

**St. John the Baptist Catholic School
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WELLNESS POLICY

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Monroe County Intermediate School District**

MICHIGAN
STATE BOARD OF EDUCATION

Model Local Wellness Policy

Preamble

On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

In response to this requirement, this State Board of Education Model Local Wellness Policy was developed by the Michigan Department of Education, in collaboration with other state and local agencies, organizations, educators, and concerned citizens. This document may be modified to reflect local school district policy and procedure. In addition, it is recommended that prior to adopting this policy districts involve teachers (including specialist in health and physical education), parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public.

The Michigan State Board of Education recognizes and acknowledges, through its September 2003 policy on coordinated school health programs, that, "schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy." The Board believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

This Model Local Wellness Policy is provided to assist Michigan school districts in developing their local wellness policies. This document may be modified to reflect local school district policy and procedure.

Adopted October 11, 2005

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STATE BOARD OF EDUCATION

Model Local Wellness Policy

Local Wellness Policy for St. John the Baptist Catholic School, Monroe, MI.

St. John the Baptist Catholic 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. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, all school staff are encouraged to model healthy eating behavior as a valuable part of daily life. The school nutrition program shall make effective use of school and community resources and fairly serve the needs and interests of all students and staff, taking into consideration differences in cultural norms and social class.

Nutrition Education

Every year, all students, Pre-K-8, shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*.¹ 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. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

St. John the Baptist Catholic School in conjunction with Monroe County District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.² The district shall encourage students to make nutritious food choices.

The school shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The district shall consider nutrient density³ and portion size before permitting food and beverages to be sold or served to students.

The school principal shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

¹ Michigan Department of Education Health Education Content Standards and Benchmarks, July 1998. http://www.michigan.gov/documents/Health_Standards_15052_7.pdf.

² Title 7 – United States Department of Agriculture, Chapter ii – Food and Nutrition Service, Department of Agriculture, Part 210 – National School Lunch Program. http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html

³ Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all). http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm

Physical Education and Physical Activity Opportunities

St. John the Baptist Catholic School in conjunction with Monroe Public Schools shall offer physical education opportunities that include the components of a quality physical education program.⁴ 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 Content Standards and Benchmarks*.⁵

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 Designed to Promote Student Wellness

The school may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement

The principal shall implement this policy and measure how well it is being managed and enforced. The principal shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The principal shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

Administrative Rules Regarding St. John the Baptist Catholic School of Monroe, MI Local Wellness Policy

In order to enact and enforce St. John the Baptist Catholic School, Monroe, MI Local Wellness Policy, the principal, with input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school advisory committee, and the public, will have developed these administrative rules.

⁴ Including goals for physical activity is required by federal law Section 204 of Public Law 108-265. Physical education, while recommended, is not required.
<http://www.fns.usda.gov/tn/Healthy/108-265.pdf>

⁵ Michigan Department of Education Physical Education Content Standards and Benchmarks, July 1998.
http://www.michigan.gov/documents/Physical_Education_Content_Standards_42242_7.pdf

To assist in the creation of a healthy school environment, the District shall establish a Coordinated School Health Team⁶ that will provide an ongoing review and evaluation of the St. John the Baptist Catholic School Local Wellness Policy and these local administrative rules.⁷

The principal shall organize the Coordinated School Health Team and invite appropriate stakeholders to become members of the Coordinated School Health Team. A Coordinated School Health Team may include representatives from the following areas:

- Administration
- Counseling/psychological/and social services
- Food services
- Health education
- Health services
- Parent/guardian, students and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies).
- Physical education

Staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- Self respect.
- Respect for others.
- Healthy eating.
- Physical activity.⁸

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of St. John the Baptist Catholic School's Local Wellness Policy. Any stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

Mrs. Patricia Cousino, Principal
St. John the Baptist Catholic School
521 South Monroe Street
Monroe, MI 48161
(734) 241-1670

Students, staff, and community will be informed about the Local Wellness Policy annually.

⁶ Centers for Disease Control's Coordinated School health web site:
<http://www.cdc.gov/HealthyYouth/CSHP/index.htm>

⁷ Michigan State Board of Education Policy on Coordinated School Health Programs To Support Academic Achievement and Healthy Schools, September 2003.
http://www.michigan.gov/documents/CSHP_Policy_77375_7.pdf

⁸ The Role of Michigan Schools in Promoting Healthy Weight. September 2001.
<http://www.emc.cmich.edu/pdfs/Healthy%20Weight.pdf>

Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered every year to all students of St. John the Baptist Catholic School. The school may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

The school shall implement a quality nutrition education program that addresses the following:

*Curriculum:*⁹

- Has a curriculum aligned with the *Michigan Health Education Content Standards and Benchmarks*.
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Include students of all abilities.
- Is taught by "highly qualified teachers of health education."¹⁰

Opportunity to Learn:

- Includes students of all abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the District website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

⁹ The Michigan Model for Comprehensive School Health Education curriculum meets this administrative rule: <http://www.emc.cmich.edu/mm>

¹⁰ Michigan State Board of Education Policy on Comprehensive School Health Education, June 2004 http://www.michigan.gov/documents/Health_Education_Policy_final_94135_7.pdf

Nutrition Standards

The school in conjunction with Monroe Public Schools shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The school shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the District's policy of promoting a healthy school environment shall be discouraged. Menus will be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Procedures shall be in place for providing to families, on request, information about the ingredients and nutritional value of the foods served.

The school shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent orange juice in 4-ounce servings.
- 2% white milk and 1% chocolate milk, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milks in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
- Seeds, trail mix, and/or soybean snacks in one-ounce portions or less; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- Low-fat or fat-free accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less. ¹¹

The school shall monitor food service distributors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues. (See Appendix A).

The school shall discourage using food as a reward. Alternatives to using food as a reward are found in (Appendix B.)

The school shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations. Healthy foods include fruit, vegetables, low-fat dairy foods, and low-fat grain products, fruit juice, or water. (See Appendix C).

Food and beverages sold or served on school grounds or at school-sponsored events during the normal school day shall meet the Dietary Guidelines for Americans and other nutrition standard guidelines.

(11) Michigan State Board of Education Policy On Offering Healthy Food And Beverages In Venues Outside Of The Federally Regulated Child Nutrition Programs, December 2003.
http://www.michigan.gov/documents/Healthy_Foods_AtchmtA_12_9_83141_7.pdf

Only student organizations are permitted to do fundraising on school grounds during the school day. These organizations are encouraged to raise funds through the sale of items other than food. Foods sold for fundraising purposes are prohibited during meal services. Foods sold for fundraising purposes during the school day shall be monitored by the principal to ensure compliance with the nutritional standards. Organizations raising funds by selling foods must schedule and authorize the fundraiser with the principal prior to the event. The school shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Example: Sales of candy items (candy bars, sugar coated chocolate snacks, or the like) as a school or grade-level fundraising project should be replaced with non-food items such as candles, wrapping paper, greeting cards, etc. (See Appendix D).

(Example: Vending sales of soft drinks, artificially sweetened drinks, and candy will not be permitted on school grounds prior to the start of the school day or throughout the instructional day, but may be permitted at special events that begin after the conclusion of the instructional day. For suggestions on healthier foods, (See Appendix E.) For the federal law memorandum stating, “it is not permissible for a school to serve foods of minimal nutritional value during a meal service period...” refer to the following link: <http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2001-01-16.pdf>.)

Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all students of St. John the Baptist Catholic School. ⁴ Physical education should involve body movement that results in an expenditure of energy of at least a moderate intensity level and for duration sufficient to provide a significant health benefit for students. Students in grades kindergarten through fifth should have at least one hour of structured physical activity divided into two class periods per week. Students in grades sixth through eighth should have at least 50 minutes of structured physical activity per week. All students in grades kindergarten through eighth should have at least 20 minutes of physical activity in the form of recess per day. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

The Physical Education classes will follow a course of study consistent with national and state standards for physical education and focus on students' development of motor skills, movement forms, and health related fitness. Students will be moderately to vigorously active at least 50% of the time while participating in Physical Education classes. These classes will be a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted. The school shall implement a quality physical education program that addresses the following:

*Curriculum:*¹²

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the *Michigan Physical Education Content Standards and Benchmarks*.
- Influences personal and social skill development.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Include students of all abilities.
- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Keeps all students involved in purposeful activity for a majority of the class period.

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities.
- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.¹¹
- Offers instructional periods totaling the number of minutes as provided by Monroe Public Schools.¹³
- Provides facilities to implement the curriculum for the number of students served.

The school shall offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade 8. Recess should be in addition to physical education class time and not be a substitute for physical education. The school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time. St. John the Baptist Catholic School as an active participant in CYO provides opportunities for some type of physical activity for students in grades five through eight apart from physical education class and organized sports. Physical activity opportunities might include: before- and after-school extracurricular physical activity programs, Safe Routes to School Programs,¹⁴ and use of school facilities outside of school hours.

¹² The Exemplary Physical Education Curriculum (EPEC) meets this administrative rule:
<http://www.michiganfitness.org/EPEC>

¹³ Michigan State Board of Education Policy on Quality Physical Education, September 2003.
www.michigan.gov/documents/HealthPolicyPE_77380_7.pdf

¹⁴ Safe Routes to School Program Information: www.saferoutesmichigan.org

Other School-Based Activities Designed to Promote Student Wellness

The school shall strive to create a healthy school environment that promotes healthy eating and physical activity.¹⁵ In order to create this environment, the following activities shall be implemented:

Dining Environment

- The school shall provide:
 - A clean, safe, enjoyable meal environment for students.
 - Enough space and serving areas to ensure all students have access to school meals with minimum wait time.
 - Drinking fountains in all schools, so that students can get water at meals and throughout the day.
 - Encouragement to maximize student participation in school meal programs
 - Identity protection of students who eat free and reduced-price meals.
 - Convenient access to facilities for hand washing.

Time to Eat

- The school shall ensure:
 - Adequate time for students to enjoy eating healthy foods with friends in schools.
 - That lunchtime is scheduled as near to the middle of the school day as possible.
 - That recess for elementary schools is scheduled before lunch as scheduling permits so that children will come to lunch less distracted and ready to eat.¹⁶ (See Appendix F.)

Food or Physical Activity as a Reward or Punishment

- The school shall:
 - Prohibit the use of food as a reward or punishment in schools. (See appendix B)
 - Not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.
 - Not use physical activity as a punishment.
 - Encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess. (See Appendix F)
 - If food is included in recognition of student performance, it should be used in the general celebration of the achievement not as the reward.

Consistent School Activities and Environment

- The school shall:
 - Complete the Michigan Healthy School Action Tool to ensure that school activities and the environment support health behaviors. (See Appendix G)

¹⁵ Michigan's Healthy School Action Tool: <http://mihealthtools.org/schools>

¹⁶ A Recess Before-Lunch Policy Implementation Guide, Montana Team Nutrition Program, Office of Public Instruction School Nutrition Programs, September 2003.
<http://www.opi.state.mt.us/schoolfood/recessBL.html>

- Ensure that all school fundraising efforts support healthy eating and physical activity. (See Appendix D)
- Provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
- Make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.
- Food and beverages provided during the after school program will meet the Dietary Guidelines for Americans and other nutrition standard guidelines.
- Encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- Encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- Provide information and outreach materials about other Food and Nutrition Service programs such as Food Stamps and Women, Infants, and Children (WIC) to students and parents/guardians.
- Encourage all students to participate in school meal programs, (i.e., the National School Lunch, including snacks for After School Program.)
- Implement physical activity across the curriculum throughout the school day or in all subject areas, for example Brain Breaks.¹⁷ (See Appendix F)

Implementation and Measurement

All employees of the school are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity.¹⁶ The school shall work through its Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness.

Nutrition education topics shall be integrated within the science, fine arts, and health programs taught at grades Kindergarten through eighth. The nutrition education program shall focus on student eating behaviors and be consistent with the state's health education standards and benchmarks. Nutrition education shall be designed to help students learn the benefits of eating healthy, planning a healthy meal, understanding and using food labels, evaluating nutrition information, misinformation, and commercial food advertising, essential nutrients, safe food preparations, how to assess one's personal eating habits, and setting goals for improving eating habits.

(Employees choosing to violate or ignore these local rules will be subject to possible disciplinary action as determined by the administrators of St. John the Baptist Catholic School.)

(17) Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.
<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

**St. John the Baptist Catholic School Wellness Committee
Team Members**

- Patricia Cousino, Principal
- Lorena Bender, Teacher
- Laura Hehl, Teacher
- Nancy Stone, Teacher
- Jane Tageson, Teacher
- Melissa McCracken, Teacher
- Jeanne Terrasi, Teacher
- Cheri Weakly, Teacher
- Jan Fritz, Teacher
- Amanda Rassel, Teacher
- Mindy Welch, Teacher
- Carlie Rzepa, Media Specialist
- Jan Duvall, Food Services Director
- Nancy Schlosser, Physical Education Teacher
- Dr. Compean, Monroe County Health Department Representative
- Ron Boisvenue, Parent
- Julie Althaver, Parent
- Kim Hall, Parent
- Peg Mueller, Parent
- Jennifer Sype, Parent
- Maggie Dolezal, Parent
- Kathy Myers, Parent
- Jamie Vick, Parent
- Nahla Khobeir, Parent
- Jammie Walters, Parent
- Alexander Compean, Student