

Nutrition Guidelines:

The School will follow all nutritional guidelines as established by the Ohio Department of Education, Office of Child Nutrition Services. A copy is available on site.

The school will follow all USDA Standards.

All Students have access to milk and water.

All students will eat for free as followed in the Community Eligibility Provision.

All Students have access to the Fresh Fruit and Vegetable Program every day during the school week.

This school also follows all guidelines for the local Health inspector and city health department.

## Section 6.

### Community Involvement

Input for this wellness policy is based on USDA breakfast/lunch guidelines, the local health inspector and Health Department, Office of Education for the Diocese of Youngstown, St. Joseph the Provider Board of Directors, Parents, Teachers, Staff members and Students.

### Special Programs:

Health Screening: Eye, Ear, Spine, Puberty instruction for designated classes.

Relay for Life-

Hoops for Heart-

Jump rope for Heart-

H-Cap



PANDA

Nutrition Assembly (The Ohio State University)

Dental Spokesperson (Braydich Dental)

School Principal- Cheryl Jablonski

Cafeteria Manager- Julie Cox

School Nurse- Sandy Ross

Physical Ed Instructor- Charlotte Gorby

Guidance Counselor- Susan Paluga

School President- Reverend Michael Swierz