

St. James Catholic School

Wellness Plan

St. James Catholic School is committed to providing a school environment that enhances learning and develops lifelong wellness practices. St. James will encourage students to develop healthy habits of eating and physical activity.

To accomplish these goals:

- The Child Nutrition Program will comply with federal, state, and local requirements. The Child Nutrition Program will be accessible to all children.
- Nutrition education will be promoted and provided to all students.
- Patterns of meaningful physical activity will connect to students' lives outside of physical education.
- School-based activities will be consistent with local wellness policy goals.
- All foods and beverages made available on campus during the school day, including vending, a la carte, celebrations, snacks, and fundraising, will be consistent with the Alabama State Board of Education requirements.
- All potentially hazardous or temperature controlled foods made available on campus during the school day will adhere to food safety and security guidelines.
- The school environment will be safe, comfortable, pleasing, and will allow ample time and space for eating meals.
- Food will not be used as a reward, and physical activity will not be withheld as a punishment.
- Teachers and staff will be encouraged to model good nutritional behavior.

In response to the growing concern over childhood obesity and the onset of diabetes at the state, national, and international levels, the following Wellness Plan has been developed. St. James Catholic School desires to team with families as we seek to provide a safe and nutritionally sound environment. St. James Catholic School's Wellness Plan meets the mandates of Federal Public Law (PL 108.265 Section 204).

Wellness Committee

Michele Adams – Principal

Jamie Jones – Cafeteria Manager

Scott Rikansrud – Parent Advisor

Anna Manners – Teacher

Nutrition Standards

- All foods made available on campus during the school day and in the extended day programs (EDP) will comply with the current federal, state, and local requirements as established by the USDA and the Alabama State Board of Education requirements.
- School meals will meet the Child Nutrition Program requirements and nutrition standards found in federal regulations and the Alabama State Board of Education requirements.
- Nutrition information will be readily available for menu and a la carte items served in the school lunch program.
- Foods of Minimal Nutritional Value (FMNV) will not be available to students during meal service times.
- Child Nutrition Program employees will be adequately trained in food service operations including food safety and sanitation.
- All potentially hazardous or temperature controlled foods made available on campus during the school day will comply with the state and local food safety and sanitation regulations. A HACCP (Hazard Analysis Critical Control Point) Plan will be followed in the Child Nutrition Program to help provide assurance of proper food safety and sanitation practices.
- To ensure the safety and security of the food, access to the food service operations will be limited to the Child Nutrition Program staff and authorized personnel.
- Guidelines for celebrations, snacks, vending, and fundraisers, during the school day will follow Alabama State Board of Education requirements. The school principal or his/her designee will be responsible for communicating guideline information to parents, students, and employees, and for compliance of the guidelines.

Nutrition Education

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies. School staff will ensure that the nutrition strands from the Alabama Health Course of Study are taught at the appropriate grade levels.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver the nutrition education program.
- The school cafeteria will serve as a learning laboratory to allow students to apply the skills taught in the classroom.
 - Nutrition information will be provided for foods served in the cafeteria.
 - The Child Nutrition Program will serve as a resource to provide teachers, students, and parents the information needed to make healthy meal choices.
 - Cafeteria displays will remind students of healthy, nutritional food choices.
- Nutrition education will involve sharing information with families and students.
 - Monthly menus of the planned school lunches will be published and made available for students, parents and employees.
 - School personnel will provide nutrition information to print in school publications (such as backs of menus, school newsletters, and/or student newspapers.)
- Students will be encouraged by school personnel to begin each day with a healthy breakfast and continue with healthy food choices throughout the day.

Student Health and Wellness

Prevention

- Resources and materials will be provided in the school and classroom to practice sanitary habits to prevent illness.
- **St. James Catholic** School will be monitored on a regular basis to insure a safe and healthy environment.
- Faculty and staff will be provided annual training on specific student accommodations and safety precautions.
- Picture symbols will be provided and posted to provide safety information and instruction.

Implementation of Health Care Plans

- The individual Health Plan or the Individual Education Program will reflect information on students who require support services.
- St. James School will provide and support preventive measures such as Vision Screenings, Dental Health Month, Heart Month, and National Nutrition Month.
- In order to provide referral services, a parent and/or guardian release of information will be required and appropriate assessments will be conducted.
- St, James School will comply with all federal, state, and local immunization guidelines.

Physical Activity

Physical activity will be integrated across curricula and throughout the school day. Suggested activities may include a walking program within the recess time allotment for students within the school day, track/field activities among elementary students, and intramural programs.

- Time allotted for physical activity will be consistent with state standards. National research will be considered in planning school activities and parent education.
- Technology in the physical education setting will be increased to enhance learning and to promote fitness.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. Activities that increase awareness of the need for physical activity, prevention of disease, and wellness will be promoted.
- Adequate equipment will be available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- St. James School will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their student's lives.
- Food and/or physical activity will not be used as a reward or punishment.

Other School Based Activities

- Physical activity and the formation of healthy habits will be promoted in after-school programs.
- All school-based activities will follow local wellness guidelines.
- A local school wellness committee will be organized comprised of families, teachers, administrators, and students, to plan, to implement, and to improve nutrition and physical activity in the school environment.
- Guidelines for celebrations, snacks, and fundraisers will follow Alabama State Board of Education requirements. The school principal or his/her designee will be responsible for communicating guideline information to parents, students, and employees, and for compliance of the guidelines.

ADDENDUM

USDA Foods of Minimal Nutritional Value

Foods and beverages that are restricted from sale to students during the lunch period are classified in the following four categories:

1. Soda Water- Any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, or proteins.
No carbonated drinks are permitted during the lunch period.
2. Water ices: Any frozen, sweetened water such as "...sickles" and flavored ice with the exception of products that contain fruit or juice.
3. Chewing gum- Any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
4. Certain candies- Any processed foods made predominately from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
 - a) Hard candy- A product made predominately from sugar (sucrose) and corn syrup that may be flavored and colored, and is characterized by a hard, brittle texture. Includes items such as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops.
 - b) Jellies and gums- A mixture of carbohydrates that are combined to form a stable gelatinous system of jelly like character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit flavored slices.
 - c) Marshmallow Candies- An aerated confection composed of sugar, corn syrup, invert sugar, 20% water and gelatin or egg white to which flavors and colors may be added.
 - d) Fondant- A product consisting of microscopic sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as candy corn and soft mints.
 - e) Licorice- A product made predominately from sugar and corn syrup that is flavored with an extract made from the licorice root.
 - f) Spun Candy- A product made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
 - g) Candy-coated popcorn- Popcorn that is coated with a mixture made predominately from sugar and corn syrup.

Health Course of Study Nutrition Guidelines

Grade Level	Standard
K	Identify the characteristics of foods in the food guide pyramid. Examples: taste, smell color, texture
1	Recognize the six groups of the food guide pyramid. Describe the relationship between the food guide pyramid and good health.
2	Identify the number of daily required servings from each of the six groups on the Food Guide Pyramid.
3	Identify the nutrients in the specific foods. Examples: proteins and fats in meats, carbohydrates and vitamins in vegetables Apply information from foods labels to healthy eating practices. Examples: selecting a low-fat snack, planning a healthy meal.
4	Explain the relationship between proper nutrition and good health. Examples: health benefits of following national dietary guidelines, impact of saturated and unsaturated dietary fats on the body, health impact of minimizing intake of sweets.
5	Identify the percentage of fat, protein, and carbohydrates needed in daily caloric intake. Examples: determining personal intake of calories, analyzing food labels or menus
6	Distinguish between healthy and unhealthy dietary patterns. Example: over-or under-eating versus eating a balanced diet
7	Select healthy meals from sample menus in school and community settings.
8	Assess the consequences of poor nutrition. Examples: increased risk for heart disease, obesity, cancer; delayed development and disability; fatigue; poor academic performance; osteoporosis