Local Wellness Policy for St. John the Evangelist School

St. John the Evangelist School is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

Nutrition Education

Every year, all students, Pre-K-8, shall receive nutrition education that is aligned with the *Michigan Health Education Grade Level Content Expectations*and the *Michigan Merit Curriculum Guidelines for Health Education.* Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms.

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 participation in school meal programs. Students and staff will receive consistent nutrition messages throughout school buildings, 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 building staff, teachers, parents, students, and the community.

St. John the Evangelist School will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Standards and Nutrition Guidelines for all Foods and Beverages

The School shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campusduring the school dayare consistent with federal and state regulations.

Reimbursable school meals must meet requirements found in United States Department of Agriculture (USDA)’s Nutrition Standards for School Meals.All foods and beverages sold to students outside the federally regulated child nutrition programs (referred to as “competitive” foods and beverages) must be consistent with USDA’s Smart Snacks in School nutrition standard. These standards apply in all areas where foods and beverages are sold which may include, but are not limited to, à la carte lines and fundraising events.

The School will establish nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks provided by parents, or other foods used as incentives).

Physical Activity and Physical Education

The School shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the Michigan Physical Education Grade Level Content Expectation and the Michigan Merit Curriculum Guidelines for Physical Education.

Every year, all students, Pre-K-8, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short-and long-term benefits of a physically active and healthy lifestyle.

Other School-based Activities that Promote Student Wellness

St. John the Evangelist School will implement other evidence-based programs across the school setting to create environments that are conducive to healthy eating and physical activity and convey consistent health messages.

*Implementation, Assessment, Documentation and Updates*

Implementation

The School will develop and maintain a plan to manage and coordinate the implementation of this wellness policy. The plan will delineate roles, responsibilities, actions, and timelines specific to St. John the Evangelist School.

Triennial Assessment

The School will conduct an assessment of the wellness policy every three years, at a minimum. The assessment will determine: building level compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

Documentation

The School will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: a copy or web address of the current wellness policy, documentation on how the policy and assessments are made available to the public, the most recent assessment of implementation of the policy, and documentation of efforts to review and update the policy, including who was involved in the process and their relationship to the school.

*This wellness policy can be found at: www.stjohnfenton.com*

Updates to the Policy

The School will update or modify the wellness policy as appropriate based on the results Triennial Assessments; as school priorities 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 updated every three years, following the Triennial Assessment.

Public Updates

St. John the Evangelist School will inform the school community annually about the local wellness policy, including its content and any updates to and about the policy. The Triennial Assessment, including progress toward meeting the goals of the policy, will also be made available to the school community. The school will provide information on how to participate on the wellness committee and assist with the development, implementation, and periodic review and update of the wellness policy. All communication will be culturally and linguistically appropriate and will be available via the school website and/or school-wide communications (email, newsletters, and mailings).