

# **Nativity Jesuit Academy**

## **School Wellness Policy**

(Adopted from Archdiocese of Milwaukee policy 5140.4)

### **Nutrition Education**

The primary goal of nutrition education at Nativity Jesuit Academy is to influence students' behaviors by enhancing their knowledge and skills to help them make healthy eating and physical activity choices. NJA should provide nutrition education that is appropriate for and reflects students' cultures; is integrated into subjects such as math and reading; and provides opportunities for students to practice skills and have fun. NJA should also choose education curricula that are easy to teach and foster lifelong healthy eating.

The key elements of the Nativity Jesuit Academy's nutrition education policy are that:

1. Students receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Nutrition education is offered in the school lunchroom as well as in the classroom, with coordination between the foodservice staff and teachers.
3. Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, camps, and are encouraged to seek positive nutrition messages at home, in the community, and in the media.
4. Health education curriculum standards and guidelines include both nutrition and physical education.
5. Nutrition is integrated into the health education and other core curricula (e.g., math, science, language arts.)
6. Nutrition education activities are linked with the school health program.
7. Faculty and staff who provide nutrition education have appropriate training.

### **Physical Activity**

The primary goals for the Nativity Jesuit Academy's physical activity components are: to provide opportunities for students to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to ensure students' regular participation in physical activity, and to teach short-and-long-term benefits of a physically active and healthful lifestyle.

The key elements of the Nativity Jesuit Academy's physical activity policy are that:

1. Students are given opportunities for physical activity during the school day and throughout the summer through physical education (PE) classes, daily recess/free-time, after school enrichment activities, camp activities and the integration of physical activity into the academic curriculum.
2. Students are given opportunities for physical activity through a range of before-and/or afterschool programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

3. NJA encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
4. NJA provides training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

### **Other School-Based Activities**

The primary goal for school-based activities is to create a total environment that is conducive to healthy eating and encouraging students to be physically active.

The key elements of Nativity Jesuit Academy's activities policy are that:

1. NJA provides a clean, safe, enjoyable meal environment for students.
2. NJA provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
3. NJA makes drinking fountains available so that students can get water at meals and throughout the day.
4. NJA encourages all students to participate in school meals program and protects the identity of students who eat free and reduced price meals.
5. NJA encourages fundraising efforts that are supportive of healthy eating.
6. NJA provides opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.
7. NJA makes efforts to keep physical activity facilities open for use by students outside school hours.
8. NJA encourages parents, teachers, 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.
9. NJA encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.

### **School Nutrition Guidelines**

Nutrition influences a child's development, health, well being and potential for learning. To afford the students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This nutrition policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

The policy of our school is to:

#### **1. Provide a positive environment and appropriate knowledge regarding food.**

Ensure that all students have access to healthy food choices during school and at school functions.

Provide a pleasant eating environment for students and staff.

Allow a minimum of 20 minutes for students to eat lunch and socialize in the designated area.

Enable all students to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.

**2. When using food as a part of class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices.**

**3. When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutrition choices whenever appropriate.**

**4. Reduce student access to foods of minimal nutritional value.**

Ensure the integrity of the school breakfast and/or lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch/breakfast programs.

Encourage the practice of good nutrition by reducing the sales or distribution of foods of minimal nutritional value through a plan that focuses on:

- Reducing access to non-nutritional foods
- Educating students about healthy foods

**The School Administration and the Wellness Committee shall be responsible for ensuring that the school wellness policy is implemented and that there are measurable goals.**

### **School Food Allergies**

The school staff will do all that is reasonable to ensure the safety of the children with severe food allergies. The parent of the student with a severe food allergy must submit to the school a health care plan (refer to Archdiocesan Form 5140.2d). The health care plan will be kept on file in the health room/office and in the cafeteria. For a student whose severe food allergy may result in anaphylaxis, an EpiPen must be provided by the parent to the school.

The school does not guarantee elimination of any and all food products that may cause the student to have an allergic reaction.

The school will in good faith provide accommodations to provide an environment that is as free as possible from the allergy producing food products.

The school can provide an allergy controlled table in the lunchroom for students with severe food allergies. Consultation with the Office for Schools should occur when making accommodation arrangements for individual students and their families.