

St. James School Wellness Policy

- (1) **PHILOSOPHY.** St. James School believes that children and youth who begin each day as physically healthy individuals can learn more and learn better and are likely to complete their formal education. St. James School also believes that healthy staff can more effectively perform their duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.
- (2) **FAMILY, SCHOOL, PARISH AND COMMUNITY PARTNERSHIP.** Long term effective partnerships improve the planning and implementation of health promotion projects and events within St. James School and throughout the community.
 - i. Family, student, and community partners shall be included on an ongoing basis in St. James School wellness planning processes.
 - ii. The equality and diversity of the St. James School community shall be valued in planning and implementing wellness activities.
 - iii. Community partnerships shall be developed and maintained as a resource for St. James School programs, projects, activities and events.
 - iv. St. James School shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.
 - v. The Principal of St. James School will facilitate development of and updates to the wellness policy and will ensure compliance with the policy with primary oversight assistance from the Director of Food Services.
 - vi. The Principal, the Director of Food Services and the Physical Education faculty member shall review the policy at least annually and evaluate compliance and progress towards goals of policy.
- (3) **NUTRITION.** Academic performance and quality of life issues are affected by the choice and availability of good foods in our school. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.
 - i. St. James School shall follow all United States Department of Agriculture (“USDA”) Food and Nutrition Service guidelines pertaining to the National School Lunch Program. To the extent more stringent standards exist under the laws of Maine, those standards shall apply.
 - ii. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by St. James School. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.

- iii. St. James School's nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than Federal and Maine state regulations require.
 - iv. A la carte milk offerings to students shall be nutritious and meet Federal recommended guidelines and shall be selected with input from students, parents and staff. Water and low fat milk and 100% juice are available to the staff and students. Sugary beverages, soda, sport drinks are eliminated from the school and ALL school functions.
 - v. St. James School nutrition services shall support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity. Foods sold and/or offered by St. James School nutrition services during the school day must be: total fat content 5% or less as indicated on the food nutrition label.
 - vi. Any foods and beverages marketed or promoted on the grounds of St. James School during the school day, including before and after school programs, will meet or exceed the USDA Smart Snacks in Schools nutrition standards or, if stronger, Maine state nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.
 - vii. St. James School strongly recommends that all food served at SJS sponsored school celebrations, staff parties, field trips, sporting events, and events sponsored by the PFTA comply with USDA Smart Snacks in School nutrition standards.
- (4) St. James School staff and faculty should not use food to reward students for good behavior.
- (5) **HEALTH EDUCATION AND LIFE SKILLS.** Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.
- i. St. James School shall provide for an interdisciplinary, sequential skill-based health education program based upon Maine state standards and benchmarks.
 - ii. St. James School students shall have the opportunity to practice behaviors that enhance health and or reduce health risk during the school day.
 - iii. St. James School shall teach students communication, goal setting and decision making skills that enhance personal, family and community health care.
- (6) **PHYSICAL EDUCATION and ACTIVITY.** Physical education shall be taught by a certified faculty member. Physical activity shall be provided by a qualified staff member. Physical education and physical activity shall be an essential element of St. James School's instructional program. The education program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthy physical activity.
- i. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles and shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.
 - ii. Participation in such physical activity shall be required for all students in pre-kindergarten through grade eight for a minimum of 75 minutes a week, one 50 minute class and one 25 minute class or the equivalent. Such instruction may

be provided for grades pre-k to eight through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/ or regularly scheduled school wide activities

- iii. St. James School students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- iv. St. James School students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.
- v. Screen time such as television, computers, video and other electronic media will be used for educational purpose only. Exceptions will be made for screen time that engages students' physical activity, such as dance or exercise videos or active video games. Exceptions will be made at the discretion of the Principal.
- vi. St. James School students are provided opportunities to get physical activity before school, mid morning recess and lunch recess. These times are also known as "Brain Breaks".

(7) **HEALTH AND SAFE ENVIRONMENT.** A healthy and safe environment for all before, during and after school supports academic success.

- i. St. James School's building and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
- ii. St. James School shall maintain an environment that does not support alcohol and other drugs.
- iii. St. James School staff, faculty and in-school volunteers must be fully trained in the Diocesan Program "PROTECTING GOD'S CHILDREN."
- iv. St. James School staff and faculty must have their fingerprints taken as required by Maine law and the Department of Education.
- v. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- vi. St. James School is completely smoke free.

(8) **SOCIAL AND EMOTIONAL WELL-BEING.** Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

- i. St. James School shall provide a supportive environment that encourages students, families, faculty and staff to request assistance when needed and links them to school and community resources.
- ii. St. James School students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- iii. St. James School students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.

- iv. St. James School students, faculty and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with health development.
- (9) **HEALTH SERVICES.** An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of St. James School students, faculty and staff.
- i. St. James School shall collaborate with community health liaisons and resources to promote health and wellness for students, families and community.
 - ii. A coordinated program of accessible health services shall be provided to St. James School students, faculty and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), community health referrals, and immunizations, parenting skills, first aid and other priority health education topics.
- (10) **FACULTY AND STAFF WELLNESS.** St. James School shall provide information about wellness resources and establish a staff committee to assist in identifying and supporting the health, safety and well being of St. James School's faculty and staff.
- i. St. James School shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with occupation and health laws, policies and rules.
 - ii. St. James School employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours.

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