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| **St. John Paul II Regional School** |
|  | **School Policy** **WELLNESS POLICY /NUTRIENT STANDARDS FOR MEALS AND OTHER FOODS (M)**Date Edited: September 2024**LOCAL WELLNESS POLICY/NUTRIENT STANDARDS FOR MEALS AND OTHER FOODS** -The School recognizes child, and adolescent obesity has become a major health concern in the United States. The Healthy, Hunger Free Kids Act of 2010 (HHFKA), funds child nutrition programs and establishes required nutrition standards for school lunch and breakfast programs. In accordance with the requirements of the HHFKA each school in the district shall implement this Wellness Policy that includes goals for nutrition promotion, nutrition education, physical activity, and other school-based activities that promote student wellness.The Principal will be responsible for ensuring the school complies with the requirements in this Policy. A. Wellness Policy GoalsThe goals as outlined below shall apply.1. Goals for Nutrition Promotion - The following activities will be coordinated in each school in the district:
	1. Age-appropriate posters will be posted on the walls where food and beverages are served to students, highlighting and encouraging the value of good nutrition.
	2. The school lunch program will have promotional days during the school year where at least one new nutritional alternative menu **item** will be featured as part of the menu pattern meal component. The food service staff members will promote this nutritional alternative during meal service with posters, flyers, and/or hand-outs regarding the nutritional menu item alternative.
	3. Food service staff, in consultation with the Principal or School Wellness Policy Coordinator will coordinate obtaining student input on menu planning that will include taste testing of new nutritional food, satisfaction surveys, and other activities that will promote nutrition awareness.
	4. Food service staff will place healthier food items in the service line where students are more likely to choose them.
	5. Parents will be provided with the nutritional standards of the HHFKA and encourage parents to pack lunches and snacks that meet the HHFKA nutritional standards.
2. Goals for Nutrition Education - The following activities will be coordinated in each school in the district:
	1. The Principal will ensure each student receives at least one presentation per school year that promotes good nutrition and nutritional education. These presentations may be provided through classroom visits from school staff members trained in nutrition, school-wide or group assembly programs, during health/physical education classes during the school year, or any other presentation manner. This requirement may be provided as part of nutrition education provided to students as part of the district's curriculum.
	2. The Principal will post the nutritional guidelines of the HHFKA in the area of the school building where food and beverages are served.
	3. The school lunch menu will include nutritional information, activities, recipes, and/or any other information that encourages the selection of healthy food items and for students to make informed choices about nutrition, health, and physical activity.
3. Goals for Physical Activity
	1. The following activities will be coordinated in the high school:
		1. All students shall receive health/physical education under the supervision of a properly certified teaching staff member as required by the New Jersey Department of Education.
		2. The school will offer high school students’ opportunities to participate in after-school intramural and/or interscholastic team activities coordinated and under the supervision of school staff members.
4. Goals for Other School-Based Activities - The following activities will be coordinated in the high school:
	1. The district will establish a District Wellness Committee (DWC) comprised of the Principal, at least one health/physical education teacher, a school nurse, at least two parents, at least two students, at least one food service staff member.
	2. The Principal will coordinate information being disseminated to students and parents promoting the school lunch program, nutrition, and nutrition education.

c. The school district will celebrate School Wellness Week, as determined by the Principal of Schools, where schools will have special activities throughout the week to promote nutrition and physical activity. These special activities will be planned and coordinated by the Principal.B. Nutrition Guidelines for All Foods and Beveragesl. The school will comply with the Federal school meal nutrition standards and the Smart Snacks in accordance with the requirements HHFKA. The nutritional standards shall apply to all foods and beverages sold in each school in the district as part of the menu pattern meal, a la carte, in school stores, snack bars, or vending machines. The requirements for any food or beverages sold in schools must meet a range of calorie and nutrient requirements as outlined in the HHFKA and a smart snack calculator shall be on file in each school for each product sold.1. The school will comply with the HHFKA beverage requirements and beverage portion requirements. Each school will make potable water available to children at no charge in the place where breakfast, lunch, and after school snacks are served during meal service.
2. On-campus fundraisers involving food or beverage items must meet the Smart Snack standards of the HHFKA. The nutrition standards of the HHFKA do not apply to non-school hours, weekends, and off-campus fundraising events. The United States Department of Agriculture defines school day as starting from midnight to thirty minutes after the end of the school day. Fund raisers involving the sale of food or beverages must be pre-approved by the Principal.

C. District Wellness Policy Coordinator (Principal)I. The District Wellness Policy Coordinator shall be available to consult with school-based administrators, staff members, on the district's Wellness Policy.1. The Principal shall also be responsible to ensure parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the Board of Education, school administrators, and the general public are permitted to participate in the development, implementation, review, and update of this Wellness Policy.
2. The Principal shall be responsible to inform and update the public (including parents, students, and others in the community) about the content, implementation, updates and implementation status of the district's Wellness Policy through the district's website, school publications, and/or other school communications made available to the public.

a. The information and update shall provide as much information as possible about the school nutrition environment, including a summary of the events and activities related to the Wellness Policy implementation in the school district.D. Wellness Policy Assessmentl. The Principal will prepare an assessment of the district's Wellness Policy in accordance with the requirements of the United States and New Jersey Departments of Agriculture on the extent to which the school(s) in the district are in compliance with the district's Wellness Policy, the extent to which the district's Wellness Policy compares to model school wellness policies, and a description of the progress made in attaining the goals outlined in the district's Wellness Policy.**E.** Records1. The Principal shall ensure records are maintained to document compliance with the requirements of the District Wellness Policy. Such records will include, but not be limited to:
	1. The Wellness Policy.
	2. Documentation demonstrating the Policy has been made available to the public.
	3. Documentation of the efforts made in the school district to review and update the Policy.

d. Documentation demonstrating compliance with the annual public notification requirements.e. Documentation demonstrating the most recent assessment on Policy implementation; andf. Documentation demonstrating the most recent assessment on the implementation of the School Wellness Policy has been made available to the public.F. Publication/DisseminationThis Policy and Assessment will be made available to staff members, students, and parents by being posted on the school district and/or school websites.The Healthy, Hunger-Free Kids Act of 20 I0 |

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