

# St. Joseph Consolidated School

## Wellness Policy

2025-2026

St. Joseph Consolidated School (SJCS) is committed to providing the best possible learning environment and experience for our students. This commitment extends to all aspects of childhood development: spiritual, intellectual, physical, emotional, and social. A key element of this commitment is our school Wellness Policy. Through this policy we hope to encourage healthy lifestyles for our students and their families; lifestyles that will lead ultimately to fuller, healthier lives and higher achievement of goals and ambitions.

The goals of this policy are encompassed in three components: (a) nutrition education, (b) physical activity, and (c) other school-based activities that promote wellness.

### A. Nutrition Education

- SJCS will implement the health objectives relating to diet, nutrition, and exercise as stated in the 2002 Archdiocesan Graded Course of Study for Science and Health.
- Nutrition guidelines, food pyramid charts, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in or near the school cafeteria
  - Each grade level will produce health- and nutrition-related posters that will compliment their curriculum and support concepts covered during classroom instruction. These posters will be displayed in the cafeteria and hallways.
- Our lunch periods will be no less than 20 minutes in length so as to provide nourishment within a reasonable time frame.
- Recess or snack breaks will be scheduled for students as needed to maintain energy levels.

### B. Physical Activity

- All students will participate in the school's physical education program.
- Our physical education program will implement the objectives in the 2006 Archdiocesan Graded Course of Study for Physical Education.
- All of our classes will have access to recess according to the school's schedule.
- Discipline will be administered in ways other than depriving a student of physical education class.
- Students will be encouraged to participate in school and community sports programs, and to be physically active outside of school.

### C. Other School-Based Activities

- We will encourage the use of no-food rewards for student behavior.
- We will encourage teachers and parents to provide healthy snacks and to minimize sugary treats for classroom celebrations (holidays, birthdays, etc).

- A recommended list of healthy treats will be sent home periodically and will be maintained on our school website.
- We will encourage all of our school organizations to consider healthy food or non-food fundraisers.
- Through our PTO meetings, newsletters, and website, we will provide ongoing parent education on nutrition and the benefits of physical activity.
- Our teachers will be offered training in nutrition and physical activities conducive to learning and appropriate for classrooms.

### **Nutrition Guidelines for All Foods Available on School Campus During the Day**

- Our school lunch program will follow nutrition guidelines established by Ohio Department of Education, Office of Child Nutrition Services.
- Food products and beverages sold on our school premises (vending machines, fundraisers, food service, etc.) will avoid or limit sugary treats and beverages. We currently do not sell or have fundraisers with food in it.
- Drinking fountains and/or water coolers will be maintained and available throughout our school building.

### **Guidelines for Reimbursable School Meals**

- We will continue to follow the state and federal guidelines and procedures for reimbursement for school lunch, breakfast, or special milk programs.

### **Plan for Measuring Implementation of our Wellness Policy**

- Our school nurse will work with physical education classes to regularly monitor the heart rate and blood pressure of all SJCS students as part of their physical fitness programs. This information will be a key component of our ongoing evaluation.
- We will document and continue to track the number of students participating in sports programs and fitness-related extracurricular activities.
- Our SJCS Wellness Committee will revisit our wellness policy annually to evaluate our effectiveness and revise, update, or amend the policy as needed.

**Our St. Joseph Consolidated School Wellness Committee has developed this policy and accepts responsibility for continuously communicating, implementing, and monitoring the effectiveness of it.**

Whitney Schappacher, Principal  
 Jill O'Neill, Food Service  
 Taylor Bystrom, School Nurse  
 Theresa Stenger, Secretary  
 Sarah Martin, Classroom Teacher