



Saint John Paul II Catholic Academy

ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

The Academy will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each campus, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campuses, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. Saint John Paul II Catholic Academy uses the Healthy Schools Program online tools to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

This wellness policy can be found at: www.sjp2ca.org.

Recordkeeping

The Academy will retain records to document compliance with the requirements of the wellness policy at www.sjp2ca.org. Documentation maintained in this location will include but will not be limited to:

The written wellness policy: Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit Wellness Committee membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy; Documentation of annual policy progress reports for each campus under its jurisdiction, and Documentation of the triennial assessment of the policy for each campus under its' jurisdiction; Documentation demonstrating compliance with public notification requirements, including (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

The Academy will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the campuses within the Academy in meeting wellness goals. This annual report will be published around the same time each year and will include information from each **campus in the Academy**. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy; a description of each campuses' progress in meeting the wellness policy goals; a summary of each campuses' events or activities related to wellness policy implementation; the name, position title, and contact information of the designated Academy policy leader(s) identified in Section 1, and information on how individuals and the public can get involved with the Wellness Committee.

- Saint John Paul II Catholic Academy will actively notify households/families of the availability of the annual report.
- The Academy will track, analyze, and report on any correlations between improvements in health-promoting environments with education outcomes, such as absenteeism, disciplinary referrals, test scores, average grades. Or health measures such as consumption of whole Grain, fruits, or vegetables through the school meal programs or BMI, or psycho-social measures such as self-reported “connectedness,” or other school climate measures. The Academy is encouraged to collaborate with local research institutions and universities. The Academy will also track and annually report other related information, such as findings from food safety inspections, aggregate participation in school meal programs, income reported from competitive food sales, fundraising revenues, and other such information, as feasible.

Triennial Progress Assessments

At least once every three years, the Academy will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the Academy are in compliance with the wellness policy. The extent to which the Academy’s wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy, and a description of the progress made in attaining the goals of the Academy’s wellness policy.

The position/person responsible for managing the triennial assessment and contact information is:

Tina Higgins

thiggins@sjp2ca.org

Kathleen Duggan

kduggan@sjp2ca.org

The Wellness Committee, in collaboration with individual schools, will monitor schools’ compliance with this wellness policy.

Saint John Paul II Catholic Academy will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The Wellness Committee will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as the Academy priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges, and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach, and Communications

The Academy is committed to being responsive to community input, which begins with awareness of the policy. The Academy will actively communicate ways in which representatives of Wellness Committee and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of mean appropriate for that campus. The Academy will also inform parents of the improvements that have been made to campus meals and compliance with school mean standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The Academy will use electronic mechanisms, such as

email or displaying notices on the Academy's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The Academy will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the Academy and individual campuses are communicating other important school information with parents.

Saint John Paul II Catholic Academy will actively notify the public about the content of, or any updates to the wellness policy annually, at a minimum. The Academy will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Nutrition

School Meals

Our school Academy is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk, moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification), and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools with the Academy participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), and the School Breakfast Program (SBP). Saint John Paul II Catholic Academy also operates additional nutrition-related programs and activities including snack program. All schools within the Academy are committed to offering school meals through the NSLP and SBP programs and other applicable Federal child nutrition programs that:

- Are accessible to all students
- are appealing and attractive to children
- are served in clean and pleasant settings
- meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The Academy offers reimbursable school meals that meet USDA nutrition standards.)

Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:

- Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans)
- Daily fruit options are displayed in a location in the line of sight and reach of students
- All available vegetable options have been given creative or descriptive names
- Daily vegetable options are bundled into all grab and go meals available to students
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- White milk is placed in front of other beverages in all coolers
- Alternative entrée options (e.g. salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas

- Student surveys and taste testing opportunities are used to inform menu development, dining space décor and promotional ideas
- Student artwork is displayed in the service and/or dining areas
- Weekly announcements are used to promote and market menu options

Optional additional policy language includes:

- Menus will be posted on the school website and will include nutrient content and ingredients
- POS Website (Point of Sales) www.easyschoolapps.com
- Menus will be created/reviewed by a Registered Dietitian

School meals are administered by a team of child nutrition professionals. The child nutrition program will accommodate students with special dietary needs. Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets HSP Gold level). Students are served lunch at a reasonable and appropriate time of day. Lunch will follow the recess period to better support learning and healthy eating. Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school. The school will implement at least four of the following five Farm to School activities (meets HSP Gold level: mark/circle the four activities the Academy plans to do):

- Local and/or regional products are incorporated into the school meal program; messages about agriculture and nutrition are reinforced throughout the learning environment
- School hosts a school garden
- School hosts field trips to local farms
- School utilizes promotions or special events, such as tastings, that highlight the local/regional products

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA’s Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every campus. Saint John Paul II Catholic Academy will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Competitive Foods and Beverage

Saint John Paul II Catholic Academy is committed to ensuring that all foods and beverages available to students on the school campus *during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the

school day, and create an environment that reinforces the development of healthy eating habits. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at: www.healthiergeneration.org/smartsnacks.

(Note: In some cases, states have passed more stringent nutrition standards for competitive foods and beverages in addition to the USDA Smart Snacks in School Nutrition Standards. In these states, The Academy and campuses must also comply with their state standards.)

All foods offered at the Academy will meet or exceed the USDA Smart Snacks in School Nutrition standards, including through:

- Celebrations and parties. The campus will provide a list of healthy party ideas to parents and teachers including non-food celebration ideas. Healthy party ideas from the Alliance for a Healthier Generation and from the USDA
- Classroom snacks brought by parents. The campus will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards
- Rewards and Incentives. The campus will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward or withheld as punishment for any reason such as for performance or behavior

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools Nutrition standards may be sold through fundraiser on the campuses *during the school day*. The Academy will make available to parents and teachers a list of healthy fundraising ideas (examples from the Alliance for a Healthier Generation and the USDA).

Given the pervasiveness of food fundraisers in many schools and the wide availability of profitable, healthy fundraising options, additional policy language is encouraged)

Schools will use only non-food fundraisers and encourage those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).

Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. This may include but is not limited to donation nights at restaurants, cookie dough, candy and pizza sales, market clays, etc.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students and the community.

Saint John Paul II Catholic Academy will promote healthy food and beverage choices for all students throughout the Academy, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the Academy and individual campuses may use are available at www.healthiergeneration.org/smartsnacks.

Nutrition Education

The Academy aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects
- Include enjoyable developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visit, and school gardens
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy product, and healthy food preparation methods
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise)
- Link with school programs, cafeteria nutrition promotion activities, school gardens. Farm to School programs, other school foods and nutrition-related community services
- Teach media literacy with an emphasis on food and beverage marketing, and include nutrition education training for teachers and other staff

Optional language includes:

In elementary schools, nutrition education will be offered at UMass, Boston, each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards (meets HSP Silver/gold level).

All health education teachers and nurses will provide opportunities for students to practice or rehearse the skills taught through the health education curricula (meets HSP Silver/gold level).

Essential Healthy Eating Topics in Health Education

The Academy will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from MYELATE
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Eating more calcium-rich foods

- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating including media, peers, family and culture
- Find valid information or services related to nutrition
- Develop a plan and track progress toward achieving a personal goal
- Resist peer pressure related to unhealthy dietary behavior
- Influence, support and advocate to others for healthy dietary behavior

USDA’S Team Nutrition provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics and more.

Food and Beverage Marketing in Schools

The Academy is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The Academy strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on Academy property that contains messages inconsistent with the health information the Academy is imparting through nutrition education and health promotion efforts. It is the intent of the Academy to protect and promote student’s health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campuses consistent with the Academy’s wellness policy.

Any foods and beverages marketed or promoted to students on the school campus “during the school day” will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food advertising and marketing is defined as an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container
- Displays such as on vending machine exteriors
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards. (Note: immediate replacement of these items is not required, however, the Academy will consider replacing or updating scoreboard or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy).

- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, cooler, trash cans, and other food service equipment as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered or sold by the Academy
- Advertisements in school publications or school mailings
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students’ physical activity can be provided through a comprehensive school-based physical activity program (CSPAP) that includes these components:

- Physical education
- Recess
- Classroom-base physical activity
- Walk and bicycle to school
- Out of school-time activities

The Academy is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to and not a substitute for physical education (addressed in “Physical Education” subsection). All campuses in the Academy will be encouraged to participate in Let’s Move! Active Schools (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason. The Academy will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, the Academy will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The Academy will conduct necessary inspections and

Physical Education

Saint John Paul II Catholic Academy will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help student develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in The Essential Physical Activity Topics in Health Education” subsection).

All students will be provided equal opportunity to participate in physical education classes. Saint John Paul II Catholic Academy will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

(NOTE: additional option policy language substitutions include:

- All elementary students in each grade will receive physical education for at least 90-140 minutes per week throughout the school year (meets HSP Silver level)
or
- All elementary students in each grade will receive physical education for at least 150 minutes per week throughout the school year (meets HSP Gold level)
- All secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.

The Academy physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment (Looi) and will use criterion-based reporting for each student

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions (meets HSP Silver level)
- All physical education teachers will be required to participate in at least once a year professional development in education (meets HSP Silver level)
- All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education (meets HSP Gold level)
- Waivers, exemptions, or substitutions for physical education classes are not granted

Essential Physical Activity Topics in Health Education

Saint John Paul II Catholic Academy will include in the health education curriculum the following essential topics on physical education:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness that is cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing and individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on all or most days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time as well as time to put away coats/hats/gloves will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the Academy must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks (Elementary and Middle School)

The Academy recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The Academy recommends teachers provide short (3-5 minutes) physical activity breaks to student during and between classroom times. The Physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The Academy will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

The Academy will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resource, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Other Activities that Promote Student Wellness

The Academy will integrate wellness activities across the entire campuses, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The Academy will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Saint John Paul II Catholic Academy will encourage and coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the Academy’s curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/fundraising opportunities for healthy school environments will be coordinated with and complimentary of the wellness policy, including but not limited to ensuring the involvement of the Wellness Committee.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

Community Health Promotion and Engagement

Saint John Paul II Catholic Academy will promote to parent/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement Outreach and Communications” subsection, the Academy will use electronic mechanisms (such as email or displaying notices on the Academy’s website), as well as non-electronic mechanisms, (such as newsletter, presentations to parents, or sending information home to parents) to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

When feasible, Saint John Paul II Catholic Academy will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g. increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help Saint John Paul II Catholic Academy faculty and staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing Academy reform or academic improvement plans/efforts.