

WELLNESS POLICY

A healthy school nutrition environment provides students with consistent, reliable health information. Good nutrition is essential for optimal learning. The classroom and lunch program provide clear and consistent messages that explain and reinforce healthy eating and physical activity habits.

Lunch Program

School lunches are ordered from Preferred Meals and follow the National School Lunch program requirements. The program is Allergy Aware. Menu order forms will be sent home monthly. The school provides balanced meals with low-fat milk. Soft drinks, candy, and other non-nutritional foods are NOT sold in the cafeteria. For safety reasons, students are NOT allowed to use a microwave at lunch. In the interest of fairness to all students and to encourage healthy eating habits, fast food and /or take-out food are NOT allowed in any of the Saint John Paul II Catholic Academy cafeterias. Water is available to all students during the school day.

Free and reduced priced meals are provided to qualifying students. Applications are mailed to all families in August.

The Before School Program provides breakfast every morning for the children attending and the After-School Program provides healthy snacks for all children staying after the regular school day.

Free & Reduced Meal Benefits- USDA Program-National School Lunch Program

Saint John Paul II Catholic Academy Lunch Program observes and abides by the following Civil Rights Statement:

“USDA Nondiscrimination Statement in accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.”

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the **USDA Program Discrimination Complaint Form**, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter, all the information requested in the form. To request a copy of the complaint form, call (866)632-9992. Submit your completed form or letter to USDA by:

1. Mail: US Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410.
2. Fax: (202) 690-7442; or
3. Email: program.intake@usda.gov

Formulario de Denuncia de Discriminación del Programa del USDA

De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, discapacidad, edad, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA.

Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el [Formulario de Denuncia de Discriminación del Programa del USDA](#), (AD-3027) que está disponible en línea en: [Filing a Program Discrimination Complaint as a USDA Customer](#), y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por:

1. correo: U.S. Department of Agriculture
Office of the Assistant
Secretary for Civil Rights
[1400 Independence Avenue, SW](#)
[Washington, D.C. 20250](#)-9410;
2. fax: (202) 690-7442; o
3. correo electrónico: program.intake@usda.gov.

Snacks

Parents are asked to send healthy snacks and lunches to school for their children. Soft drinks are not allowed. Due to student food allergies, students are NOT allowed to share food during either snack or lunch in any of the Saint John Paul II Catholic Academy cafeterias and/or classrooms.

Parties

In order to maintain an academic climate, and because of food allergies, parties are not allowed. We celebrate birthdays and holidays in a creative way as a school community. Families are notified of these special celebrations in advance. End of the year celebrations are planned with the permission of the principal at each campus.

Invitations and Deliveries

It is our policy NOT to allow birthday invitations to be delivered at school. Please send them by mail, so as not to hurt any child's feelings. The school will not accept deliveries of balloons, flowers, food (this includes lunches from McDonald's, Mr. Sub, etc.) for a student during the school day. Please do NOT bring fast food to school for students. The principal at each campus reserves the right to make any revisions deemed necessary without prior student and/or parent/guardian notification.