

St. James School Wellness Policy

1. Goals for nutrition education physical activity, and other school-based activities to promote wellness.

A. Nutrition education

- St. James School will implement the health objectives relating to diet, nutrition, and exercise as stated in the Diocese of Youngstown Course of Study and the State of Ohio Content Standards.
- Students will review Posters showing nutrition guidelines, on The Healthy Plate poster, and suggestions for healthy food choices for display in the cafeteria.
- School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the school day.
- Recess and snack breaks will be scheduled for students as need to maintain energy levels.

B. Physical activity

- All students will participate in the school's physical education program.
- The physical education program will implement the objectives of the Diocese of Youngstown Course of Study and the State of Ohio Content Standards.
- All classes will have access to recess according to the school's schedule.
- Discipline will be administered in ways other than depriving a student of physical education class. After school detention will be implemented for more serious behavior infractions.

- Students will be encouraged to participate in school and community sports programs, and to be physically active outside school.

C. Other school-based activities

- The school encourages the use of non-food rewards for student behavior. Examples include stickers to wear, verbal praise, intercom announcements of student accomplishments, and monthly award incentives.
- The school will enhance the basic health and nutrition curriculum by scheduling health professionals to provide age appropriate, special educational programs.
- The school encourages teachers and parents to provide healthy snacks and to minimize sugary treats for classroom celebrations.
- Teachers will be offered training in nutrition as needed, and in physical activities conducive to learning and appropriate for classrooms.

2. Nutrition guidelines for all foods available on school campus during the school day.

- The school lunch program will follow the nutritional guidelines established by the Federal School Lunch Program and the Ohio Department of Education.
- The school does not permit food products sold on the premises, including bake sales. Students are not permitted to bring pop for lunch or snack.
- Drinking fountains and/or water coolers will be available in the school building.

3. Guidelines for reimbursable school meals.

- The school will continue to follow the state and federal guidelines and procedures for reimbursement for school lunch, breakfast and special milk programs.

4. Plan for measuring implementation of the local wellness policy.

- Students will be asked to keep a food/exercise log for a specific week during the school year. The logs will be evaluated by the classroom teacher.
- The physical education teacher will conduct fitness testing annually to revise, update, or amend the policy as needed.

5. Community involvement in the development plan

- A local wellness committee composed of the school lunch coordinator, administrator, a classroom teacher, physical education teacher, lunch program cook, and parent will be established to create the wellness policy and monitor the program.