

# **Wellness Policy Documentation Update**

**2023-24**

The Wellness Policy was reviewed on July 5, 2023 by Judy Lockett. It was then presented to and approved by the other members of the Wellness Committee.

Minor changes were made including changing the school's name to St. John Paul II School.

Parents will be informed via the Parent Newsletter when the policy is available to view on the school webpage ([johnpaul2.org](http://johnpaul2.org)). Please look for it under the heading "Handbooks".

We are always looking for new ideas and suggestions to keep our students healthy and active. Anyone with an idea or suggestion can contact a committee member.

Also, anyone wishing to serve on the committee, please contact a member. All are welcome.

This document compiled by Judy Lockett on July 5, 2023.

# St. John Paul II School Wellness Policy

## Table of Contents

Preamble

School Wellness Committee

Wellness Policy Implementation, Monitoring,  
Accountability, and Community Engagement

Nutrition

Physical Activity

Other Activities that Promote Student Wellness

Glossary

## **Preamble**

St. John Paul II School is committed to the optimal development of every student. St. John Paul II School believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines St. John Paul II School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. **Specifically, this policy establishes goals and procedures to ensure that:**

- Students in the school have **access to healthy foods throughout the school day** – both through reimbursable school meals and other foods available throughout the school campus – in accordance with Federal and state nutrition standards.
- Students receive quality **nutrition education** that helps them develop lifelong healthy eating behaviors.
- Students have **opportunities to be physically active** before, during and after school.
- Schools engage in **nutrition and physical activity promotion** and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The community is engaged in supporting the work of John Paul II School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.
- St. John Paul II School establishes and maintains an infrastructure for **management, oversight, implementation, communication** about and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff at St. John Paul II School. Specific measurable goals and outcomes are identified within each section below.

- **School Wellness Committee**

***Committee Role and Membership***

St. John Paul II School will convene a representative district wellness committee (hereto referred to as the local wellness committee) periodically to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this school wellness policy (heretofore referred as “wellness policy”).

The local wellness committee membership will represent our elementary school and include (to the extent possible), but not be limited to: *parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public.*

**Leadership**

The Principal or designee will convene the local wellness committee and facilitate development of and updates to the wellness policy and will ensure the school's compliance with the policy.

**The designated official for oversight is: Judy Lockett, Lunch Program Coordinator  
(judy.lockett@k12.sd.us)**

**The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is(are): (Wellness Policy Committee)**

| <b>Name</b>    | <b>Title / Relationship to the School or District</b>     | <b>Email address</b>     | <b>Role on Committee</b>  |
|----------------|---|--------------------------|---|
| Robin Cahoy    | St. John Paul II Principal                                | robin.cahoy@k12.sd.us    | Assists in the evaluation of the wellness policy implementation |
| Judy Lockett   | St. John Paul II Lunch Program Coordinator                | judy.lockett@k12.sd.us   | Assists in the evaluation of the wellness policy implementation |
| Jill Bannwarth | St. John Paul II Business Manager and Parent              | jill.bannwarth@k12.sd.us | Assists in the evaluation of the wellness policy implementation |
| Joleen Mueller | St. John Paul II Physical Education Instructor and Parent | joleen.mueller@k12.sd.us | Assists in the evaluation of the wellness policy implementation |

- **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

**St. John Paul II School 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 school; and includes information about responsibilities, specific goals, and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use 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 and the progress reports/policy updates can be found at: [www.johnpaul2.org](http://www.johnpaul2.org).

### ***Recordkeeping***

St. John Paul II School will retain records to document compliance with the requirements of the wellness policy at St. John Paul II School Office for three years past the current year. Documentation maintained in this location will include but will not be limited to:

- **The written wellness policy.**
- **Documentation demonstrating that the policy has been made available to the public.**
- **Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware annually of their ability to participate on the local wellness committee.**
- **Documentation to demonstrate compliance with the annual public notification requirements.**
- **The most recent assessment on the implementation of the local school wellness policy.**
- **Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.**

### ***Annual Notification of Policy***

St. John Paul II School will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will make this information available via the district website and/or district-wide communications. The school will provide as much information as possible about the school nutrition environment. This will include a summary of John Paul II School events or activities related to wellness policy implementation. Annually, the school will also publicize the name and contact information of the person (Judy Luckett) leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### ***Triennial Progress Assessments***

At least once every three years, St. John Paul II School will evaluate compliance with the wellness policy to assess the implementation of the policy for all sites under district jurisdiction and include:

- The extent to which the school is in compliance with the local wellness policy.
- The extent to which the school's wellness policy compares to a model policy (like the Alliance for a Healthier Generation's model wellness policy or the State Model Wellness Policy); and
- A description of the progress made in attaining the goals of the John Paul II School wellness policy.
  - Assessment will identify how the policy will be updated to add areas as needed, improve progress toward goals, etc.
  - Documentation of when and how the policy was evaluated will be maintained.

The position/person responsible for managing the triennial assessment and contact information is Judy Lockett, Lunch Program Coordinator, (judy.lockett@k12.sd.us)

The local wellness committee, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

St. John Paul II School will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

The local wellness committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District 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. Documentation of update will be maintained, such as attendance sheet, meeting minutes, etc.**

### ***Community Involvement, Outreach and Communications***

St. John Paul II School is committed to being responsive to community input, which begins with awareness of the wellness policy. The school will actively communicate ways in which representatives of local wellness committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The school will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The school will use electronic mechanisms, such as email or displaying notices on the district'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 school will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

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

- **Nutrition**

***School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting 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.

St. John Paul II participates in the National School Lunch Program (NSLP). The school also operates additional nutrition-related programs and activities including the Weekly Snack Cart. St. John Paul II is committed to offering school meals through the NSLP 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 school offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices, such as one or more of the following:
  - At least one fruit choice is served daily with a fresh fruit served on the last day of the week.
  - Staff members have been trained to politely prompt students to consume the daily vegetable options with their meal.
  - White milk (1% and Skim) is available every day with chocolate milk allowed only on the last day of the week.  
Menus will be planned with input from students.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote and market menu options.

***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 school campus\* ("school campus" and "school day" are defined in the glossary). The school will make drinking water available where school meals are served during mealtimes.

## **Competitive Foods and Beverages**

St. John Paul II School 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 (e.g., "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. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

"<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

## **Fundraising**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. All other fundraising efforts involving food that does not meet nutrition guidelines must take place after school hours. Nonfood related fundraisers are encouraged.

## **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, teachers, parents, students and the community.

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

- Review and consider evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and



- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the school may use are available at <http://www.foodplanner.healthiergeneration.org/>.

### ***Nutrition Education***

St. John Paul II School will teach, model, encourage and support healthy eating by all 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.
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods.
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise).
- Nutrition posters are posted in the lunchroom.
- Information about new food items is added to the monthly menu sent home.

### ***Food and Beverage Marketing in Schools***

St. John Paul II School 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 school 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 school property that contains messages inconsistent with the health information the school is imparting through nutrition education and health promotion efforts. It is the intent of John Paul II School 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 campus, consistent with the school's wellness policy.

- **Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the school is committed to providing these opportunities. The school will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason.

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

## ***Physical Education***

St. John Paul II School 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 students 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). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The school will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

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

### ***Examples of Physical Activity Topics in Health 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 an 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.

- **Other Activities that Promote Student Wellness**

St. John Paul II School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The school 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.

St. John Paul II School will be encouraged to 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 school's curriculum experts.

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

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

*Glossary:*

**Extended School Day** – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.