

DELPHOS ST. JOHN WELLNESS POLICY

St. John Elementary and High School recognizes that good nutrition and regular physical activity affect the health and well being of all students. We are committed to providing a school environment that promotes and protects children's health, well being, and ability to learn by supporting healthy eating and physical activity. Good health fosters student attendance and overall education of the students.

SECTION 1: Nutritional Education

Nutrition lessons are integrated into the curriculum and the health education program at Delphos Saint John's school, grades K - 12. This curriculum is sequential and comprehensive to provide students with knowledge, attitudes and skills necessary to lead healthy lives. Nutritional education will include helping students acquire skills for reading food labels regarding food content, nutritional facts and menu planning.

Where appropriate, nutritional education will be integrated into cooking lessons in the classroom, use of the school garden as a teaching tool, visiting local farms, and mathematics and science classes. Produce from the garden is also used at the Parish Festival.

SECTION 2: Standards for USDA Child Nutrition Programs and School Meals

All foods sold/served at Delphos St. John's will meet USDA nutritional standards for school meals. Our cafeteria is cashless -- all students, regardless of the type of payment they make for school lunches, or the food being purchased (meal or a la carte) are given a code to enter at the register. Students are served a reimbursable meal regardless of whether the student has money to pay or owes money. We reach out privately to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced price meals. Free and reduced lunch applications are sent home to all families at the beginning of the school year. They are also available on the school website or in the school offices anytime during the school year.

Delphos St. John's permits all students a daily lunch period of not less than 20 minutes. Personnel will schedule enough time so students do not have to spend too much time waiting in line.

Water fountains are available in our cafeteria during meal times and throughout the school the rest of the day.

The USDA Professional Standards for State & Local Nutrition Programs are followed to ensure that professional development in the area of food & nutrition is provided for all food service workers.

SECTION 3: Nutrition Standards for Competitive and Other Foods and Beverages

Delphos St. John's is in compliance with all federal and state nutrition standards for all food served in our school. We follow the Smart Snacks in School Standards for all food and beverages sold to students on school premises during the school day. All food items served or offered for sale to students during the school day will meet all federal, state and local standards for all nutrient and competitive food guidelines.

USDA Smart Snack Standards for beverages sold in elementary and middle school shall also be applied in high school. Beverages containing caffeine will not be sold in our school. Only water, milk and 100% juice will be sold to students during the school day.

Our school provides our parents with a list of allowable foods for classroom parties that meet the Smart Snack standards.

Our school strongly discourages the use of food/beverages as a reward or punishment. We encourage non-food alternatives as rewards.

Drinking water fountains are available to students & staff throughout the building during the school day.

SECTION 4: Physical Education Physical Activity

Delphos St. John's physical education will enable students to acquire the knowledge and skills necessary to maintain physical fitness, participate in physical activities and make healthy lifestyle choices. The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades K-12. Physical Education is taught by a licensed teacher. Delphos St. John's School provides all students with physical education that teaches them the skills needed for lifelong physical fitness.

Delphos St. John's School is required to develop comprehensive school physical activity programs that address family and community engagement in physical activity, and provide a wide variety of offerings. Students should have the opportunity to be physically active before and after school.

Delphos St. John's provides at least 20 minutes of active daily recess to all elementary school students.

All elementary school students shall receive 90 minutes per week of physical education instruction throughout the school year. All middle and high school students should receive 90 minutes per week of physical education instruction.

SECTION 5: Wellness Promotion and Marketing

The teachers and staff of Delphos St. John's School are encouraged to model healthy eating and physical activity behaviors. The staff is encouraged to use the gymnasium for walking/running, and the weight room before or after school to promote employee wellness.

Teachers, staff and parents are provided with a healthy snack list for use at parties in the classroom. Food rewards are discouraged. Extra recess time, or use of physical activity as a reward when feasible is encouraged.

Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason. This includes running laps, or performing other physical activities that the entire class is not involved in. Physical activity will not be withheld from students as punishment for poor behavior.

Healthy food choices, such as salads and fruit will be displayed prominently in the cafeteria. Students will be encouraged to make healthy food choices. School-based marketing will be consistent with Smart Snack standards. Advertising of food and beverages that cannot be sold during the school day will not be advertised on school property. Advertising of any food or beverage that cannot be sold to students during the school day or do not meet Smart Snack nutritional standards are prohibited. This includes brand names and where the food is purchased. Review of advertising content when selecting educational materials for the classroom will be conducted. All advertising in school publications and school media outlets must be approved by the principal.

SECTION 6: Implementation, Evaluation, and Communication

It is also recognized that healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. Therefore, it is necessary for staff, parents, students, and the community be involved in a community-wide effort to promote, support and model such healthy behaviors and habits. A letter will be sent via email annually, inviting members of the community to join the wellness committee.

The established wellness committee for Delphos St. John Elementary and High School meets annually. Development, review and update of the wellness policy shall occur annually. The committee consists of a representative of the School Council, the administration, physical education teachers, classroom teacher, cafeteria bookkeeper, cafeteria manager, nurse for the school, students and a minimum representative of the general public. The principals (Elementary and High School) shall ensure compliance with established nutrition and physical education policies. Progress toward achieving the goals set forth will be shared with the School Council. Delphos St. John Elementary and High School shall promote their wellness policy to faculty, staff, parents, community members, and students by posting a copy of the wellness policy on the school website.

Every three years, the wellness committee will conduct a quantitative assessment of the wellness policy using the Wellness School Assessment Tool. (WellSat: 3) or the School Health Index. The wellness committee will review the latest national recommendations pertaining to school health, and will update the wellness policy. The triennial progress report will be posted on the school website. The report will include an assessment on compliance, how the school wellness policy compares to model wellness policies, and progress in achieving goals.

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