



# *St. John Vianney Catholic School*

2319 Bagley - Flint, MI 48504 - FAX (810) 235-2811 - (810)235-5687

St. John Vianney Parish School

## **Wellness Policy**

St. John Vianney Catholic School is committed to creating a healthy school environment that enhances the development of lifelong wellness practices that promote faith formation, healthy eating, and physical activities that support student achievement and integrity.

### **Faith Formation**

- Faith formation, a component of the comprehensive Wellness Plan, shall be offered every year to all students of St. John Vianney Catholic School.
- All students, PreK-8, shall receive Catholic religious instruction that is aligned with the *Lansing Diocese Curriculum Guidelines*.
- St. John Vianney Catholic School will implement programs that help create a school environment that conveys spiritual values of the Catholic faith.

### **Nutrition Education**

- Nutrition education information shall be offered throughout the school campus, and staff members who provide nutrition education shall have the appropriate training.
- Nutrition education is integrated into the core curriculum, including math, science and language arts, as well as in the physical education program.
- Family/parent nutrition education and information are provided through a variety of vehicles, including weekly newsletters and the website.

### **Nutrition Standards**

- St. John Vianney Catholic School shall ensure that school meals meet the program requirements and nutrition standards found in federal regulations.
- Food service staff is properly trained to meet the nutritional goals of the program, as well as in food safety and sanitation.
- St. John Vianney Catholic School shall encourage serving healthy food at school parties and encourage students to make nutritious food choices.

- St. John Vianney Catholic School shall encourage healthy fundraisers.
- The following nutritional guidelines are established for foods sales during the school day according to the *Smart Snacks in School* policy.
  - Calories: 200 or less per serving
  - Fat: no more than 35% total calories from fat and less than 10% saturated fat and 0 grams trans fat per serving
  - Sugar: no more than 35% total weight per serving
  - Sodium: no more than 230 mg per serving.

### **Physical Education and Physical Activity Opportunities**

- Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.
- St. John Vianney Catholic School shall offer physical education opportunities that include the components of a quality physical education program for all grades.
- 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.
- Physical activity is encouraged outside of the school day through the availability of school sports teams, after school clubs, and community sponsored programs.
- School staff and other adults in the school setting are encouraged to serve as role models of physical activity for students.

### **Other School-Based Activities Designed to Promote Student Wellness**

- St. John Vianney Catholic School shall provide a clean, safe, and enjoyable meal environment for students.
- St. John Vianney Catholic School shall provide enough space and serving areas to ensure students have access to school meals with minimum wait time.
- St. John Vianney Catholic School shall provide lunch time near the middle of the day with adequate time for students to enjoy eating healthy foods with friends.
- Recess before lunch gives students the opportunity to excel in both health and academics.
- Drinking fountains are available so that students can get water at meals and throughout the day.
- Teaching staff will make every effort to avoid using recess or other physical activity time for instructional make up time or discipline, and will do so only when other options are exhausted.

- All in-school advertising and marketing will promote physical and spiritual health.
- Healthy students come in all shapes and sizes and should receive consistent messages and support for:
  - Self-respect
  - Spirituality
  - Respect for others
  - Healthy eating
  - Physical activity

### **Implementation and Measurement**

- A committee with input from teachers, food service staff, parents/guardians, students, administration, and any interested school stakeholders will maintain, review, and update this Wellness Policy.
- The principal will implement this policy and measure how well it is being managed and enforced.

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of St. John Vianney Catholic School Wellness Policy. Any school stakeholder wishing to express a viewpoint or opinion regarding these local rules should contact the principal at:

St. John Vianney Catholic School  
2319 Bagley Street  
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