

## Wellness Policy – Bishop John A. Marshall School

Bishop John A. Marshall School recognizes the importance of providing students with age-appropriate nutrition and physical education in order to increase students' nutrition and exercise knowledge, improve attitudes toward nutrition and healthy living, and positively impact behavior related to nutrition and the promotion of a healthy lifestyle. Age-appropriate nutrition and physical education lessons and activities will be provided through the health curriculum, through integration of nutrition education into other curriculum areas, through coordination between the classroom and the school meals programs, and through outreach to and collaboration with community members and organizations.

**Goal:** *Nutrition education lessons and activities shall be age-appropriate.*

**Objective:** *Lessons will occur both in the classrooms of the school and within physical education classes.*

**Goal:** *Physical education classes will be available to all students of the school.*

**Objective:** *Students in grades PK-8 will participate in physical education a minimum of three days per week, year round, totaling no less than 30-minutes per period, promoting wellness, healthy habits, and the importance of physical activity.*

**Goal:** *Physical activity will be promoted by the school outside of physical education classes.*

**Objective:** *Students will have access to sports programs seasonally.*

**Current Committee:** The Head of School, the Director of Food Service, the Business Office Assistant, the teacher of physical education, one lower school teacher, one upper school teacher, one parent, one board member, two eighth grade students, and one community member.

### **Role of the Head of School and Committee**

#### *Nutrition Education and Promotion*

1. The committee will meet a minimum of four times per year.
  - The committee will work with the Food Service Department and faculty to assure integration of nutrition education into the food service program and collaboration between classroom teachers and the Food Service Department to provide age-appropriate connections between the classroom nutrition education and the school meals programs.
  - The committee will work with the Food Service Department and faculty to identify opportunities to include food service staff in building events related to nutrition and other wellness activities.
  - The Head of School will ensure that educational goals of nutrition education are achieved in the classroom through incorporation into lesson plans and curriculum.

- The Head of School will ensure that training and professional development is provided for teachers and staff providing nutrition education at least once a year. (It is recommended that teacher training in nutrition education involve multiple sessions spaced over time so that teachers can try the newly learned techniques in their classrooms and report on experiences to the group [1].)
- The committee will discuss nutrition education activities with grade level teachers to identify learning modules, education opportunities, speakers, and assembly programs to reinforce nutrition education.
- The committee will encourage and support nutrition education related activities in the cafeteria.
- The Head of School will seek out grant opportunities to provide sound, age-appropriate nutrition education and nutrition-related experiences for the students and work with the appropriate staff members to apply for this funding.
- The committee will work to ensure appropriate scheduling to capture all classes and their exposure to physical education relative to the goal.
- The committee will work to secure appropriate curricula that supports nutrition and physical activity.
- The Head of School will work to identify coaches for three sports seasons, available to students in grades K-8.
- The Head of School will ensure compliance with the implementation of the school's Wellness Policy and will monitor its progress throughout the school year. The Head of School will create a timeline for implementation and completion for tracking purposes.
- The committee oversees an annual assessment of the Wellness Policy implementation and/or progress toward goals. This report will be made available to the school community.
- Students will be asked for feedback and input through age-appropriate surveys; parents will also be afforded this opportunity.

### **Role of the Food Service Department**

#### *Nutrition Education and Promotion, All Foods and Beverages Available on Campus*

- Food service will provide nutrition education materials, display signage to support classroom nutrition education concepts, and suggest activities for school- and district-level nutrition education activities.

- The Food Service Director will consider the formation of student food committees in the school to review menus, taste test new food items, discuss nutrition education activities and develop nutritious student approved menus.
- The menu will be used as a communication tool to provide age-appropriate nutrition education.
- Food service staff will receive nutrition education training at least one time per year to reinforce the key nutrient and calorie requirements of the school meal programs.
- The school will include nutrition education facts, healthy recipes and resources for parents/guardians periodically in its weekly publication of Friday Notes.
- Food service staff will collaborate with teachers in the development and coordination of activities that provide age-appropriate links between the classroom and school meals programs.
- The Food Service Director or other food service staff members will explore meeting with students to discuss the school menu and the school meals programs.

### **Role of Teachers**

#### *Nutrition Education, Promotion, Physical Activity, Other School-Based Activities*

- Teachers will cooperate with the Head of School to develop lists of developmentally, age-and skill-appropriate nutrition education activities for students.
- Teachers will collaborate with one another to ensure that sequential, age-appropriate nutrition education occurs throughout the grade levels with each grade's lessons and activities building upon the concepts taught the previous year. Teachers will develop and/or identify sound, age-appropriate nutrition education lessons, activities, and curricula.
- Teachers are encouraged to use the school's Culinary Lab to prepare healthy foods.
- Teachers will assure that nutrition concepts and nutrition education strategies match the cognitive abilities of the students.
- Teachers will identify strategies for incorporating age-appropriate nutrition education into a variety of subject areas (e.g., math, language arts, foreign languages, social studies, etc.)
- Teachers will promote student participation in school meals programs both verbally and through example by occasionally dining with the students. They will also help students recognize the connections between the classroom nutrition education and the school meals programs. They will encourage students to try new foods during meal periods

and, whenever possible, they will work cooperatively with the food service staff to make menu suggestions based on student comments.

- Teachers will collaborate with food service staff in the development and coordination of activities that provide age-appropriate links between the classroom and school meals programs. Examples of activities include the following:
  1. Food Service Director visits classrooms to explain how school meals must meet nutrient standards and how school meals are planned.
  2. Classes visit the kitchen area to learn how foods are prepared and how safe food handling is practiced.
  3. Foods are offered in the cafeteria that support lessons being taught in the classrooms.
  4. Nutrition information about food available in the cafeteria is displayed and students have the opportunity to identify foods that are good and/or poor sources of particular nutrients.

Teachers will reinforce positive nutrition messages in the classroom. Food will not be used as a reward or punishment. Foods provided at classroom parties will meet the school's guidelines listed in its annually published Handbook.

- Teachers will provide opportunities for students to involve families in nutrition education. Examples of ways this can be accomplished include sending nutrition education materials home with students to be shared with parents/guardians, inviting parents/guardians to visit the classrooms to observe, volunteer, and/or participate during nutrition education lessons, and assigning nutrition education homework that students can complete with their families (e.g., reading food labels at home or in the supermarket, reading nutrition-related newsletters and/or newspaper articles, assessing the families favorite foods, and preparing healthy recipes.)

### **Role of the Student**

#### *Nutrition Promotion, Other School-Based Activities*

1. Students can encourage peers to participate in nutrition related activities and to select healthy meals and snacks.
2. Students may participate in food committees and work cooperatively with the food service staff and teachers to provide honest feedback on new foods and menus.
3. Older students can serve as role models for younger students and peers in nutrition related activities, such as television commercials, daily announcements, and development of signs, posters, and newsletters.

### **Role of Parents/Guardians/PTO and Community**

#### *Nutrition Education and Promotion, Other School-Based Activities*

- Parent groups will assist in raising funds to provide nutrition education assemblies and activities.
- Parents/Guardians will volunteer to assist in the dining area encouraging students to eat meals and make wise food selections.
- Parents, guardians, and community members with appropriate nutrition and/or health-related backgrounds will volunteer as guest speakers and/or shall provide opportunities for age-appropriate nutrition-related experiences for students in the community.
- Parents and guardians will serve as positive role models and will support the nutrition education being provided in the schools.
- Those interested in participating in meeting the goals as part of the committee may contact the Head of School at 802-888-4758.
- Parents will assist with selecting healthy ways to celebrate holidays and birthdays – resources below. Starting in 2020 during the COVID pandemic, we have shifted the celebration of birthdays with traditional birthday food to allowing the celebrating student a “dress down day.”

## **Resources**

### **Dole 5 A Day - [www.dole5aday.com](http://www.dole5aday.com)**

This website provides resources and activities for teachers, school food service personnel, parents, and students with age-appropriate activities for all curriculum content areas.

### **Education World - [www.education-world.com/a\\_curr/curr061.shtml](http://www.education-world.com/a_curr/curr061.shtml)**

This Education World site includes links to sites that provide ideas for nutrition education activities.

### **Food and Nutrition Information Center -**

[http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=1](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1)

This USDA website provides credible, accurate, and practical resources for nutrition and health professionals, educators, government personnel and consumers.

### **MyPyramid - [www.mypyramid.gov](http://www.mypyramid.gov)**

Government supported research and activities for all age groups to determine nutritional needs, measure caloric intake, identify food guidance component for all ages, elementary through adult.

### **Nutrition for Kids - [nutritionforkids.com](http://nutritionforkids.com)**

This site includes ordering information for books, teaching kits, and other resources related to children’s nutrition. Included among these resources is the book, “How to Teach Nutrition to Kids” by Connie Liakos Evers, which promotes positive attitudes about food, fitness, and body image and features hands-on nutrition education activities for children ages 6-12.

**School Nutrition Association, Bridges to Wellness: Connecting School Meals and Classroom Learning** - [www.schoolnutrition.org/bridgestowellness](http://www.schoolnutrition.org/bridgestowellness)

This nutrition education program incorporates cafeteria connections into classroom-based interactive nutrition education lessons for students in grades 5-10. The first set of lessons is now available. This set of lessons focuses on 3-A-Day and the Nutrition Package of Dairy.

**Healthy Celebrations:** <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-celebrations>

This resources helps families and schools identify alternatives to classroom celebrations.

**National Guidelines and Standards for Physical Activity:**

<https://healthymeals.fns.usda.gov/resource-library/physical-activity/national-guidelines-and-standards>

This resource link identifies resources to keep students healthy and moving.

**Reference:**

(1) Centers for Disease Control and Prevention. Guidelines for School Health Programs to Promote Lifelong Healthy Eating. *Mor Mortal Wkly Rep*. 1996;45.1-37. Available at:

<http://www.cdc.gov/mmwr/preview/mmwrhtml/00042446.htm>.