



Saint Rocco School

Sharing the Love of the Heart of Christ!

931 Atwood Ave. • Johnston, RI 02919

Tel: (401) 944-2993 • Fax: (401) 944-3019 www.stroccoschool.org



INTRODUCTION TO ST. ROCCO SCHOOL WELLNESS POLICY

The Administration, Faculty and Staff of St. Rocco School recognize the interconnection between health and wellness and learning. In order to maintain good health, we are committed to providing nutritious meals and snacks to our student population. We also recognize the integral part that physical activity and physical education play in maintaining a healthy mind, body and spirit. Finally, we are committed to providing our school community with the educational resources necessary to live a healthy life.

St. Rocco School is part of the National School Lunch Program. St. Rocco School has an agreement with Johnston Public Schools, whereas Johnston Public Schools agree to provide breakfast and lunch meals through the service provider, CHARTWELL. Students are then able to order/purchase/receive a healthy breakfast and/or a healthy lunch.

Some pertinent facts that lend themselves to the need for a School Wellness Policy follow. Childhood obesity has more than tripled in the last thirty years. Nationally, more than one in every three children is overweight, or at risk of becoming overweight, with rates being higher among low-income families. Shockingly, our current generation of children is the first in many years to have a shorter life expectancy than their parents. Additionally, the higher incidence of Anorexia and Bulimia puts today's children at risk for nutritional deficiencies.

Schools are recognized as major players in combating childhood obesity because of the significant amount of time children spend in school. At school, children are exposed to adult role models and a variety of nutritional and physical activity practices that will shape their lifelong habits. Schools are expected to promote health and there are many opportunities to promote healthier eating and increased physical activity during the school day. Additionally, research shows that a healthy diet and regular physical activity improve academic performance and behavior.

In response to the rising trend of childhood obesity, Congress passed the Child Nutrition and WIC Reauthorization Act of 2004. This legislation mandated that all districts and schools that participate in the federally funded school meals program develop and implement a local wellness policy by the beginning of the year 2006. Policies are required to be developed locally, rather than at the state level, to allow districts to tailor them to their school settings and local needs.

Federal legislation mandates that school wellness policies address five content areas:

1. Goals for nutrition, education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency deems appropriate.
2. Nutrition guidelines selected by the local educational agency, for all foods available on each campus during the school day.
3. Guidelines for reimbursable school meals, which are no less restrictive than regulations and guidelines issued by the Secretary of Agriculture.
4. A plan for implementation of the local wellness policy.
5. Community involvement, including parents, students, and school administrators.

CHRIST is the reason for this school.

~in our minds, on our lips, and always in our hearts~



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ST. ROCCO SCHOOL WELLNESS POLICY

St. Rocco School is committed to providing a school environment that promotes and protects children's health, wellbeing and ability to learn by supporting healthy eating, physical activity and educational health curriculum. Therefore, it is the policy of St. Rocco School that:

- Food and beverages served will meet nutritional recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious and appealing foods that meet the needs of the students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant surroundings and adequate time for students to eat.
- To the extent possible, St. Rocco School will participate in available Federal school meals programs.
- The school will engage students, parents, teachers, food service professionals and health professionals in developing, implementing, monitoring and reviewing nutrition and educational health policies.
- All students in PK-8 will have the opportunities, support and encouragement to be physically active on a regular basis.
- St. Rocco School will provide health education to foster lifelong habits of healthy living.

School Health Council

St. Rocco School has a Health Council whose members include:

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|------------------------------------|---------------------|
| • Principal | Melissa D'Amico |
| • Assistant Principal/MS Science | Marcia Montecalvo |
| • School Nurse | Cheryl Boscia, RN |
| • Director of Non-Academic Affairs | Robin Okolowicz |
| • PE/Health Teacher | Nicole Beaumier |
| • School Parent | Patricia Gorgievski |
| • Student | Mia Gorgievski |
| • Food Service Worker | Marianne Menard |

Goals

The council's goals are to:

- Develop, implement, monitor and review the St. Rocco School Wellness Policy.
- Plan educational programs including nutrition, health and physical activities.
- Communicate with students and parents to encourage ideas and suggestions for future events.
- Inform students, parents and members of the school community about the importance of healthy nutrition and physical activity as the basis for a life-long healthy lifestyle.
- Ongoing communication by use of the Thursday Packet Newsletter, the weekly Nurses Corners and Health Educational Programs.

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be attractive and appeal to children
- be served in clean and pleasant surroundings
- meet all the minimum nutrition requirements established by local, state and federal regulations
- offer a variety of fruits and vegetables
- serve only low fat and fat free milk and equivalent non-dairy alternatives
- ensure that half of the grains served are whole grain

Dietary Needs

Any dietary needs communicated to the school by parent/guardian or documented in the student's health record are discussed and plan is devised.

Mealtime Scheduling

St. Rocco School will:

- provide students with at least 20 minutes to eat after sitting down for lunch
- schedule lunches between 11:00-1PM
- schedule recess after lunches
- provide students with areas for handwashing and/or hand sanitizing before and after breakfast, lunch or snack

Sharing of Food and Beverages

Students are NOT permitted to share food and beverages during meals or snacks.

St. Rocco School is a Peanut and Tree Nut school.

- Lunches and snacks are screened daily for products which contain peanuts or nuts, and products which have been processed in a facility where peanuts or nuts are processed.
- Parents are notified when products with peanuts or nuts are found in their child's lunch.
- The School Nurse orients all new parents to the school being peanut and nut free. The nurse informs them of school policy regarding not sending food in for birthday parties or other special occasions.
- The School Nurse prepares an Individual Health Care Plan for each child with allergies, or any other medical issue. It outlines the signs and symptoms of anaphylaxis. Teachers and other staff members are taught how to administer an EpiPen to counteract anaphylaxis.
- The School Nurse communicates the seriousness of food allergies to the school community.

Physical Activity and Physical Education

- PreK 3, PreK 4 and Kindergarten students have two recesses per day: one in the morning and one in the afternoon.
- All elementary and middle school students have at least twenty minutes a day of supervised recess, preferably outdoors.
- Grades PreK-5 receive Physical Education twice a week
- Grades 6-8 receive Physical Education once a week
- Middle School students (grades 6-8) have the opportunity to participate in intramural sports during their recess time

Health Education

- All students receive Health Education as a part of their educational curriculum.
- Communication to our school community containing important health information is dispersed via the Weekly Thursday Packet, the Nurse's Corner, medical informational flyers, the SRS Website, and Parent assemblies.
- In-school Health programs are taught by the Physical Education and Health teacher, the guidance counselor, the nurse and the classroom teacher.
- Guest speakers and assemblies (ie. Camfel, NED, Smart GEN (Digital Citizenship) are planned as necessary.
- The Second Step Social Emotional Learning Program is taught by the Guidance Counselor and the grade-level teachers and is supported throughout the school.
- RIDOH Respiratory Illness Prevention & Safety protocols (hand washing, scheduled cleaning of surfaces, fogging of indoor spaces and health screenings, etc) are in place daily. Health policies and procedures are revised and updated as needed, based on current RIDOH guidance.

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References

Health and Wellness Division-State of Rhode Island Department of Health,

State Regulations

THRIVE- Rhode Island Coordinated School Health Program

Rhode Island Healthy Schools Coalition

Wellness Plan and Policy – Johnston Public Schools

United States Department of Agriculture Food and Nutrition Services-

School Nutrition Programs